





Friday July 12th 2024. Starts. Turns. Race prep.

	ALL LEVELS 1 – 3.
Warm up. 	Alternate - 100m FS swim, 100m BK kick, (hopefully 300m)
Drill A.	FS Turn Refresher. Everyone starting at flags or beyond for turn practice. Your choice 'open' or 'tumble' turns. Stagger distances from wall to practice either arm approach.
Set #1.	<u>Note: Start/finish at middle of lane.</u> This is where you put into practice the turns during a swim. Level 1. 4 x 50m. FS. Easy. RI 20s. Level 2 & above. 5 x 50m. FS. Easy. RI 20s. (200 or 250m)
Drill B.	Backstroke Turns. ...Strokes from flags to wall...? All levels. An easier BK Touch Turn. Lane 6 demo. Back to your lanes for preferred BK turn practice.
Set #2.	Everyone , back to original lanes. Pyramid. 25/50/100/50/25. RI 20s. Minimum 10 secs apart. Note 50m's are BK, 25m/100m are FS. (250)
Drill C.	Everyone to the Deep end. Starts & Finish, demo & practice.
Set #3.	Walk Backs (ie 25m sprints from starting position). NOTE: You may relax the first part of the lap BUT hammer home the finish!!!! Minimum x5 FS and x5 OC. (250m)
Set #4 (if time)	Everyone. A lazy 100m FS but with your very best turns.
Cool Down	Everyone. 100m walk or swim or BK real easy.
Total	1200 (or 1250)

	DISTANCE PEOPLE
Warm up. 	Alternate; 100m FS swim, 100m BK kick, (hopefully 300m)
Drills. 	1) 2 x 50m. Dolphin kick on back. RI 20s. Go as far as you can underwater off wall. 2) 2 x 100m. FS with paddles. Hard. RI 20s. (300)
Main set 	1) 2 x 100m IM. Easy. RI 20s. Wait for all flyers at end of 1 st lap before continuing. 2) Recovery, walk half way & back. 3) 2 x 200m Hypoxic FS. Med, RI 30s. Depending on your breath pattern, rotate breaths through 2/4/6 or 3/5/7. 4) Recovery, walk half way & back. 5) 8 x 50m FS. Hard. RI 30s. 10 chin-ups off starting block handle. Give each swimmer space – ½ lap apart. 7) 100m. OC (not FS). Recovery. Easy. 6) 2 x 100m. FS kick. Med. (1300)
Cool Down.	OC - Back scull, walk, slow BR. (100)
Total	2000