
















Date: Sunday 21st July 2024. Notices: Club general meeting Sunday 28th after training. Target #s Oct NSW SC @ Canberra AIS. Training Emphasis: - Moving to Cycle #5, week 1 = back to FS. Weekly theme = Stroke coordination (arms – underwater for power, over to recover and breath and legs to balance) with just a bit of pacing work. **Caution: Reminder - body rotation to help free up the shoulders – it shouldn't hurt to pull. **Equipment:** Fins,**

Warm up	L1 = 200 mix/FS/BK ↑Swim ↓Kick. L2 = 250 mix FS/BK ↑Swim ↓Kick. L3/DT = 300 mix FS/BK ↑Swim ↓Kick. 	
Drill/Skill items  (350)	<p>Freestyle Drills - RI 15 on all</p> <p>4 x 25 – FS @ a Pause position. Each lap do a very short pause then complete stroke as normal. Position #1- on 1st lap, #2 on 2nd, #3 on the 3rd. #1 = Catch initiation pt, #2 = EVF, #3 = Exit. 4th lap = normal FS.</p> <p>2 x 25 FS Drill # 16 – Weightless arm.</p> <p>2 x 25 FS Catch Ups</p> <p>2 x 25 FS ¾ Catch ups – to initiate the pull phase as the recovery arm passes the head. I.e. normal FS if correctly coordinated!</p> <p>4 x 25 FS Drill #15 Pendulum – 2 x 25 with and 2 x 25 out pause @ mid-point.</p>	
5 mins	Swim slow FS = 5 mins. 2 beat kick. Min 2 laps of BI-Lat Breathing, other breathing every 2/4/6 strokes or 3/5/7 strokes. Nail the hand entry (fingertips first/thumb point to end of pool), slide and glide entry to rest @ catch point. Focus on accelerating from EVF for great leverage & powerful pull motion. Body rotation shoulder then hips. Relaxed arm recovery, elbow lead hands initially and is higher. Breath and roll back in as hand passes head. Back to nail the entry.	
Main set 	<p>L1 = 900</p> <p>A. 3 x 100 RI 30. 2 x OC (not FS), 1 x FS. (300)</p> <p>B. FS (75% building to 85% effort) RI 15-30. 2 x 25, 2 x 50 FS, 2 x 75(300)</p> <p>C. FS 4 x 25 Pause Drill repeat RI 10 (100)</p> <p>D. 4 x 50 OC (↑M↓F) RI 30 (200)</p>	<p>L3= 1100</p> <p>A. 1 x 200 OC. 3 x 100 x FS (building to sprint finish) RI 20. (500)</p> <p>B. FS (↑M↓F) RI 15-30. 2 x 25, 2 x 50 FS, 2 x 75. (300)</p> <p>C. FS 4 x 25 Pause Drill repeat RI 10. (100)</p> <p>D. 4 x 50 OC (75-80%) RI 30 (200)</p>
	<p>L2= 1000</p> <p>A. 1 x 200 OC. 2 x 100 x FS (75% building to 85% effort) RI 20. (400)</p> <p>B. FS (↑M↓F) RI 15-30. 2 x 25, 2 x 50 FS, 2 x 75. (300)</p> <p>C. FS 4 x 25 Pause Drill repeat (100)</p> <p>D. 4 x 50 OC (75-85%) RI 30 (200)</p>	<p>L3D/Tri = 1600</p> <p>A. = 3 x 300 FS – even pace use TT. RI 30-40 (900)</p> <p>B. FS (75% effort) RI 15-30. 2 x 25, 2 x 50 FS, 2 x 75. (300)</p> <p>C. 4 x 100 (2x FS 2 x not FS) 75-80%. RI 30 (400)</p>
	Coaches Fun time – 1 lap mixed up stroking. 4 x 25 = FS arms/BS legs, WSSS FS (1 x dogpaddle/1 x normal), FS arms/fly legs, under water targets per age group use BS or dolphins. BK sculling etc.	
C/Down	100 = sidestroke, BK fining, easy body dolphins, walking.	
Total	L1 = 1650 +. L2 = 1800+. L3 = 1950+. L3D/T = 2450+	

Level 1	Weekly Training Emphasis: FS Stroke coordination
Warm up	200 mix of FS/BK ↑Swim ↓Kick 
Drills/Skills  (350)	<p>Freestyle Drills - RI 15 on all</p> <p>4 x 25 – FS @ a Pause position. Each lap do a very short pause then complete stroke as normal. Position #1- on 1st lap, #2 on 2nd, #3 on the 3rd.</p> <p>#1 = Catch initiation pt, #2 = EVF, #3 = Exit. 4th lap = normal FS.</p> <p>2 x 25 FS Drill # 16 – Weightless arm.</p> <p>2 x 25 FS Catch Ups</p> <p>2 x 25 FS $\frac{3}{4}$ Catch ups – to initiate the pull phase as the recovery arm passes the head. I.e. normal FS if correctly coordinated!</p> <p>4 x 25 FS Drill #15 Pendulum – 2 x 25 with and 2 x 25 out pause @ mid-point.</p>
5 mins	Swim slow FS with a 2 beat kick. Min 2 laps of BI-Lat Breathing, other breathing every 2/4/6 strokes or 3/5/7 strokes. Nail the hand entry (fingertips first/thumb point to end of pool), slide and glide entry to rest @ catch point. Focus on accelerating from EVF for great leverage & powerful pull motion. Body rotation shoulder then hips. Relaxed arm recovery, elbow lead hands initially and is higher. Breath and roll back in as hand passes head. Back to nail the entry.
Main Set  900	<p>3 x 100 RI 30. 2 x OC (not FS), 1 x FS.</p> <p>FS (75% building to 85% effort) RI 15-30. = 2 x 25, 2 x 50, 2 x 75</p> <p>FS 4 x 25 Pause Drill repeat RI 10</p> <p>4 x 50 OC (↑M↓F) RI 30</p>
	Coaches Fun time
Cool Down	100 = sidestroke, BK fining, easy body dolphins, walking.
Total	1650+

Level 2	Weekly Training Emphasis: FS Stroke coordination
Warm up	250 mix of FS/BK ↑Swim ↓Kick 
Drills/Skills  350	<p>Freestyle Drills - RI 15 on all</p> <p>4 x 25 – FS @ a Pause position. Each lap do a very short pause then complete stroke as normal. Position #1- on 1st lap, #2 on 2nd, #3 on the 3rd.</p> <p>#1 = Catch initiation pt, #2 = EVF, #3 = Exit. 4th lap = normal FS.</p> <p>2 x 25 FS Drill # 16 – Weightless arm.</p> <p>2 x 25 FS Catch Ups</p> <p>2 x 25 FS $\frac{3}{4}$ Catch ups – to initiate the pull phase as the recovery arm passes the head. I.e. normal FS if correctly coordinated!</p> <p>4 x 25 FS Drill #15 Pendulum – 2 x 25 with and 2 x 25 out pause @ mid-point.</p>
5 mins	Swim slow FS with a 2 beat kick. Min 2 laps of BI-Lat Breathing, other breathing every 2/4/6 strokes or 3/5/7 strokes. Nail the hand entry (fingertips first/thumb point to end of pool), slide and glide entry to rest @ catch point. Focus on accelerating from EVF for great leverage & powerful pull motion. Body rotation shoulder then hips. Relaxed arm recovery, elbow lead hands initially and is higher. Breath and roll back in as hand passes head. Back to nail the entry
Main Set  1000	<p>1 x 200 OC. 2 x 100 x FS (75% building to 85% effort) RI 20.</p> <p>FS (↑M↓F) RI 15-30. 2 x 25, 2 x 50 FS, 2 x 75.</p> <p>FS 4 x 25 Pause Drill repeat</p> <p>4 x 50 OC (75-85%) RI 30</p>
	Coaches Fun time
Cool Down	100 = sidestroke, BK fining, easy body dolphins, walking.
Total	1800+

Level 3	Weekly Training Emphasis: FS Stroke coordination
Warm up	300 mix of FS/BK ↑Swim ↓Kick 
Drills/Skills  300	<p>Freestyle Drills - RI 15 on all</p> <p>4 x 25 – FS @ a Pause position. Each lap do a very short pause then complete stroke as normal. Position #1- on 1st lap, #2 on 2nd, #3 on the 3rd.</p> <p>#1 = Catch initiation pt, #2 = EVF, #3 = Exit. 4th lap = normal FS.</p> <p>2 x 25 FS Drill # 16 – Weightless arm.</p> <p>2 x 25 FS Catch Ups</p> <p>2 x 25 FS $\frac{3}{4}$ Catch ups – to initiate the pull phase as the recovery arm passes the head. I.e. normal FS if correctly coordinated!</p> <p>4 x 25 FS Drill #15 Pendulum – 2 x 25 with and 2 x 25 out pause @ mid-point.</p>
5 mins	Swim slow FS with a 2 beat kick. Min 2 laps of BI-Lat Breathing, other breathing every 2/4/6 strokes or 3/5/7 strokes. Nail the hand entry (fingertips first/thumb point to end of pool), slide and glide entry to rest @ catch point. Focus on accelerating from EVF for great leverage & powerful pull motion. Body rotation shoulder then hips. Relaxed arm recovery, elbow lead hands initially and is higher. Breath and roll back in as hand passes head. Back to nail the entry
Main Set  1100	<p>1 x 200 OC.</p> <p>3 x 100 x FS (building to sprint finish) RI 20.</p> <p>FS (↑M↓F) RI 15-30. - 2 x 25, 2 x 50, 2 x 75.</p> <p>FS 4 x 25 Pause Drill repeat RI 10.</p> <p>4 x 50 OC (75-80%) RI 30</p>
	Coaches Fun time
Cool Down	100 = sidestroke, BK fining, easy body dolphins, walking.
Total	1950+

Level 3 Dist/ Tri	Weekly Training Emphasis: FS Stroke coordination
Warm up	300 mix of FS/BK ↑Swim ↓Kick 
Drills/Skills  300	<p>Freestyle Drills - RI 15 on all</p> <p>4 x 25 – FS @ a Pause position. Each lap do a very short pause then complete stroke as normal. Position #1- on 1st lap, #2 on 2nd, #3 on the 3rd.</p> <p>#1 = Catch initiation pt, #2 = EVF, #3 = Exit. 4th lap = normal FS.</p> <p>2 x 25 FS Drill # 16 – Weightless arm.</p> <p>2 x 25 FS Catch Ups</p> <p>2 x 25 FS $\frac{3}{4}$ Catch ups – to initiate the pull phase as the recovery arm passes the head. I.e. normal FS if correctly coordinated!</p> <p>4 x 25 FS Drill #15 Pendulum – 2 x 25 with and 2 x 25 out pause @ mid-point.</p>
5 mins	Swim slow FS with a 2 beat kick. Min 2 laps of BI-Lat Breathing, other breathing every 2/4/6 strokes or 3/5/7 strokes. Nail the hand entry (fingertips first/thumb point to end of pool), slide and glide entry to rest @ catch point. Focus on accelerating from EVF for great leverage & powerful pull motion. Body rotation shoulder then hips. Relaxed arm recovery, elbow lead hands initially and is higher. Breath and roll back in as hand passes head. Back to nail the entry
Main Set  1600	<p>3 x 300 FS –use TT @ SR then + 1 each 300. RI 30-40</p> <p>FS @ 75% effort - slow to get it right at short distances. RI 15-30. 2 x 25, 2 x 50 FS, 2 x 75. Streamlined off the walls.</p> <p>4 x 100 (2x FS 2 x not FS) – vary the pace 75-85%. RI 30</p>
	Coaches Fun time
Cool Down	100 = sidestroke, BK fining, easy body dolphins, walking.
Total	2450+