
















**Date:** Sunday 28<sup>th</sup> July 2024. **Notices:** Club general meeting after training. **Target #s Oct NSW SC @ Canberra AIS, Sue willing to provide extra training sessions– Names ASAP. Training Emphasis:** - Cycle #5, week 2 = BK. **Check the BK tips sheet.** 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 of body rotation and bent arms pull to avoid shoulder issues. Situational awareness of position in the lane. **Equipment:** Fins/TTs for lane 3.

<b>Warm up</b>	L1 & L2 = 100 KLRS FS, 50 Kick BK, 100 Swim OC (250). L3/L3DT = 100 KLRS FS, 100 Kick BK, 100 Swim OC, 50 FS Kick. (350) 	
<b>Drill/Skill items</b> 	RI 15 on all 2 x 25 - Drill # 22 Pinkie lead 4 x 25 Drill # 21 BK Roll Pull, Role Push 4 x 25 Drill # 24 Opposition overlap – new drill for Advanced BK. (250)	
<b>L1/2/3 only</b>	5 min swim – FS – consolidation from last week. Focus on stroke coord, timing of breathing, head position and getting more DPS.	
<b>Main set</b> 	<p>Level 1</p> <p>A. 4 x 100 OC – Building to sprint finish. RI 30</p> <p>B. 4 x 50 - 2 x A, 2 x BK @ even pace RI 20</p> <p>C. 200 OC – increase speed flag to flags</p> <p>D. 12 x 25 sprints 6 x FS, 4 x BK, 2 x OC every 60 secs (1100)</p>	<p>Level 3</p> <p>A. 6 x 100 OC – 3 x Building to sprint finish, 3 x 80-85%. RI 30</p> <p>B. 6 x 50 (3 x A, 3 x BK) RI 20</p> <p>C. 200 OC or 2 x 100 IMs (RI 30)</p> <p>D. 12 x 25 sprints 6 x FS, 4 x BK, 2 x OC every 50 secs (1400)</p>
	<p>Level 2</p> <p>A. 4 x 100 OC – Building to sprint finish. RI 20-30</p> <p>B. 6 x 50 - 3 x A, 3 x BK @ even pace RI 20</p> <p>C. 200 OC – increase speed flag to flags</p> <p>D. 12 x 25 sprints 6 x FS, 4 x BK, 2 x OC every 55 secs (1200)</p>	<p>Level 3D/Tri</p> <p>A. 2 x 400 FS –use TT @ SR. Think about 2 beat kick and hip drive into longer stroke – Count # SPL. RI 30-40</p> <p>B. 4 x 25 FS sprints every 50 secs,</p> <p>C. 4 x 50 FS - Sprint flags to flags.</p> <p>D. 5 x 100 (3x FS, 2 x not FS) – Sprint last lap. RI 30 (1600)</p>
<b>Relays</b>	10 mins– Relays FS/Medley – if time	
<b>C/Down</b>	100 = underwater easy body dolphins to ½ way, ½ lap dog paddle, double arm BK, walking etc.	
<b>Total</b>	L1 = 1600 + 5 mins, L2 =1800 +5 mins, L3 = 2100 = 5 mins, L3D/T = 2300+5 mins	

<b>Level 1</b>	<b>Weekly Training Theme = BK - Coordination</b>
<b>Warm up</b>	 L1 & L2 = 100 KLRS FS, 50 Kick BK, 100 Swim OC (250).
<b>Drills/Skills</b>  (250)	RI 15 on all 2 x 25 - Drill # 22 Pinkie lead  4 x 25 Drill # 21 BK Roll Pull, Role Push – see drill sheet  4 x 25 Drill # 24 Opposition overlap – new drill for Advanced BK. (see drill sheet)
<b>5 mins – swim</b>	5 min swim – FS @ even pace – Need to count SPL Consolidation from last week. Focus on stroke coord, timing of breathing, head position and getting more DPS.
<b>Main Set</b>  1100	4 x 100 OC – Building to sprint finish. RI 30  4 x 50 - 2 x A, 2 x BK @ even pace RI 20  200 OC – increase speed flags to flags  12 x 25 sprints 6 x FS, 4 x BK, 2 x OC every 60 secs
<b>Relays</b>	10 mins– Relays FS/Medley – if time
<b>Cool Down</b>	100 = underwater easy body dolphins to ½ way, ½ lap dog paddle, double arm BK, walking etc.
<b>Total</b>	1600 + 5mins + relays

<b>Level 2</b>	<b>Weekly Training Theme = BK - Coordination</b>
<b>Warm up</b>	 L1 & L2 = 100 KLRS FS, 50 Kick BK, 100 Swim OC (250).
<b>Drills/Skills</b>  250	RI 15 on all 2 x 25 - Drill # 22 Pinkie lead  4 x 25 Drill # 21 BK Roll Pull, Role Push – see drill sheet  4 x 25 Drill # 24 Opposition overlap – new drill for Advanced BK. (see drill sheet)
<b>5 mins Swim</b>	5 min swim – FS – consolidation from last week. Focus on stroke coord, timing of breathing, head position and getting more DPS. Count #SPL.
<b>Main Set</b>  1200	4 x 100 OC – Building to sprint finish. RI 20-30  6 x 50 - 3 x A, 3 x BK @ even pace RI 20  200 OC – increase speed flag to flags  12 x 25 sprints 6 x FS, 4 x BK, 2 x OC every 55 secs
<b>Relays</b>	10 mins– Relays FS/Medley – if time
<b>Cool Down</b>	100 = underwater easy body dolphins to ½ way, ½ lap dog paddle, double arm BK, walking etc.
<b>Total</b>	1800 + 5mins + relays

<b>Level 3</b>	<b>Weekly Training Theme = BK - Coordination</b>
<b>Warm up</b>	 100 KLRS FS, 100 Kick BK, 100 Swim OC, 50 FS Kick. (350)
<b>Drills/Skills</b>  250	RI 15 on all 2 x 25 - Drill # 22 Pinkie lead  4 x 25 Drill # 21 BK Roll Pull, Role Push – see drill sheet  4 x 25 Drill # 24 Opposition overlap – new drill for Advanced BK. (see drill sheet)
<b>5 mins Swim</b>	5 min swim – FS – consolidation from last week. Focus on stroke coord, timing of breathing, head position and getting more DPS. Count #SPL.
<b>Main Set</b>  1400	6 x 100 OC – 3 x Building to sprint finish, 3 x 80-85%. RI 30  6 x 50 (3 x A, 3 x BK) – Any 10M each lap - sprint. RI 20  200 OC or 2 x 100 IMs - even pace RI 30  12 x 25 sprints 6 x FS, 4 x BK, 2 x OC every 50 secs
<b>Relays</b>	10 mins– Relays FS/Medley – if time
<b>Cool Down</b>	100 = underwater easy body dolphins to ½ way, ½ lap dog paddle, double arm BK, walking etc.
<b>Total</b>	2100 + 5mins + relays

<b>Level 3 Dist/Tri</b>	<b>Weekly Training Theme = BK - Coord</b>
<b>Warm up</b>	 100 KLRS FS, 100 Kick BK, 100 Swim OC, 50 FS Kick. (350)
<b>Drills/Skills</b>  300	RI 15 on all 2 x 25 - Drill # 22 Pinkie lead  4 x 25 Drill # 21 BK Roll Pull, Role Push – see drill sheet  4 x 25 Drill # 24 Opposition overlap – new drill for Advanced BK. (see drill sheet)
<b>Main Set</b>  1600+	2 x 400 FS –use TT @ SR. Think about 2 beat kick and hip drive into longer stroke – Count # SPL. RI 30-40  4 x 25 FS sprints every 50 secs,  4 x 50 FS - Sprint flags to flags.  5 x 100 (3x FS, 2 x not FS) – Sprint last lap. RI 30  5 Mins FS Hip Driven FS @ even Pace – count distance swum.
<b>Relays</b>	If time
<b>Cool Down</b>	100 = underwater easy body dolphins to ½ way, ½ lap dog paddle, double arm BK, walking etc.
<b>Total</b>	2300+5 mins