

Date: 18th Aug 24. **Notices:** HAG entry forms **Sun 1st & Tues 3rd Sept AVBL. Extra session Thur 22nd Aug @1300. No swim Sun 15th Sept.**

Weekly Emphasis: All strokes consolidation incl. knowledge of stroke, touch/Turn rules., Race Plan experimentation. **Caution:** Lane situ awareness – swimmers using different “A” strokes and IM. **Medical** issues leg / shoulders swap outs to OC. **Equipment:** Fins/ KB/PBs

Warm up	8-10 Mins – Target L1/L2 = 300. L3/L3D = 400: -100 FS, 50 Kick OC, 50 Pull OC, 50 Fly skimmers kick, 100 BK KLRS, 50 OC
Drill/Skill A  400	RI all = 10-15 secs – Reminder SOTW & concentrate on touch at the finish. 2 x 50 BS arms with BS or Fly legs – 2 handed simultaneous touch. 4 x 25 Fly arms with Fly or BS legs - 2 handed simultaneous touch. 2 x 50 BK – touch & finish on back at end of race – May submerge once head passes under flags with 5M. 2 x 50 FS – Try to finish on a full stroke and don't breathe once past the flags with 5M to go.
Main set L1 	“A” stroke Race distances – RI = 20-30: - 1 x 200, 2 x 100, 4 x 50, 8 x 25 = 800 100 x IM “B” Stroke Race distances – RI 30: - 2 x 100, 2 x 50, 4 x 25 = 400 [1300]
Main set L2 	“A” stroke Race distances – RI = 20: - 1 x 200, 2 x 100, 4 x 50, 8 x 25 (800) 1 x AIM = ↑A↓IM order (200) “B” Stroke Race distances – RI 30: - 2 x 100, 2 x 50, 4 x 25 (400) [1400]
Main set L3 	“A” stroke Race distances – RI = 20: - 1 x 200, 2 x 100, 4 x 50, 8 x 25 = (800) 2 x AIM = ↑A↓IM order RI 45 (400) “B” Stroke Race distances – RI 30: - 2 x 100, 2 x 50, 4 x 25 = 400 [1600]
Main set L3Dist 	FS Race distances – RI = 30: - 400, 2 x 200, 2 x 100, 4 x 50, 4 x 25 = (1300) AIM = ↑A↓IM order (200) “B” Stroke Race distances – RI 30: - 2 x 100, 2 x 50, 4 x 25 = (400) [1900]
Skills B	Dives with 4 x 25M sprints with Walk back rest & turns (if time left)
C/Down	100 OC – BK finning, FS easy long strokes, walking and socialising!
Total	L1 = 2200+, L2= 2300+, L3 = 2600+, L3D = 2800+

Level 1	Training Emphasis: All strokes consolidation incl. knowledge of stroke and touch rules
Warm up	8-10 Mins – Target L1/L2 = 300: -100 FS, 50 Kick OC, 50 Pull OC, 50 Fly skimmers kick, 100 BK KLRS, 50 OC
Drills/Skills	<p>RI all = 10-15 secs – Reminder SOTW & concentrate on touch at the finish.</p> <p>2 x 50 BS arms with BS or Fly legs – 2 handed simultaneous touch.</p> <p>4 x 25 Fly arms with Fly or BS legs - 2 handed simultaneous touch.</p> <p>2 x 50 BK – touch & finish on back at end of race – May fully submerge once head passes under flags with 5M.</p> <p>2 x 50 FS – Try to finish on a full stroke and don't breathe once past the flags with 5M to go.</p>
Main Set  1300	<p>“A” stroke Race distances – RI = 20-30: 1 x 200, 2 x 100, 4 x 50, 8 x 25</p> <p>100 x IM</p> <p>“B” Stroke Race distances – RI 30: - 2 x 100, 2 x 50, 4 x 25</p>
Dives	4 x Dives with 25M sprints with Walk back rest If time –Polish your turns
Cool Down	100 OC – BK finning, FS easy long strokes, walking and socialising!
Total	2200+

Level 2	Training Emphasis: All strokes consolidation incl. knowledge of stroke and touch rules
Warm up	8-10 Mins – Target L1/L2 = 300: -100 FS, 50 Kick OC, 50 Pull OC, 50 Fly skimmers kick, 100 BK KLRS, 50 OC
Drills/Skills  400	RI all = 10-15 secs – Reminder SOTW & concentrate on touch at the finish. 2 x 50 BS arms with BS or Fly legs – 2 handed simultaneous touch. 4 x 25 Fly arms with Fly or BS legs - 2 handed simultaneous touch. 2 x 50 BK – touch & finish on back at end of race – May fully submerge once head passes under flags with 5M. 2 x 50 FS – Try to finish on a full stroke and don't breathe once past the flags with 5M to go.
Main Set  1400	“A” stroke Race distances Practice– RI = 20: - 1 x 200, 2 x 100, 4 x 50, 8 x 25 1 x AIM = ↑A↓IM order “B” Stroke Race distance Practice – RI 30: - 2 x 100, 2 x 50, 4 x 25
Dives	4 x Dives with 25M sprints with Walk back rest If time –Polish your turns
Cool Down	100 OC – BK finning, FS easy long strokes, walking and socialising!
Total	2300+

Level 3	Training Emphasis: All strokes consolidation incl. knowledge of stroke, touch & rules
Warm up	8-10 Mins – Target L3/L3D = 400:- 100 FS, 50 Kick OC, 50 Pull OC, 50 Fly skimmers kick, 100 BK KLRS, 50 OC
Drills/Skills  400	RI all = 10-15 secs – Reminder SOTW & concentrate on touch at the finish. 2 x 50 BS arms with BS or Fly legs – 2 handed simultaneous touch. 4 x 25 Fly arms with Fly or BS legs - 2 handed simultaneous touch. 2 x 50 BK – touch & finish on back at end of race – May fully submerge once head passes under flags with 5M. 2 x 50 FS – Try to finish on a full stroke and don't breathe once past the flags with 5M to go.
Main Set  1600	“A” stroke Race distances – RI = 20 Check your times and gauge your pace – 75-90% effort. 1 x 200, 2 x 100, 4 x 50, 8 x 25 2 x AIM = ↑A stroke ↓IM order RI 45 “B” Stroke Race distances – RI 30: Check your times and gauge your pace – 75-90% effort. 2 x 100, 2 x 50, 4 x 25
Dives	4 x Dives with 25M sprints with Walk back rest If time –Polish your turns
Cool Down	100 OC – BK finning, FS easy long strokes, walking and socialising!
Total	2600+

Level 3 Distance/ Triathlon	Training Emphasis: All strokes consolidation incl. knowledge of stroke, touch & rules
Warm up	8-10 Mins – Target L3/L3D = 400:- 100 FS, 50 Kick OC, 50 Pull OC, 50 Fly skimmers kick, 100 BK KLRS, 50 OC
Drills/Skills 	RI all = 10-15 secs – Reminder SOTW & concentrate on touch at the finish. 2 x 50 BS arms with BS or Fly legs – 2 handed simultaneous touch. 4 x 25 Fly arms with Fly or BS legs - 2 handed simultaneous touch. 2 x 50 BK – touch & finish on back at end of race – May fully submerge once head passes under flags with 5M. 2 x 50 FS – Try to finish on a full stroke and don't breathe once past the flags with 5M to go.
Main Set  1900	FS Race distances – RI = 30: Check your times and gauge your pace – 75-90% effort. 400, 2 x 200, 2 x 100, 4 x 50, 4 x 25 AIM = ↑A stroke ↓IM order “B” Stroke Race distances – RI 30: Check your times and gauge your pace – 75-90% effort. 2 x 100, 2 x 50, 4 x 25
Skills	Optional - 4 x Dives with 25M sprints with Walk back rest If time –Polish your turns
Cool Down	100 OC – BK finning, FS easy long strokes, walking and socialising!
Total	2800+