








**Date: Sunday 8<sup>th</sup> Sept 2024. Notices: 16-month membership open for new members, Sept. Coaches newsletter. Sun 15<sup>th</sup> CX, swim Sat 14<sup>th</sup> 1030-1200, Names for CB 12/13 Oct ASAP incl events. Weekly stroke theme = FS efficiency – what works best for “YOU”. Training cycle #6 starts = Aerobic base/endurance, Increase volume and intensity on your “A” stroke. Caution: FS Reminder of body rotation to help free up the shoulders to move without pain. Equipment: Fins, CS, FP**

<b>Warm up</b>	100 OC, 100 SKiPS FS, 50 swim BK, 50 kick BK, 50.  (300)	
<b>Drill</b>  (250)	<p><b>Aim = increase your DSP without expending more energy, keeping good technique and increasing speed.</b> For each swim - Keep kicking when in pause position. <b>USE CS</b> if have them. <b>Swim 2 x 25</b> on each #1-5. Initiating a pause in each position. Other non-stroking arm is held in front (just below the water line – thumb facing forward). ↑LA↓RA. RI 10-15.</p> <p><b>FS Stroke Leverage/Power for longer DSP. The 5 key position holds</b></p> <ol style="list-style-type: none"> <li><b>1. Front (3-4 inches below the water line)</b> Start the “CATCH” arm out in front, fingers lower than the wrist, wrist lower than the elbow, elbow lower than the shoulder.</li> <li><b>2. EVF (Early Vertical Forearm)</b> Hold in high elbow catch position, fingers pointing down to the bottom of the pool. This is also where the acceleration should have started to take effect</li> <li><b>3. Mid-point (“C” position).</b> Hold at Approx 100/120 degrees (side view = fingers, elbow, shoulder in online), front view, elbow slightly out to side (form a “letter “C”)</li> <li><b>4. Exit (push out)</b> - Palm of hand facing mostly behind you next between hip/thigh, elbow slight bent.</li> <li><b>5. Relaxed recovery and Entry</b> - Shoulder leads, elbow, wrist hand , thumb first. <b>Entry</b> - finger tips down (thumb FWD) in front of shoulder line 18” (in front of shoulder).</li> </ol>	
<b>All 10 – 15 min FS swim with (400)</b>	<p>Use Finger Paddles – DO NOT tighten them! RI 30 BTW 100s</p> <p>100 FS breathing changes - ↑right side only↓ Left side only, ↑Bi-lat, ↓OC</p> <p>100 FS -FES for 25M – rest Tech swim. - #SPL</p> <p>100 FS – SOTW tech swim 1<sup>st</sup> 25, then sprint 25, rest tech swim. #SPL</p> <p>100 FS Tech swim to 75M – BES to finish. #SPL</p>	
<b>Main set</b> 	<p><b>L1/2 = 700</b></p> <p>2 x 100 “A” RI 30. (FES/ rest tech swim) RI 15-30. (200)</p> <p>FS – DSP /#SPL while sprinting (BES) - RI 20-30</p> <p>2 x 25, 2 x 50, 2 x 75 (300)</p> <p>8 x 25 FS sprints Flags to flags RI 30 –#SPL = ? every 60 secs (200)</p>	<p><b>L3= 800 =</b></p> <p>3 x 100 “A” RI 30. (FES/ rest tech swim) RI 15-20. (300)</p> <p>FS – DSP /#SPL (BES) :2 x 25, 2 x 50, 2 x 75 RI 20(300)</p> <p>8 x 25 FS sprints Flags to flags RI 30 –#SPL = ? every 50 secs</p> <p><b>L3D/T 1300</b></p> <p>FS 2 x 400 – even pace #SPL from above (-1) RI 30</p> <p>FS 2 x 200 – BES RI 30, 4 x 25 FS sprints Flags to flags every 50 secs.</p>
<b>Relays</b>	10 mins – FS & Medley.	
<b>C/Down</b>	100 = OC	
<b>Total</b>	L1/2 = 1750 +. L3 = 1850+/L3D = 2350	

<b>Level 1</b>	<b>Weekly stroke theme = FS efficiency – what works best for “YOU”.</b>
<b>Warm up</b>	100 OC, 100 SKiPS FS, 50 swim BK, 50 kick BK, 50. 🏊🏊 (300)
<p>Drills 🏊🏊. Aim = increase your DSP without expending more energy, keeping good technique and increasing speed. For each swim - Keep kicking when in pause position. <b>USE CS</b> if have them.</p> <p><b>Swim 2 x 25</b> on each #1-5. Initiating a pause in each position. Other non-stroking arm is held in front (just below the water line – thumb facing forward).  ↑LA↓RA. RI 10-15.</p> <p><b>FS Stroke Leverage/Power for longer DSP. The 5 key position holds</b></p> <ol style="list-style-type: none"> <li><b>1. Front (3-4 inches below the water line)</b> Start the “CATCH” arm out in front, fingers lower than the wrist, wrist lower than the elbow, elbow lower than the shoulder.</li> <li><b>2. EVF (Early Vertical Forearm)</b> Hold in high elbow catch position, fingers pointing down to the bottom of the pool. This is also where the acceleration should have started to take effect</li> <li><b>3. Mid-point (“C” position).</b> Hold at Approx 100/120 degrees (side view = fingers, elbow, shoulder in online), front view, elbow slightly out to side (form a “letter “C”)</li> <li><b>4. Exit (push out)</b> - Palm of hand facing mostly behind you next between hip/thigh, elbow slight bent.</li> <li><b>5. Relaxed recovery and Entry</b> - Shoulder leads, elbow, wrist hand , thumb first. <b>Entry</b> - finger tips down (thumb FWD) in front of shoulder line 18” (in front of shoulder).</li> </ol>	
<b>All 10 – 15 min FS swim (400)</b>	Use Finger Paddles – DO NOT tighten them! RI 30 BTW 100s 100 FS breathing changes - ↑right side only↓ Left side only, ↑Bi-lat, ↓OC 100 FS -FES for 25M – rest Tech swim. - #SPL 100 FS – SOTW tech swim 1 <sup>st</sup> 25, then sprint 25, rest tech swim. #SPL 100 FS Tech swim to 75M – BES to finish. #SPL
<b>Main Set</b>  <b>700</b>	2 x 100 “A” RI 30. (FES/ rest tech swim) RI 15-30. FS – DSP /#SPL while sprinting (BES) - RI 20-30 2 x 25, 2 x 50, 2 x 75 8 x 25 FS sprints Flags to flags RI 30 –#SPL = ? every 60 secs
<b>Relays</b>	FS & Medley.
<b>Cool Down</b>	100 = OC
<b>Total</b>	L1 = 1750+

<b>Level 2</b>	<b>Weekly stroke theme = FS efficiency – what works best for “YOU”.</b>
<b>Warm up</b>	100 OC, 100 SKiPS FS, 50 swim BK, 50 kick BK, 50. 🏊🏊 (300)
<p>Drills 🏊🏊. <b>Aim = increase your DSP without expending more energy, keeping good technique and increasing speed.</b> For each swim - Keep kicking when in pause position. <b>USE CS</b> if have them.</p> <p><b>Swim 2 x 25</b> on each #1-5. Initiating a pause in each position. Other non-stroking arm is held in front (just below the water line – thumb facing forward).  ↑LA↓RA. RI 10-15.</p> <p><b>FS Stroke Leverage/Power for longer DSP. The 5 key position holds</b></p> <ol style="list-style-type: none"> <li><b>1. Front (3-4 inches below the water line)</b> Start the “CATCH” arm out in front, fingers lower than the wrist, wrist lower than the elbow, elbow lower than the shoulder.</li> <li><b>2. EVF (Early Vertical Forearm)</b> Hold in high elbow catch position, fingers pointing down to the bottom of the pool. This is also where the acceleration should have started to take effect</li> <li><b>3. Mid-point (“C” position).</b> Hold at Approx 100/120 degrees (side view = fingers, elbow, shoulder in online), front view, elbow slightly out to side (form a “letter “C”)</li> <li><b>4. Exit (push out)</b> - Palm of hand facing mostly behind you next between hip/thigh, elbow slight bent.</li> <li><b>5. Relaxed recovery and Entry</b> - Shoulder leads, elbow, wrist hand , thumb first. <b>Entry</b> - finger tips down (thumb FWD) in front of shoulder line 18” (in front of shoulder).</li> </ol>	
<b>All 10 – 15 min FS swim (400)</b>	Use Finger Paddles – DO NOT tighten them! RI 30 BTW 100s 100 FS breathing changes - ↑right side only↓ Left side only, ↑Bi-lat, ↓OC 100 FS -FES for 25M – rest Tech swim. - #SPL 100 FS – SOTW tech swim 1 <sup>st</sup> 25, then sprint 25, rest tech swim. #SPL 100 FS Tech swim to 75M – BES to finish. #SPL
<b>Main Set</b>  <b>700</b>	2 x 100 “A” RI 30. (FES/ rest tech swim) RI 15-30. FS – DSP /#SPL while sprinting (BES) - RI 20-30 2 x 25, 2 x 50, 2 x 75 8 x 25 FS sprints Flags to flags RI 30 –#SPL = ? every 60 secs
<b>Relays</b>	FS & Medley.
<b>Cool Down</b>	100 = OC
<b>Total</b>	L2 = 1750+

<b>Level 3</b>	<b>Weekly stroke theme = FS efficiency – what works best for “YOU”.</b>
<b>Warm Up</b>	100 OC, 100 SKiPS FS, 50 swim BK, 50 kick BK, 50. 🏊🏊 (300)
<p>Drills 🏊🏊. <b>Aim = increase your DSP without expending more energy, keeping good technique and increasing speed.</b> For each swim - Keep kicking when in pause position. <b>USE CS</b> if have them.</p> <p><b>Swim 2 x 25</b> on each #1-5. Initiating a pause in each position. Other non-stroking arm is held in front (just below the water line – thumb facing forward).          ↑LA↓RA. RI 10-15.</p> <p><b>FS Stroke Leverage/Power for longer DSP. The 5 key position holds</b></p> <ol style="list-style-type: none"> <li>6. <b>Front (3-4 inches below the water line)</b> Start the “CATCH” arm out in front, fingers lower than the wrist, wrist lower than the elbow, elbow lower than the shoulder.</li> <li>7. <b>EVF (Early Vertical Forearm)</b> Hold in high elbow catch position, fingers pointing down to the bottom of the pool. This is also where the acceleration should have started to take effect</li> <li>8. <b>Mid-point (“C” position).</b> Hold at Approx 100/120 degrees (side view = fingers, elbow, shoulder in online), front view, elbow slightly out to side (form a “letter “C”)</li> <li>9. <b>Exit (push out)</b> - Palm of hand facing mostly behind you next between hip/thigh, elbow slight bent.</li> </ol> <p><b>Relaxed recovery and Entry</b> - Shoulder leads, elbow, wrist hand , thumb first.  <b>Entry</b> - finger tips down (thumb FWD) in front of shoulder line 18” (in front of shoulder).</p>	
<b>All 10 – 15 min FS swim (400)</b>	Use Finger Paddles – DO NOT tighten them! RI 30 BTW 100s 100 FS breathing changes - ↑right side only↓ Left side only, ↑Bi-lat, ↓OC 100 FS -FES for 25M – rest Tech swim. - #SPL 100 FS – SOTW tech swim 1 <sup>st</sup> 25, then sprint 25, rest tech swim. #SPL 100 FS Tech swim to 75M – BES to finish. #SPL
<b>Main Set</b>  <b>800</b>	3 x 100 “A” RI 30. (FES/ rest tech swim) RI 15-20. (300) FS – DSP /#SPL (BES) :2 x 25, 2 x 50, 2 x 75 RI 20(300) 8 x 25 FS sprints Flags to flags RI 30 –#SPL = ? every 50 secs
<b>Relays</b>	FS & Medley
<b>Cool Down</b>	100 OC
<b>Total</b>	1850+

<b>Level 3D/T</b>	<b>Weekly stroke theme = FS efficiency – what works best for “YOU”.</b>
<b>Warm Up</b>	100 OC, 100 SKiPS FS, 50 swim BK, 50 kick BK, 50. 🏊🏊 (300)
<p>Drills 🏊🏊. <b>Aim = increase your DSP without expending more energy, keeping good technique and increasing speed.</b> For each swim - Keep kicking when in pause position. <b>USE CS</b> if have them.</p> <p><b>Swim 2 x 25</b> on each #1-5. Initiating a pause in each position. Other non-stroking arm is held in front (just below the water line – thumb facing forward).  ↑LA↓RA. RI 10-15.</p> <p><b>FS Stroke Leverage/Power for longer DSP. The 5 key position holds</b></p> <ol style="list-style-type: none"> <li><b>1. Front (3-4 inches below the water line)</b> Start the “CATCH” arm out in front, fingers lower than the wrist, wrist lower than the elbow, elbow lower than the shoulder.</li> <li><b>2. EVF (Early Vertical Forearm)</b> Hold in high elbow catch position, fingers pointing down to the bottom of the pool. This is also where the acceleration should have started to take effect</li> <li><b>3. Mid-point (“C” position).</b> Hold at Approx 100/120 degrees (side view = fingers, elbow, shoulder in online), front view, elbow slightly out to side (form a “letter “C”)</li> <li><b>4. Exit (push out)</b> - Palm of hand facing mostly behind you next between hip/thigh, elbow slight bent.</li> </ol> <p><b>Relaxed recovery and Entry</b> - Shoulder leads, elbow, wrist hand , thumb first.  <b>Entry</b> - finger tips down (thumb FWD) in front of shoulder line 18” (in front of shoulder).</p>	
<b>All 10 – 15 min FS swim (400)</b>	Use Finger Paddles – DO NOT tighten them! RI 30 BTW 100s 100 FS breathing changes - ↑right side only↓ Left side only, ↑Bi-lat, ↓OC 100 FS -FES for 25M – rest Tech swim. - #SPL 100 FS – SOTW tech swim 1 <sup>st</sup> 25, then sprint 25, rest tech swim. #SPL 100 FS Tech swim to 75M – BES to finish. #SPL
<b>Main Set</b>  <b>1300</b>	2 x 400 FS – even pace #SPL from above (-1) RI 30 2 x 200 FS– BES RI 30, 4 x 25 FS sprints Flags to flags every 50 secs
<b>Relays</b>	FS & Medley - Optional
<b>Cool Down</b>	100 OC
<b>Total</b>	2350+

