













**Date:** Sat 14<sup>th</sup> Sept 2024. **Notices:** Coaches newsletter, **Target #s Oct12/13 NSW SC @ Canberra AIS, extra training sessions wed @ 1300 – Names ASAP.**




**Training Emphasis:** - Cycle #6, week 2 = Aerobic base & higher intensity sets. **Check the BK tips sheet.** Weekly theme = Stroke efficiency (Body rotation, is the KEY to avoid joint lock at the shoulder, arms – underwater for power, over to recover and breathe and leg kick up to balance). **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 3DT.

<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 – Reminder - SOTW, 2 dolphin kicks then single arm pull and then arms are in opposition to start BK swim. 2 x 25 Single arm with body rotation ↑LA↓RA – General reminders pinkie lead, “S” pull, or HFA with wrist @ shoulder height, good catch & accelerate to hip, push over to help rotate on other shoulder. Its all on the Tips sheet plus more! 2 x 25 Drill # 21 BK Roll Pull, Role Push 2 x 25 Drill # 24 Opposition overlap. 2 x 50 BK normal long easy strokes. (250)	
<b>L1/2/3 only</b>	5 swim – FS – consolidation from last week. Focus on DSP/SPL, catch, EVF, relaxed recovery etc.	
<b>Main set</b> 	Level 1ck times for swims with FES vs BES A. 4 x 100 OC – Building to sprint finish. RI 30 B. 4 x 50 - 2 x A, 2 x BK - BES RI 20 C. 200 OC – increase speed flag to flags D. 6 x 50 FES 3 x FS, 1 x BK, 2 x OC RI 30(1100)	Level 3 – Check times for swims with FES vs BES A. 6 x 100 OC – 3 x Building to sprint finish, 3 x 80-85%. RI 30 B. 6 x 50 (3 x A, 3 x BK) BES RI 20 C. 200 OC or 2 x 100 IMs (RI 30) D. 6 x 50 FES 3 x FS, 1 x BK, 2 x OC ever RI 30 (1400)
	Level 2 E. 4 x 100 OC – Building to sprint finish. RI 30 F. 4 x 50 - 2 x A, 2 x BK - BES RI 20 G. 200 OC – increase speed flag to flags A. 6 x 50 FES 3 x FS, 1 x BK, 2 x OC RI 30 (1100)	Level 3D/Tri A. 2 x 400 FS –use TT @ SR. Think about 2 beat kick and hip drive into longer stroke – Count # SPL. RI 30-40 B. 4 x 25 FS sprints every 50 secs, C. 4 x 50 FS - Sprint flags to flags. D. 5 x 100 (3x FS, 2 x not FS) – Sprint last lap. RI 30 (1600)
<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/L2 = 1700 + 5 mins, L3 = 2100 = 5 mins, L3D/T = 2300+5 mins	

<b>Level 1</b>	<b>Weekly Training Theme = BK – Efficiency</b>
<b>Warm up</b>	 L1 & L2 = 100 KLRS FS, 50 Kick BK, 100 Swim OC (250).
<b>Drills/Skills</b>  (250)	<p>RI 15 on all</p> <p>2 x 25 Single arm with body rotation ↑LA↓RA – General reminders pinkie lead, “S” pull, or HFA with wrist @ shoulder height, good catch &amp; accelerate to hip, push over to help rotate on other shoulder.</p> <p>2 x 25 Drill # 21 BK Roll Pull, Role Push</p> <p>2 x 25 Drill # 24 Opposition overlap.</p> <p>2 x 50 BK normal long easy strokes.</p>
<b>5 mins – swim</b>	5 min swim – FS @ even pace – Need to count SPL Consolidation from last week. Focus on stroke efficiency.
<b>Main Set</b>  1100	<p>Check times for swims with FES vs BES</p> <p>4 x 100 OC – Building to sprint finish. RI 30</p> <p>4 x 50 - BES - 2 x A, 2 x BK- RI 20</p> <p>200 OC – increase speed flag to flags</p> <p>6 x 50 FES 3 x FS, 1 x BK, 2 x OC RI 30</p>
<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>	1700 + 5mins + relays

<b>Level 2</b>	<b>Weekly Training Theme = BK – Efficiency</b>
<b>Warm up</b>	 L1 & L2 = 100 KLRS FS, 50 Kick BK, 100 Swim OC (250).
<b>Drills/Skills</b>  250	<p>RI 15 on all</p> <p>2 x 25 Single arm with body rotation ↑LA↓RA – General reminders pinkie lead, “S” pull, or HFA with wrist @ shoulder height, good catch &amp; accelerate to hip, push over to help rotate on other shoulder.</p> <p>2 x 25 Drill # 21 BK Roll Pull, Role Push</p> <p>2 x 25 Drill # 24 Opposition overlap.</p> <p>2 x 50 BK normal long easy strokes.</p>
<b>5 mins Swim</b>	5 min swim – FS @ even pace – Need to count SPL Consolidation from last week. Focus on stroke efficiency.
<b>Main Set</b>  1100	<p>Check times for swims with FES vs BES</p> <p>4 x 100 OC – Building to sprint finish. RI 30</p> <p>4 x 50 - BES - 2 x A, 2 x BK RI 20</p> <p>200 OC – increase speed flag to flags</p> <p>6 x 50 FES 3 x FS, 1 x BK, 2 x OC RI 30</p>
<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>	1700 + 5mins + relays

<b>Level 3</b>	<b>Weekly Training Theme = BK – Efficiency</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 Single arm with body rotation ↑LA↓RA – General reminders pinkie lead, “S” pull, or HFA with wrist @ shoulder height, good catch & accelerate to hip, push over to help rotate on other shoulder.  2 x 25 Drill # 21 BK Roll Pull, Role Push  2 x 25 Drill # 24 Opposition overlap.  2 x 50 BK normal long easy strokes.
<b>5 mins Swim</b>	5 min swim – FS @ even pace – Need to count SPL Consolidation from last week. Focus on stroke efficiency.
<b>Main Set</b>  1400	Check times for swims with FES vs BES  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) BES RI 20  200 OC or 2 x 100 IMs (RI 30)  6 x 50 FES 3 x FS, 1 x BK, 2 x OC RI 30
<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 – Efficiency</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 Single arm with body rotation ↑LA↓RA – General reminders pinkie lead, “S” pull, or HFA with wrist @ shoulder height, good catch & accelerate to hip, push over to help rotate on other shoulder.  2 x 25 Drill # 21 BK Roll Pull, Role Push  2 x 25 Drill # 24 Opposition overlap.  2 x 50 BK normal long easy strokes.
<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 - Optional
<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