Date: 22nd September 24. Notices: HAG entry 6th & 8th Oct. Extra training Monday @ 1330 Who? Event -NSW State in CB 12/13 Oct. 13 swimmers, anyone else? Weekly Theme = BS & Fly stroke efficiency. Training Cycle #6 week 3. Aerobic base/endurance & Race specific high intensity sets for those going to CB. Caution: BS drills -Knees, swap to dolphins, Fly drills - lower backs swap to FS. Lane situ re fly – go up the middle and wait till clear for return. Equipment: Fins /KB/ PBs

Warm	10 mins = 50 FS kick, 50 BK kick, 50 BS arms, 100 OC, 100 BK KLRS. Repeat till the whistle goes. Target L1/L2 = 300, L3 = 400
up	
Drill/Skill	Know the rules - Open turns for BS & Fly – 10 mins start at the flags to wall and back. Knees up fast a key aspect. 2 hands touch simultaneously.
Α	RI 10-15
N M	Reminders for Fly and BS stroke = Check the tip sheet everyone
300	2 x 25 Fly Skimmers - Chest press with 2 beat leg kick, 2 x 25 Fly single arm – FS breathing, 2 x 25 Fly 2 -2-2 = 2 LA, 2 RA, 2 normal. (150)
	2 x 25 BS arms with fly legs, 2 x 25 BS legs – whip kick – hold arms in front., 2 x 25 BS - SBKG (150) (15mins) [25mins]
Main set	4 x 25 – 2 x FS 2 x OC sprints every 60 secs, 2 x 50 "A" 75-80% RI 30 2 x 100 -1 x FS 1 x OC @ even pace. RI 30. 200 easy Get OC SOTW. (600)
L1	5 mins open turns (again) BS/Fly flags into wall back to flags – use both ends of pool.
	2 x 50 BS 个E↓M RI 20, 2 x 25 Fly (or Fly to ½ way then FS) RI 30, 2 x 50 BK 个E↓M RI 20. 2 x 25 Fly (or Fly to ½ way then FS) RI 30 (300)
W	2 x 50 BS/Fly starting mid lap (get 2 turns in 50 M) RI 20 use both directs /ends at the same time. (100) [1000]
Main set	4 x 25 – 2 x FS 2 x OC sprints every 50 secs, 2 x 50 "A" 80-85% RI 30 2 x 100 -1 x FS 1 x OC @ even pace. RI 30. 200 easyOC Get SOTW. (600)
L2	5 mins open turns (again) BS/Fly flags into wall back to flags – use both ends of pool.
	2 x 50 BS BES 20, 2 x 25 Fly (or Fly to ½ way then FS) RI 30, 2 x 50 BK BES RI 20. 2 x 25 Fly (or Fly to ½ way then FS) RI 30 (300)
	2 x 50 BS/Fly starting mid lap (get 2 turns in 50 M) RI 20 use both directs /ends at the same time. (100) [1000]
Main set	4 x 50 "A" 个M↓F RI 20 4 x 100 -2 x FS 1 x BK, 1 x OC or 1 x IM @ even pace. RI 30. 200 easy OC Get SOTW. (800)
L3	5 mins open turns (again) BS/Fly flags into wall back to flags – use both ends of pool.
	2 x 50 BS BES RI 20, 2 x 25 Fly RI 30, 2 x 50 BK BES RI 20. 2 x 25 Fly RI 30 (300)
	2 x 50 BS/Fly starting mid lap (get 2 turns in 50 M) RI 20 use both directs /ends at the same time. (100) [1200]
Main set	4 x 50 FS 个M↓F RI 20, 4 x 100 -2 x FS 1 x BK, 1 x OC, @ even pace. RI 30. 200 easy FS Get SOTW. (800)
L3Dist	2 x 200 FS every 4 th lap sprint ½ lap, RI = walk to ½ & back (400)
	200 mix 个BK↓FS tech swim @ even pace.
W	400 FS STOW (each 100 = 个M↓E个M↓F), [1800]
Skills B	15 mins Relays FS /Medley
C/Down	100 mix - body dolphins, side stoke, double arm BK, BS with extended glides
Total	L1 /L2= 1700 + relays, L3 = 2000 + relays, L3D = 2600

Level 1	Weekly Theme = BS & Fly stroke efficiency. Training Cycle #6 week 3. Aerobic base/endurance & Race specific high
	intensity sets
Warm up	10 mins = 50 FS kick, 50 BK kick, 50 BS arms, 100 OC, 100 BK
	KLRS. Repeat till the whistle goes. Target L1/L2 = 300
Drills/Skills	Know the rules - Open turns for BS & Fly – 10 mins start at
08	the flags to wall and back. Knees up fast a key aspect. 2
	hands touch simultaneously.
	Reminders for Fly and BS stroke = Check the tip sheet
	everyone
	RI 10-15
	2 x 25 Fly Skimmers - Chest press with 2 beat leg kick,
	2 x 25 Fly single arm – FS breathing,
	2 x 25 Fly 2 -2-2 = 2 LA, 2 RA, 2 normal. (150)
	2 x 25 BS arms with fly legs,
	2 x 25 BS legs – whip kick – hold arms in front.,
	2 x 25 BS - SBKG (150) (15mins) [25mins]
Main Set	4 x 25 – 2 x FS 2 x OC sprints every 60 secs,
(WHY)	2 x 50 "A" 75-80% RI 30
1000	2 x 100 -1 x FS 1 x OC @ even pace. RI 30.
	200 easy OC - Get SOTW.
	5 mins open turns (again)
	BS/Fly flags into wall back to flags – use both ends of pool.
	2 x 50 BS ↑E↓M RI 20,
	2 x 25 Fly (or Fly to $\frac{1}{2}$ way then FS) RI 30,
	2 x 50 BK 个E↓M RI 20.
	2×25 Fly (or Fly to $\frac{1}{2}$ way then FS) RI 30
	2 x 50 BS/Fly starting mid lap (get 2 turns in 50 M) RI 20 use
	both directs /ends at the same time.
Relays	15 mins Relays FS /Medley
Cool Down	100 mix - body dolphins, side stoke, double arm BK, BS with
	extended glides
Total	1700 + relays
	1700 · TClays

Level 2	Weekly Theme = BS & Fly stroke efficiency. Training Cycle
	#6 week 3. Aerobic base/endurance & Race specific high
	intensity sets
Warm up	10 mins = 50 FS kick, 50 BK kick, 50 BS arms, 100 OC, 100 BK
	KLRS. Repeat till the whistle goes. Target L1/L2 = 300
Drills/Skills	Know the rules - Open turns for BS & Fly – 10 mins start at
AR AR	the flags to wall and back. Knees up fast a key aspect. 2
300	hands touch simultaneously.
	Reminders for Fly and BS stroke = Check the tip sheet
	everyone
	RI 10-15
	2 x 25 Fly Skimmers - Chest press with 2 beat leg kick,
	2 x 25 Fly single arm – FS breathing,
	2 x 25 Fly 2 -2-2 = 2 LA, 2 RA, 2 normal.
	2 x 25 BS arms with fly legs,
	2 x 25 BS legs – whip kick – hold arms in front.,
	2 x 25 BS - SBKG
Main Set	4 x 25 – 2 x FS 2 x OC sprints every 50 secs,
1000	2 x 50 "A" 75-80% RI 30
1000	2 x 100 -1 x FS 1 x OC @ even pace. RI 30.
	200 easy Get OC SOTW.
	5 mins open turns (again)
	BS/Fly flags into wall back to flags – use both ends of pool.
	2 x 50 BS ↑E↓M RI 20,
	2 x 25 Fly (or Fly to $\frac{1}{2}$ way then FS) RI 30,
	2 x 50 BK 个E↓M RI 20.
	2 x 25 Fly RI 30
	2 x 50 BS/Fly starting mid lap (get 2 turns in 50 M) RI 20 use
	both directs /ends at the same time.
Relays	15 mins Relays FS /Medley
Cool Down	100 mix - body dolphins, side stoke, double arm BK, BS with
	extended glides
Total	1700 + relays

Wareky memory #6 week 3. Aerobic base/endurance & Race specific high intensity sets Warm up 10 mins = 50 FS kick, 50 BK kick, 50 BS arms, 100 OC, 100 BK KLRS. Repeat till the whistle goes. Target =400 Drills/Skills Know the rules - Open turns for BS & Fly – 10 mins start at the flags to wall and back. Knees up fast a key aspect. 2 hands touch simultaneously. Reminders for Fly and BS stroke = Check the tip sheet everyone RI 10-15 2 x 25 Fly Skimmers - Chest press with 2 beat leg kick, 2 x 25 Fly single arm – FS breathing, 2 x 25 Fly 2 -2-2 = 2 LA, 2 RA, 2 normal. 2 x 25 BS arms with fly legs, 2 x 25 BS legs – whip kick – hold arms in front., 2 x 25 BS - SBKG Main Set 4 x 50 "A" ↑ M↓F RI 20 4 x 100 -2 x FS 1 x BK, 1 x OC or 1 x IM @ even pace. RI 30. 200 easy OC Get SOTW. 5 mins open turns (again) BS/Fly flags into wall back to flags – use both ends of pool. 2 x 25 Fly - Tech swim RI 30 2 x 25 Fly - Tech swim RI 30 2 x 25 Fly - Tech swim RI 30 2 x 50 BS/Fly starting mid lap (get 2 turns in 50 M) RI 20 use both directs /ends at the same time. Relays 15 mins Relays FS /Medley Cool Down 100 mix - body dolphins, side stoke, double arm BK, BS with extended glides	Level 3	Weekly Theme = BS & Fly stroke efficiency. Training Cycle
intensity setsWarm up10 mins = 50 FS kick, 50 BK kick, 50 BS arms, 100 OC, 100 BK KLRS. Repeat till the whistle goes. Target =400Drills/SkillsKnow the rules - Open turns for BS & Fly - 10 mins start at the flags to wall and back. Knees up fast a key aspect. 2 hands touch simultaneously. Reminders for Fly and BS stroke = Check the tip sheet everyone RI 10-15 2 x 25 Fly Skimmers - Chest press with 2 beat leg kick, 2 x 25 Fly single arm - FS breathing, 2 x 25 Fly 2 -2-2 = 2 LA, 2 RA, 2 normal. 2 x 25 BS arms with fly legs, 2 x 25 BS legs - whip kick - hold arms in front., 2 x 25 BS - SBKGMain Set4 x 50 "A" ↑M↓F RI 20 4 x 100 -2 x FS 1 x BK, 1 x OC or 1 x IM @ even pace. RI 30. 200 easy OC Get SOTW. 5 mins open turns (again) BS/Fly flags into wall back to flags - use both ends of pool. 2 x 55 BS BES RI 20 2 x 25 Fly - Tech swim RI 30 2 x 50 BS BES RI 20. 2 x 55 Fly - Tech swim RI 30 2 x 50 BS/Fly starting mid lap (get 2 turns in 50 M) RI 20 use both directs /ends at the same time.Relays15 mins Relays FS /MedleyCool Down100 mix - body dolphins, side stoke, double arm BK, BS with extended glides		
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Main Set4 x 50 "A" ↑M↓F RI 2012004 x 100 -2 x FS 1 x BK, 1 x OC or 1 x IM @ even pace. RI 30. 200 easy OC Get SOTW. 5 mins open turns (again) BS/Fly flags into wall back to flags – use both ends of pool. 2 x 50 BS BES RI 20 2 x 25 Fly – Tech swim RI 30 2 x 50 BK BES RI 20. 2 x 25 Fly – Tech swim RI 30 2 x 50 BS/Fly starting mid lap (get 2 turns in 50 M) RI 20 use both directs /ends at the same time.Relays15 mins Relays FS /MedleyCool Down100 mix - body dolphins, side stoke, double arm BK, BS with extended glides		2 x 25 BS arms with fly legs, 2 x 25 BS legs – whip kick – hold
 A x 100 - 2 x FS 1 x BK, 1 x OC or 1 x IM @ even pace. RI 30. 200 easy OC Get SOTW. 5 mins open turns (again) BS/Fly flags into wall back to flags use both ends of pool. 2 x 50 BS BES RI 20 2 x 25 Fly – Tech swim RI 30 2 x 50 BK BES RI 20. 2 x 50 BK Jes RI 20. 2 x 50 BS/Fly starting mid lap (get 2 turns in 50 M) RI 20 use both directs /ends at the same time. Relays 15 mins Relays FS /Medley Cool Down 100 mix - body dolphins, side stoke, double arm BK, BS with extended glides 		arms in front., 2 x 25 BS - SBKG
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Relays15 mins Relays FS /MedleyCool Down100 mix - body dolphins, side stoke, double arm BK, BS with extended glides		2 x 50 BS/Fly starting mid lap (get 2 turns in 50 M) RI 20 use
Cool Down 100 mix - body dolphins, side stoke, double arm BK, BS with extended glides		both directs /ends at the same time.
extended glides	Relays	15 mins Relays FS /Medley
extended glides	Cool Down	100 mix - body dolphins, side stoke, double arm BK, BS with
	Total	-

Level 3	Weakly Thoma - DS & Elystrake officiency Training Cycle
Distance/	Weekly Theme = BS & Fly stroke efficiency. Training Cycle
Triathlon	#6 week 3. Aerobic base/endurance & Race specific high
mathon	intensity sets
Warm up	10 mins = 50 FS kick, 50 BK kick, 50 BS arms, 100 OC, 100 BK
	KLRS. Repeat till the whistle goes. Target =400
Drills/Skills	Know the rules - Open turns for BS & Fly – 10 mins start at
AR	the flags to wall and back. Knees up fast a key aspect.
300	2 hands touch simultaneously.
	Reminders for Fly and BS stroke = Check the tip sheets
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	2 x 25 Fly Skimmers - Chest press with 2 beat leg kick,
	2 x 25 Fly single arm – FS breathing,
	2 x 25 Fly 2 -2-2 = 2 LA, 2 RA, 2 normal.
	2 x 25 BS arms with fly legs,
	2 x 25 BS legs – whip kick – hold arms in front.,
	2 x 25 BS - SBKG
Main Set	4 x 50 FS 个M↓F RI 20,
	4 x 100 -2 x FS 1 x BK, 1 x OC, @ even pace. RI 30.
1800	200 easy FS Get SOTW.
	2 x 200 FS every 4 th lap sprint ½ lap, RI = walk to ½ & back
	200 mix ↑BK↓FS tech swim @ even pace.
	400 FS STOW (each 100 = $\uparrow M \downarrow E \uparrow M \downarrow F$),
Relays	Optional
Cool Down	100 mix - body dolphins, side stoke, double arm BK, BS with
	extended glides
Total	2600