














**Date:** 22<sup>nd</sup> September 24. **Notices:** HAG entry 6<sup>th</sup> & 8<sup>th</sup> 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

<b>Warm up</b>	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
<b>Drill/Skill A</b>  <b>300</b>	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. RI 10-15 Reminders for Fly and BS stroke = Check the tip sheet everyone 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]
<b>Main set L1</b> 	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) 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 ½ way then FS) RI 30, 2 x 50 BK ↑E↓M 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]
<b>Main set L2</b> 	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) 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]
<b>Main set L3</b> 	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. (800) 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]
<b>Main set L3Dist</b> 	4 x 50 FS ↑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) 2 x 200 FS every 4 <sup>th</sup> lap sprint ½ lap, RI = walk to ½ & back (400) 200 mix ↑BK↓FS tech swim @ even pace. 400 FS STOW (each 100 = ↑M↓E↑M↓F), [1800]
<b>Skills B</b>	15 mins Relays FS /Medley
<b>C/Down</b>	100 mix - body dolphins, side stoke, double arm BK, BS with extended glides
<b>Total</b>	L1 /L2= 1700 + relays, L3 = 2000 + relays, L3D = 2600

<b>Level 1</b>	<b>Weekly Theme = BS &amp; Fly stroke efficiency. Training Cycle #6 week 3.</b> Aerobic base/endurance & Race specific high intensity sets
<b>Warm up</b>	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
<b>Drills/Skills</b> 	<p>Know the rules - Open turns for BS &amp; Fly – 10 mins start at the flags to wall and back. Knees up fast a key aspect. 2 hands touch simultaneously.</p> <p>Reminders for Fly and BS stroke = Check the tip sheet everyone</p> <p>RI 10-15</p> <p>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)</p> <p>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]</p>
<b>Main Set</b>  <b>1000</b>	<p>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 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 ½ way then FS) RI 30, 2 x 50 BK ↑E↓M RI 20. 2 x 25 Fly (or Fly to ½ 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.</p>
<b>Relays</b>	15 mins Relays FS /Medley
<b>Cool Down</b>	100 mix - body dolphins, side stoke, double arm BK, BS with extended glides
<b>Total</b>	1700 + relays

<b>Level 2</b>	<b>Weekly Theme = BS &amp; Fly stroke efficiency. Training Cycle #6 week 3.</b> Aerobic base/endurance & Race specific high intensity sets
<b>Warm up</b>	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
<b>Drills/Skills</b>  <b>300</b>	<p>Know the rules - Open turns for BS &amp; Fly – 10 mins start at the flags to wall and back. Knees up fast a key aspect. 2 hands touch simultaneously.</p> <p>Reminders for Fly and BS stroke = Check the tip sheet everyone</p> <p>RI 10-15</p> <p>2 x 25 Fly Skimmers - Chest press with 2 beat leg kick,</p> <p>2 x 25 Fly single arm – FS breathing,</p> <p>2 x 25 Fly 2 -2-2 = 2 LA, 2 RA, 2 normal.</p> <p>2 x 25 BS arms with fly legs,</p> <p>2 x 25 BS legs – whip kick – hold arms in front.,</p> <p>2 x 25 BS - SBKG</p>
<b>Main Set</b>  <b>1000</b>	<p>4 x 25 – 2 x FS 2 x OC sprints every 50 secs,</p> <p>2 x 50 “A” 75-80% RI 30</p> <p>2 x 100 -1 x FS 1 x OC @ even pace. RI 30.</p> <p>200 easy Get OC SOTW.</p> <p>5 mins open turns (again)</p> <p>BS/Fly flags into wall back to flags – use both ends of pool.</p> <p>2 x 50 BS ↑E↓M RI 20,</p> <p>2 x 25 Fly (or Fly to ½ way then FS) RI 30,</p> <p>2 x 50 BK ↑E↓M RI 20.</p> <p>2 x 25 Fly RI 30</p> <p>2 x 50 BS/Fly starting mid lap (get 2 turns in 50 M) RI 20 use both directs /ends at the same time.</p>
<b>Relays</b>	15 mins Relays FS /Medley
<b>Cool Down</b>	100 mix - body dolphins, side stoke, double arm BK, BS with extended glides
<b>Total</b>	1700 + relays

<b>Level 3</b>	<b>Weekly Theme = BS &amp; Fly stroke efficiency. Training Cycle #6 week 3.</b> Aerobic base/endurance & Race specific high intensity sets
<b>Warm up</b>	10 mins = 50 FS kick, 50 BK kick, 50 BS arms, 100 OC, 100 BK KLRS. Repeat till the whistle goes. Target =400
<b>Drills/Skills</b>  <b>300</b>	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
<b>Main Set</b>  <b>1200</b>	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 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.
<b>Relays</b>	15 mins Relays FS /Medley
<b>Cool Down</b>	100 mix - body dolphins, side stoke, double arm BK, BS with extended glides
<b>Total</b>	2000+ relays

<b>Level 3 Distance/ Triathlon</b>	<b>Weekly Theme = BS &amp; Fly stroke efficiency. Training Cycle #6 week 3.</b> Aerobic base/endurance & Race specific high intensity sets
<b>Warm up</b>	10 mins = 50 FS kick, 50 BK kick, 50 BS arms, 100 OC, 100 BK KLRS. Repeat till the whistle goes. Target =400
<b>Drills/Skills</b>  <b>300</b>	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 sheets 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
<b>Main Set</b>  <b>1800</b>	4 x 50 FS ↑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. 2 x 200 FS every 4 <sup>th</sup> lap sprint ½ lap, RI = walk to ½ & back 200 mix ↑BK↓FS tech swim @ even pace. 400 FS STOW (each 100 = ↑M↓E↑M↓F),
<b>Relays</b>	Optional
<b>Cool Down</b>	100 mix - body dolphins, side stoke, double arm BK, BS with extended glides
<b>Total</b>	2600