


Date: Sunday 29th September 24. Notices: Club HAG – Entries 6/8th Oct. NSW SC 12/13 Oct entries. Extra session Thur @ 1300. **Training Emphasis:** Race Prep for HAG/Masters events = plan your own race! Get the dives and turns right for the stroke, Know the stroke rules. Caution: Lane situ awareness, HIT program – LOOK at the clock, know your times, Take the rest periods. Dive/Starts will be in Lane 6, L1/2/3 will move over lanes as necessary. **Equip:** Fins/KB

Level	Level 1	Level 2	Level 3 / L3Distance
W/ up 	10 Mins = 50 Swim FS , 50 kick FS, 100 SKIPS BK, 100 Swim OC, 50 Kick BK, 50 swim OC - swim till the whistle goes. Target L1 = 300, L2 = 350, L3/L3D = 400		
Main 1 All lanes	General Focus points = SOTW, when to kick and how many, when to get for first arm stroke in, Kick it home from 10M to go, don't breathe inside 5M to go etc. 25M FS sprints- Lane 3 /Lane 4 every 45 secs x 8, Lane 5 – every 50 secs x 6, Lane 6 every 60 secs = 4 100 OC easy recovery. [L3 = 300/L2=250/L1=200]		
Main set 2	Starts at Deep end – 10 mins 4 x dives (FS/BS), 2 x BK	4 x 50 OC - Work the turns. (1 st = 80%, 2 nd = 90%, 60 sec walk recovery 3 rd = 85%, 4 th = 95%) RI 40-60 [200]	6 x 50 OC varying pace (1 & 4 = 80%, 2 & 3 = 85%, 5 & 6 = 90%) or 3 x 100 OC (1 st = 75 -80%, 2 nd = 80-85%, 3 rd = 85-95%. Work the turns. RI 40 – 60 + 60 sec walk recovery at the end [300] L3D = 2 x 200 FS even pace – sprint last lap. RI 30-45
Main set 3	Use lane 5 4 x 50 OC (1 st = 80%, 2 nd = 90%, 60 secs walk recovery 3 rd = 85%, 4 th = 95%) RI 40-60 60 secs walk recovery [200]	Starts at Deep end – 10 mins – Use Lane 6 4 x dives (FS/BS), 2 x BK	4 x 100 “A” - pacing or building RI 30-40 1 st = 80%, 2 nd = 85%, 3 rd = 80%, 4 th = 90% 100 OC easy recovery/ or walk 90 secs 2 x 50 “B” both 90%- 95% 100 OC easy recovery/ or walk 90 secs [700] L3D = 400 FS (split 100s -M/E/M/F) 3 x 100 building RI30 (700)
Main set 4	Use Lane 5 for swim. Lane 3 for turns. Open at shallow end /use deep end for Tumbles 2 x 100 “A” RI 40 - build the swim or 1 st = 80%, 2 nd = 90% 100 OC easy recovery/ or walk 60 secs 2 x 50 “B” both 90%- 95% 100 OC easy recovery/ or walk 60 secs [500]	Use lane 4 to swim or Lane 3 for turns. Open at shallow end /use deep end for Tumbles 3 x 100 “A” RI 30-40 -build the swim or 1 st = 80%, 2 nd = 85%, 3 rd = 90% 100 OC easy recovery/ or walk 60 secs 2 x 50 “B” both 90%- 95% 100 OC easy recovery/ or walk 60 secs [600]	Starts at Deep end – 10 mins Use lane 6 4 x dives (FS/BS), 2 x BK + sprints 2 x 100 FS - even pace RI 20-30 Lane 3 available for turns – both ends. Open at shallow end /use deep end for Tumbles [200]
Relays	Relays – FS/Medley, More Dives & starts/ Turns = Open /Tumble		
C/Down	100 OC		
Total	1200+ Relays + turns etc	1550+ Relays + turns etc	L3/D = 2000/2100+ Relays + turns etc

Level 1	Training Emphasis: Race Prep for HAG.
Warm up 300	10 Mins = 50 Swim FS 50 kick FS, 100 SKiPS BK, 100 Swim OC, 50 Kick BK, 50 swim OC - swim till the whistle goes. Target L1 = 300
Main set 1 [200]	General Focus points = SOTW, when to kick and how many, when to get for first arm stroke in, Kick it home from 10M to go, don't breathe inside 5M to go etc. 4 x 25M FS sprints - going every 60 secs 100 OC easy recovery.
Skill 1	Starts at Deep end – 10 mins 4 x dives (FS/BS), 2 x BK
Main 2 [200]	Use lane 5 4 x 50 OC RI 40-60 - Don't forget to CK your technique! 1 st = 80%, 2 nd = 90%, 60 secs walk recovery, 3 rd = 85%, 4 th = 95%)
Main 3 [500]	Stay in Lane 5 to swim. Turns practice go to Lane 3 (open turns at the shallow end /Tumble turns at Deep end) 2 x 100 "A" – build the swim or 1 st = 80%, 2 nd = 90% 100 OC easy recovery/ or walk 60 secs 2 x 50 "B" both 90%- 95% 100 OC easy recovery/ or walk 60 secs
Skill 2	Relays & Dives/Starts/Turns
Cool Down	100 OC
Total	1200+ Relays etc.

Level 2	Training Emphasis: Race Prep for HAG.
Warm up 350	10 Mins = 50 Swim FS 50 kick FS, 100 SKiPS BK, 100 Swim OC, 50 Kick BK, 50 swim OC - swim till the whistle goes. Target = 350
Main set 1 [250]	General Focus points = SOTW, when to kick and how many, when to get for first arm stroke in, Kick it home from 10M to go, don't breathe inside 5M to go etc. 6 x 25M FS sprints - going every 50 secs 100 OC easy recovery.
Main 2 [200]	4 x 50 OC - Work the turns. RI 40-60 1 st = 80%, 2 nd = 90%, 60 secs walk recovery, 3 rd = 85%, 4 th = 95%
Skill 1	Starts at Deep end – 10 mins – Use Lane 6
Main 3 [600]	Use lane 4 – Turns practice go to Lane 3 (open turns at the shallow end /Tumble turns at Deep end) 3 x 100 “A” RI 30-40 – Build the swim or 1 st = 80%, 2 nd = 85%, 3 rd = 90% 100 OC easy recovery/ or walk 60 secs 2 x 50 “B” both 90%- 95% RI 30 100 OC easy recovery/ or walk 60 secs
Skill 2	Relays, Dive & starts & turns
Cool Down	100 OC
Total	1550+ +Relays etc.

Level 3	Training Emphasis: Race Prep for HAG.
Warm up 400	10 Mins = 50 Swim FS 50 kick FS, 100 SKiPS BK, 100 Swim OC, 50 Kick BK, 50 swim OC - swim till the whistle goes. Target = 400
Main 1 [300]	General Focus points = SOTW, when to kick and how many, when to get for first arm stroke in, Kick it home from 10M to go, don't breathe inside 5M to go etc. 8 x 25M FS sprints - going every 45 secs 100 OC easy recovery.
Main 2 [700]	4 x 100 "A" RI 30-40 – pacing or building 1 st = 80%, 2 nd = 85%, 3 rd = 80%, 4 th = 90% 100 OC easy recovery/ or walk 60 secs 2 x 50 "B" both 90%- 95% RI 30-40 100 OC easy recovery/ or walk 60 secs
Skill 1 200 + dashes	Starts at Deep end – 10 mins Use Lane 6 1 lap sprints after dive. Turns practice go to lanes 3 (open turns at the shallow end /Tumble turns at Deep end) Lane 6 swim 2 x 100 FS - even pace RI 20-30
Skill 2	Relays, Dives and starts & turns
Cool Down	100 OC
Total	2000+ relays etc.

Level 3D	Training Emphasis: Race Prep for HAG.
Warm up 400	10 Mins = 50 Swim FS 50 kick FS, 100 SKiPS BK, 100 Swim OC, 50 Kick BK, 50 swim OC - swim till the whistle goes. Target = 400
Main 1 [300]	General Focus points = SOTW, when to kick and how many, when to get for first arm stroke in, Kick it home from 10M to go, don't breathe inside 5M to go etc. 8 x 25M FS sprints - going every 45 secs 100 OC easy recovery.
Main 2 [700]	Option 1 = 4 x 100 "A" RI 30-40 1 st = 80%, 2 nd = 85%, 3 rd = 80%, 4 th = 90% 100 OC easy recovery/ or walk 60 secs 2 x 50 "B" both 90%- 95% RI 30-40 100 OC easy recovery/ or walk 60 secs Option 2 = 1 x 400 FS (split 100 = M/E/M/F) RI 60 3 x 100 FS Building RI 45
Skill 1 200 + dashes	Starts at Deep end – 10 mins Use Lane 6 1 lap sprints after dive. Lane 6 swim 2 x 100 FS - even pace RI 20-30 Turns practice go to lanes 3
Skill 2	Relays, Dives and Starts /turns
Cool Down	100 OC
Total	2100+ relays etc.