












Date: 24th November 24. Notices: Coaches Nov Newsletter out, HAG entry forms 8 & 10th Dec AVBL. **Xmas party 12th dec see liz.**



Weekly Emphasis: All strokes consolidation incl. knowledge of stroke, 2 handed touch rules. **Training Cycle** = stroke knowledge, mixed intensity swims – FES/BES experimentation in prep for HAGs. **Caution:** Lane situ awareness – swimmers using different “A” strokes and IM. Medical issues leg / shoulders swap outs to OC. **Equipment: Fins/ KB/PBs**

Warm up	10 Mins – Target L1/L2 = 300. L3/L3D = 400 :-100 FS, 50 Kick OC, 50 Pull OC, 100 FS SKPS, 100 OC
Drill/Skill A  200	RI all = 10-15 secs – Reminder SOTW, . good fast touch at the finish. Know your #SPL. 2 x 25 BS arms with BS or Fly legs – 2 handed touch. 2 x 25 Fly arms with Fly or BS legs - 2 handed touch. 2 x 25 BK – touch & finish on back, #Strokes flags to wall (May submerge once head passes under flags with 5M to go). 2 x 25 FS – Try to finish on a full stroke and don't breathe once past the flags with 5M to go.
Main set L1 	Experiment with FES vs BES – what suits you best? (swim efforts BTWN 75/90%) “A” stroke Race distances. RI = 20-30: - 1 x 200, 2 x 100, 4 x 50, 8 x 25 = 800 1 x IM ½ lap on each stroke (50) “B” Stroke Race distances – RI 30: - 2 x 100, 2 x 50, 4 x 25 = 400 [1250]
Main set L2 	Experiment with FES vs BES – what suits you best? “A” stroke Race distances – RI = 20: - 1 x 200, 2 x 100, 4 x 50, 8 x 25 (800) 1 x AIM = ↑A↓IM order (200) “B” Stroke Race distances – RI 30: - 2 x 100, 2 x 50, 4 x 25 (400) [1400]
Main set L3 	Experiment with FES vs BES – what suits you best? “A” stroke Race distances – RI = 20: - 1 x 200, 2 x 100, 4 x 50, 8 x 25 = (800) 2 x AIM = ↑A↓IM order RI 45 (400) “B” Stroke Race distances – RI 30: - 2 x 100, 2 x 50, 4 x 25 = 400 [1600]
Main set L3Dist 	FS Race distances. Incorporate 2 x 15M swim aways in 400/200 – RI = 30: - 400, 2 x 200, 2 x 100, 4 x 50, 4 x 25 = (1300) AIM = ↑A↓IM order (200) “B” Stroke Race distances – RI 30: - 2 x 100, 2 x 50, 4 x 25 = (400) [1900]
Skills B	Open Turns - BS/Fly with 2 handed touch
C/Down	100 OC – BK finning, FS easy long strokes, walking and socialising!
Total	L1 = 1850+, L2= 2000+, L3 = 2300+, L3D = 2600+

Level 1	Training Emphasis: All strokes consolidation incl. knowledge of stroke and touch rules
Warm up	10 Mins – Target L1/L2 = 300. 100 FS, 50 Kick OC, 50 Pull OC, 100 FS SKPS
Drills/Skills  200	RI all = 10-15 secs – Reminder SOTW & concentrate on touch at the finish. Know your #SPL 2 x 25 BS arms with BS or Fly legs – 2 handed touch. 2 x 25 Fly arms with Fly or BS legs - 2 handed touch. 2 x 25 BK – touch & finish on back – May submerge once head passes under flags with 5M to go. 2 x 25 FS – Try to finish on a full stroke and don't breathe once past the flags with 5M to go.
Main Set  1250	Experiment with FES vs BES – what suits you best? “A” stroke Race distances – RI = 20-30 Check your times and gauge your pace – 75-90% effort. 1 x 200, 2 x 100, 4 x 50, 8 x 25 1 x IM ½ lap on each stroke “B” Stroke Race distances – RI 30 Check your times and gauge your pace – 75-90% effort. 2 x 100, 2 x 50, 4 x 25
Turns	Open turns for FLY/BS
Cool Down	100 OC – BK finning, FS easy long strokes, walking and socialising!
Total	1850+

Level 2	Training Emphasis: All strokes consolidation incl. knowledge of stroke, touch & rules
Warm up	10 Mins – Target L1/L2 = 300. 100 FS, 50 Kick OC, 50 Pull OC, 100 FS SKPS
Drills/Skills  200	RI all = 10-15 secs – Reminder SOTW & concentrate on touch at the finish. #SPL 2 x 25 BS arms with BS or Fly legs – 2 handed touch. 2 x 25 Fly arms with Fly or BS legs - 2 handed touch. 2 x 25 BK – touch & finish on back – May submerge once head passes under flags with 5M to go. 2 x 25 FS – Try to finish on a full stroke and don't breathe once past the flags with 5M to go.
Main Set  1400	Experiment with FES vs BES – what suits you best? “A” stroke Race distances – RI = 20: Check your times and gauge your pace – 75-90% effort. 1 x 200, 2 x 100, 4 x 50, 8 x 25 1 x AIM = ↑A↓IM order “B” Stroke Race distances – RI 30: - 2 x 100, 2 x 50, 4 x 25 Check your times and gauge your pace – 75-90% effort.
Turns	Open turns BS/Fly
Cool Down	100 OC – BK finning, FS easy long strokes, walking and socialising!
Total	2000+

Level 3	Training Emphasis: All strokes consolidation incl. knowledge of stroke, touch & rules
Warm up	10 Mins – Target L3 = 400. 100 FS, 50 Kick OC, 50 Pull OC, 100 FS SKPS, 100 OC
Drills/Skills  200	RI all = 10-15 secs – Reminder SOTW & concentrate on touch at the finish. #SPL 2 x 25 BS arms with BS or Fly legs – 2 handed touch. 2 x 25 Fly arms with Fly or BS legs - 2 handed touch. 2 x 25 BK – # SPL flags to wall, touch & finish on back – May submerge once head passes under flags with 5M to go. 2 x 25 FS – Try to finish on a full stroke and don't breathe once past the flags with 5M to go.
Main Set  1600	Experiment with FES vs BES – what suits you best? “A” stroke Race distances – RI = 20 Check your times and gauge your pace – 75-90% effort. 1 x 200, 2 x 100, 4 x 50, 8 x 25 2 x AIM = ↑A stroke ↓IM order RI 45 “B” Stroke Race distances – RI 30: Check your times and gauge your pace – 75-90% effort. 2 x 100, 2 x 50, 4 x 25
Turns	Open turns BS/Fly
Cool Down	100 OC – BK finning, FS easy long strokes, walking and socialising!
Total	2300+

Level 3 Distance/Triathlon	Training Emphasis: All strokes consolidation incl. knowledge of stroke, touch & rules. Open water FS include Swim aways. Insert at anytime during FS swim.
Warm up	10 Mins – Target L3 = 400. 100 FS, 50 Kick OC, 50 Pull OC, 100 FS SKPS, 100 OC
Drills/Skills 	RI all = 10-15 secs – Reminder SOTW & concentrate on touch at the finish. 2 x 25 BS arms with BS or Fly legs – 2 handed touch. 2 x 25 Fly arms with Fly or BS legs - 2 handed touch. 2 x 25 BK – touch & finish on back – May submerge once head passes under flags with 5M to go. 2 x 25 FS – Try to finish on a full stroke and don't breathe once past the flags with 5M to go.
Main Set  1900	FS distances with 2 x 15M swim aways in 400 & 200s – RI = 30: Check your times and gauge your pace – 75-90% effort. 400, 2 x 200, 2 x 100, 4 x 50, 4 x 25 AIM = ↑A stroke ↓IM order “B” Stroke Race distances – RI 30: Check your times and gauge your pace – 75-90% effort. 2 x 100, 2 x 50, 4 x 25
Turns (optional)	Open turns Fly/BS
Cool Down	100 OC – BK finning, FS easy long strokes, walking and socialising!
Total	2600+