













Date:19th Jan 25. **Notices:** Membership due. Sun 26th Pamula or Eden? Names for NSW LC March -confirm. Names for Video – sign list. **Training** = Cycle #1 week #2 = **pre-season**, low-mod intensity. **Weekly** Emphasis: BK arms, leg & body position drills and consolidation on FS technique. **Caution:** shoulders/lower backs. **Situ awareness of where you are in the lane** . **Equipment:** Fins/KB

Warm up	Target = 200-300M: - 100 -FS long easy strokes with a 2 – 4 beat kick, 50 BK Kick, 50 BS arms with fly legs, 100 OC. 
Drill/Skill 350 	RI = 15/20 - Check body position float. Reminder of body rotation requirement & arms in Oppn. SOTW -blow out thru nose! 4 x 25M BK kicking – use KB for 1 st 2 laps. Kick from hips not knees. Flex ankles/pigeon toes 4 x 25M 1 arm BK – Pull/push – Swap arms each lap. Feel both the pull & push phase and roll into & out of each stroke. 2 x 25 BK normal arms ↑ hands clenched into Fists, ↓ 2 fingers on way back. 2 x 50 normal BK - get your arm in opposition and don't forget to breathe – options = in& out same arm or atln arms. In when arm is to roof.
Main set L1 	FS – 200 max 75% effort – Ck Catch, EVF exit positions & focus on breathing with your arm. Be SOTW. BK – 2 x 50 focus on stroke timing – arms in opposition and body roll/rotation. RI 20 3 x 100 OC even pace - RI 30 3 x 100 FS – building speed to sprint last 15M RI 30 8 x 25 sprints – 4xA, 4 x B. 75-85% effort. Track your times for consistency. (1100)
Main set L2 	FS – 200 max 75% effort – Ck Catch, EVF exit positions & focus on breathing with your arm. Be SOTW BK – 2 x 50 focus on stroke timing – arms in opposition and body roll/rotation. RI 20 4 x 100 OC even pace RI 30 4 x 100 FS – 2 x building speed to sprint last 10M, 2 x ↑E↓M↑M↓F. RI 30 8 x 25 sprints – 4xA, 4 x B. 75-85% effort. Track your times for consistency. (1300)
Main set L3 	2 x 200 FS even pace -focus on breathing with your arm, 2-4 beat kick and working the turns. RI 30. BK – 2 x 50 focus on stroke timing – arms in opposition and body roll/rotation. RI 20 4 x 100 OC Vary the pace on each- min 75% , max 85%. RI 30 - 4 x 100 FS – 2 x building speed to sprint last 15M, 2 x. ↑Kick↓M↑Kick↓F .RI 30 8 x 25 sprints – 4xA, 4 x B. 75-85% effort. Track your times for consistency. (1500)
Main set L3Dist 	2 x 200 FS - focus on breathing with your arm and hip drive forward, 2-4 beat kicks and working the turns. RI 30. 4 x 100 FS – Do a 10M swim-away during each 100.. Rest Even pace. RI 30 - BK – 2 x 50 focus on stroke timing – arms in opposition and body roll/rotation. RI 20 4 x 100 FS – altn laps ↑Kick ↓swim. RI 30 8 x 25 sprints – 4xA, 4 x B. 75-85% effort. Track your times for consistency. 200 FS – even pace (1700)
Skills B	If time - BK Open turns, bob down with push - glide, then kick.
C/Down	100 – BK fining, BK sculling feet 1 st , BS and OC
Total	L1 = 1750+, L2 =2050+, L3 = 2250+, L3D/T = 2450+

Level 1	Weekly Emphasis: BK arms, leg & body position drill, with consolidation on FS technique
Warm up	Target = 200-300M: - 100 -FS long easy strokes with a 2 – 4 beat kick, 50 BK Kick, 50 BS arms with fly legs, 100 OC
Drills/Skills  350	<p>RI = 15/20 on all drills. Check body position float. Reminder of body rotation requirement & arms in Oppn. SOTW -blow out thru nose!</p> <p>4 x 25M BK kicking – use KB for 1st 2 laps. Kick from hips not knees. Flex ankles/pigeon toes</p> <p>4 x 25M 1 arm BK – Pull/push – Swap arms each lap. Feel both the pull & push phase and roll into & out of each stroke.</p> <p>2 x 25 BK ↑ hands clenched into Fists, ↓ 2 fingers on way back.</p> <p>2 x 50 normal BK - get your arm in opposition and don't forget to breathe – options = in& out same arm or atIn arms.</p>
Main Set  1100	<p>200 FS – max 75% effort – Check Catch, EVF, exit positions & focus on breathing with your arm. Be SOTW.</p> <p>BK – 2 x 50 focus on stroke timing – arms in opposition and body roll/rotation. RI 20</p> <p>3 x 100 OC even pace - RI 30</p> <p>3 x 100 FS – building speed to sprint last 15M -RI 30</p> <p>8 x 25 sprints – 4xA, 4 x B. 75-85% effort. Track your times for consistency. Every 60 Secs</p>
Cool Down	100 – BK fining, BK sculling feet 1 st , BS and OC
Total	1750+

Level 2	Weekly Emphasis: BK arms, leg & body position drill, with consolidation on FS technique
Warm up	Target = 200-300M: - 100 -FS long easy strokes with a 2 – 4 beat kick, 50 BK Kick, 50 BS arms with fly legs, 100 OC
Drills/Skills 	<p>RI = 15/20 on all drills. Check body position float. Reminder of body rotation requirement & arms in Oppn. SOTW -blow out thru nose!</p> <p>4 x 25M BK kicking – use KB for 1st 2 laps. Kick from hips not knees. Flex ankles/pigeon toes</p> <p>4 x 25M 1 arm BK – Pull/push – Swap arms each lap. Feel both the pull & push phase and roll into & out of each stroke.</p> <p>2 x 25 BK ↑ hands clenched into Fists, ↓ 2 fingers on way back.</p> <p>2 x 50 normal BK - get your arm in opposition and don't forget to breathe – options = in& out same arm or atln arms.</p>
Main Set  1300	<p>FS – 200 max 75% effort – Ck Catch, EVF exit positions & focus on breathing with your arm. Be SOTW</p> <p>BK – 2 x 50 focus on stroke timing – arms in opposition and body roll/rotation. RI 20</p> <p>4 x 100 OC even pace RI 30</p> <p>4 x 100 FS – RI 30</p> <p>2 x building speed to sprint last 10M, 2 x ↑E↓M↑M↓F.</p> <p>8 x 25 sprints – 4xA, 4 x B. 75-85% effort. Every 55 secs Track your times for consistency.</p>
Cool Down	100 – BK finning, BK sculling feet 1 st , BS and OC
Total	2050+

Level 3	Weekly Emphasis: BK arms, leg & body position drill, with consolidation on FS technique
Warm up	Target = 300M: - 100 -FS long easy strokes with a 2 – 4 beat kick, 50 BK Kick, 50 BS arms with fly legs, 100 OC. 🦋
Drills/Skills 🦋	<p>RI = 15/20 on all drills. Check body position float. Reminder of body rotation requirement & arms in Oppn. SOTW -blow out thru nose!</p> <p>4 x 25M BK kicking – use KB for 1st 2 laps. Kick from hips not knees. Flex ankles/pigeon toes</p> <p>4 x 25M 1 arm BK – Pull/push – Swap arms each lap. Feel both the pull & push phase and roll into & out of each stroke.</p> <p>2 x 25 BK ↑ hands clenched into Fists, ↓ 2 fingers on way back.</p> <p>2 x 50 normal BK - get your arm in opposition and don't forget to breathe – options = in& out same arm or atIn arms.</p>
Main Set  1500	<p>2 x 200 FS even pace -focus on breathing with your arm, 2-4 beat kick and working the turns. RI 30.</p> <p>BK – 2 x 50 focus on stroke timing – arms in opposition and body roll/rotation. RI 20</p> <p>4 x 100 OC RI 30 Vary the pace on each- min 75% - max 85%.</p> <p>4 x 100 FS - RI 30 2 x building speed to sprint last 15M, 2 x ↑Kick ↓M ↑Kick ↓F</p> <p>8 x 25 sprints – 4xA, 4 x B. 75-85% effort. Track your times for consistency. Every 50 Secs</p>
Cool Down	100 – BK finning, BK sculling feet 1 st , BS and OC
Total	2250+

Level 3 Distance/ Triathlon	Weekly Emphasis: BK arms, leg & body position drill, with consolidation on FS technique
Warm up	Target = 300M: - 100 -FS long easy strokes with a 2 – 4 beat kick, 50 BK Kick, 50 BS arms with fly legs, 100 OC. 🖐🖐
Drills/Skills 🖐🖐	<p>RI = 15/20 on all drills. Check body position float.</p> <p>Reminder of body rotation requirement & arms in Oppn.</p> <p>SOTW -blow out thru nose!</p> <p>4 x 25M BK kicking – use KB for 1st 2 laps. Kick from hips not knees. Flex ankles/pigeon toes</p> <p>4 x 25M 1 arm BK – Pull/push – Swap arms each lap. Feel both the pull & push phase and roll into & out of each stroke.</p> <p>2 x 25 BK ↑ hands clenched into Fists, ↓ 2 fingers on way back.</p> <p>2 x 50 normal BK - get your arm in opposition and don't forget to breathe – options = in& out same arm or atln arms.</p>
Main Set  1900	<p>2 x 200 FS -RI 30. - focus on breathing with your arm and hip drive forward, 2-4 beat kicks and working the turns.</p> <p>4 x 100 FS RI 30.</p> <p>Do a 10M swim-away during each 100. @ Even pace.</p> <p>BK – 2 x 50 focus on stroke timing – arms in opposition and body roll/rotation. RI 20</p> <p>4 x 100 FS – altn laps ↑Kick ↓swim. RI 30</p> <p>8 x 25 sprints Every 50 Secs 4xA, 4 x B. 75-85% effort. Track your times for consistency.</p> <p>2 x 200 FS – even pace – Check catch and EVF positions.</p>
Cool Down	100 – BK fiing, BK sculling feet 1 st , BS and OC
Total	2650+