












Date: Notices: Membership due. Sun 26th Pamula – yes. 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	300M – 50 Kick FS, 50 swim FS, 100 KLRS BK, 100 OC. 				
Drill  350	RI = 15/20 - Check body position float. Reminder of body rotation requirement & arms in Oppn. SOTW -blow out thru nose! 2 x 25M BK kicking – use KB. Kick from hips not knees. Flex ankles/pigeon toes. 2 x 25 BK kicking with body rotation - arms by side 2 x 25M 1 arm BK – Pull/push – Swap arms each lap. Feel both the pull & push phase and roll into & out of each stroke. 100 BK SKPS 100 BK KLRS				
Main set L1  1100	Set 1	Rest Int	#/Effort	Stroke	Check pt
	Distance	Secs			
	25	5	SPL 70%	FS	Body posn
	50	10	SPL 70%	FS	Body posn
	75	15	SPL 75%	FS	Beathing
	100	20	SPL 75%	FS	Beathing
	Set 2	60 secs			
	Distance				
	125	25	SPL 75%	OC	Catch
	150	30	SPL 75%	OC	Catch
	175	35	SPL 70%	OC	EVF
200	40	SPL 70%	OC	EVF	
2 x 100 BK SKPs RI 30					
Main set L2 -1300	No fins Set 1 & 2 above, Plus – 2 x 100 IM RI 30, 200 FS SPL 4 beat kick.				
Main set L3- 1700	No fins . Set 1 & 2 above, Plus – 2 x 100 IM RI 30, 2 x 200 FS SPL 4 beat kick RI 30				
Main set L3DT 1900	No fins. Set 1 & 2 above, Plus – 800 FS –even pace with TT - every 4 th lap incl flag to flag sprint/increase speed. 200 FS ↑E↓M↑M↓E repeat. DSP				
Skills B	Open turns if time.				
C/Down	100 ↑BS↓OC – walking etc				
Total	L1 = 1750+, L2 = 1950+, L3 = 2350+, L3DT = 2550+				

Level 1	Weekly Emphasis: BK arms, leg & body position drills and consolidation on FS technique				
Warm up	300M – 50 Kick FS, 50 swim FS, 100 KLRS BK, 100 OC. 				
Drills/Skills  350	<p>RI = 15/20 - Check body position float. Reminder of body rotation requirement & arms in Oppn. SOTW -blow out thru nose!</p> <p>2 x 25M BK kicking – use KB. Kick from hips not knees. Flex ankles/pigeon toes.</p> <p>2 x 25 BK kicking with body rotation - arms by side</p> <p>2 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>100 BK SKPS</p> <p>100 BK KLRS</p>				
Main Set  1100	Set 1	Rest	#/Effort	Stroke	Check pt
	Distance	Int			
		Secs			
	25	5	SPL 70%	FS	Body posn
	50	10	SPL 70%	FS	Body posn
	75	15	SPL 75%	FS	Beathing
	100	20	SPL 75%	FS	Beathing
	Set 2	60			
	Distance	secs			
	125	25	SPL 75%	OC	Catch
150	30	SPL 75%	OC	Catch	
175	35	SPL 70%	OC	EVF	
200	40	SPL 70%	OC	EVF	
2 x 100 BK SKPs RI 30					
Cool Down	100 ↑BS↓OC – walking etc				
Total	1750+				

Level 2	Weekly Emphasis: BK arms, leg & body position drills and consolidation on FS technique					
Warm up	300M – 50 Kick FS, 50 swim FS, 100 KLRS BK, 100 OC. 					
Drills/Skills  350	<p>RI = 15/20 - Check body position float. Reminder of body rotation requirement & arms in Oppn. SOTW -blow out thru nose!</p> <p>2 x 25M BK kicking – use KB. Kick from hips not knees. Flex ankles/pigeon toes.</p> <p>2 x 25 BK kicking with body rotation - arms by side</p> <p>2 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>100 BK SKPS</p> <p>100 BK KLRS</p>					
Main Set  1300	Set 1	Rest	#/Effort	Stroke	Check pt	
	Distance	Int				
		Secs				
	25	5	SPL 70%	FS	Body posn	
	50	10	SPL 70%	FS	Body posn	
	75	15	SPL 75%	FS	Beathing	
	100	20	SPL 75%	FS	Beathing	
	Set 2	60				
	Distance	secs				
	125	25	SPL 75%	OC	Catch	
	150	30	SPL 75%	OC	Catch	
175	35	SPL 70%	OC	EVF		
200	40	SPL 70%	OC	EVF		
2 x 100 IM RI 30 - do as 4 x 25 if need						
200 FS SPL 4 beat kick						
Cool Down	100 ↑BS↓OC, walking etc					
Total	1950+					

Level 3	Weekly Emphasis: BK arms, leg & body position drills and consolidation on FS technique					
Warm up	300M – 50 Kick FS, 50 swim FS, 100 KLRS BK, 100 OC. 🙋🙋					
Drills/Skills 🙋🙋	<p>RI = 15/20 - Check body position float. Reminder of body rotation requirement & arms in Oppn. SOTW -blow out thru nose!</p> <p>2 x 25M BK kicking – use KB. Kick from hips not knees. Flex ankles/pigeon toes.</p> <p>2 x 25 BK kicking with body rotation - arms by side</p> <p>2 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>100 BK SKPS</p> <p>100 BK KLRS</p>					
Main Set  1300	Set 1	Rest	#/Effort	Stroke	Check pt	
	Distance	Int				
		Secs				
	25	5	SPL 70%	FS	Body posn	
	50	10	SPL 70%	FS	Body posn	
	75	15	SPL 75%	FS	Beathing	
	100	20	SPL 75%	FS	Beathing	
	Set 2	60				
	Distance	secs				
	125	25	SPL 75%	FS	Catch	
	150	30	SPL 75%	FS	Catch	
175	35	SPL 70%	FS	EVF		
200	40	SPL 70%	FS	EVF		
2 x 100 IM RI 30						
200 FS #SPL 4 beat kick RI 30						
Cool Down	100 ↑BS↓OC – walking etc					
Total	2350+					

Level 3 Distance/ Triathlon	Weekly Emphasis: BK arms, leg & body position drills and consolidation on FS technique					
Warm up	300M – 50 Kick FS, 50 swim FS, 100 KLRS BK, 100 OC. 🏊🏊					
Drills/Skills 🏊🏊	<p>RI = 15/20 - Check body position float. Reminder of body rotation requirement & arms in Oppn. SOTW -blow out thru nose!</p> <p>2 x 25M BK kicking – use KB. Kick from hips not knees. Flex ankles/pigeon toes.</p> <p>2 x 25 BK kicking with body rotation - arms by side</p> <p>2 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>100 BK SKPS</p> <p>100 BK KLRS</p>					
Main Set 	Set 1 Distance	Rest Int Secs	#/Effort	Stroke	Check pt	
	25	5	SPL 70%	FS	Body posn	
	50	10	SPL 70%	FS	Body posn	
	75	15	SPL 75%	FS	Beathing	
	100	20	SPL 75%	FS	Beathing	
	Set 2 Distance	60 secs				
	125	25	SPL 75%	FS	Catch	
	150	30	SPL 75%	FS	Catch	
	175	35	SPL 70%	FS	EVF	
	200	40	SPL 70%	FS	EVF	
	<p>800 FS –even pace with TT - every 4th lap includes a flag to flag sprint/increase speed.</p> <p>200 FS ↑E↓M↑M↓E repeat. Work on DSP</p>					
Cool Down	100 ↑BS↓OC – walking etc					
Total	2550+					