













Date: 26th Jan 2025. **Notices:** Membership due, Lane leader briefing Tue/Fri 15 mins before sessions, Coaches Newsletter. Names/events for NSW LC March -confirm. Names for Video sign list & see Helen for schedule. Already done 3. **Training Emphasis:** Slowest off all strokes – power from legs. BS Basics, Arms, legs, body position, incl Stroke rules: 2 handed touch, arms then legs cycle. & BK consolidation (little) **Caution:** Knees issues - BS swap for Fly legs. BK Swim straight. **Equipment:** KB/PB.

Warm up	 100 FS SKPS, 50 Kick BK, 50 Swim OC, repeat. Target dist. Level 1 = 200, L2 = 300, L3/L3D = 350
Drill 200	<p>Leave fins on for now – Rest all drills = 10-20.</p> <ol style="list-style-type: none"> 1. Standing drills - Practice Arm pull and sculling with hands/wrist/forearm - get a grip. 2. 2 x 25 BS arms with Dolphin legs  - kick into a long glide as arms shoot forward. Then Fins Off 3. At the wall/lane rope - Whip Kick. 4. 2 x 25 BS Separation drill – complete a full Arms stroke into glide, then a complete Leg kick into glide. 5. 2 x 25 BS full stroke with change of finger – ½ lap Fist, ½ lap 2 fingers, last lap normal hands – don't forget to glide 6. 2 x 25 BS with Matra = Arms sweep, Breathe, leg Kick and Glide.
Main set 	<p>L1 = 3 x 100 @ 75-80% effort = 1 x FS, 2 x not FS. RI 30 4 x 25 BS RI 15, Sweep, breathe, Kick and Glide 6 x 50 (2 x FS, 2 x BK, 2 x BS) Build speed 70-80% over distance RI 20-30 [700]</p>
Main set 	<p>L2 = 4 x 100 @75-80% effort = 1 x FS, 2 x OC (not FS), 1 x OC any. RI 30 4 x 25 BS RI 15, Sweep, Breathe, Kick and Glide 8 x 50 (2 x FS, 2 x BK, 2 x BS, 2 x OC) Build speed for last 5M sprints RI 20-30 [900]</p>
Main set 	<p>L3 = 4 x 100 (1 x FS, 2 x OC (not FS), 1 x OC any) building 70-85% effort RI 20. 4 x 50 BS RI 15, Sweep, Breathe, Kick and Glide – Tech check 75% think about it! 8 x 50 (4 x FS, 2 x BK, 2 x BS, 2 x OC) Build speed for last5M sprints. RI 20-30 [1000]</p>
Main set 	<p>L3 Distance 400 FS – TT @SR. 2 x 25 Kick FS or BK RI 10, 4 x 100 FS building 75-85% effort RI 20. 2 x 25 Kick FS or BK RI 10 2 x 200 FS -TT @SR +1. RI 30. [1300]</p>
Skills	<p>BS Starts – 1 = Gliding off the wall, 2 = SoTW+ 1 x dolphin kick, 3 = SoTW + 1 x dolphin kick & full pull down, 4 = SoTW + 1 x dolphin kick & full pull down & reach arms to surface, 5 = SoTW + 1 x dolphin kick & full pull down & reach arms to surface & BS Kick at same time into glide. Plus coach handicaps.</p>
C/Down	100 – 50 BK sculling/ ½ lap under with dolphins, ½ lap dog paddle. 50 OC
Total	L1 = 1250+ / L2 = 1550+ / L3 = 1750+/ L3D = 2000+

Level 1	Training Emphasis: BS Basics, BK & FS Consolidation
Warm up	100 FS SKPS, 50 Kick BK, 50 Swim OC, repeat. Target dist. Level 1 = 200 +
Drills/Skills 200	Leave fins on for now – RI all drills = 10-20. <ol style="list-style-type: none"> 1. Standing drills - Practice Arm pull and sculling with hands/wrist/forearm - get a grip. 2. 2 x 25 BS arms with Dolphin legs - kick into a long glide as arms shoot forward. Then Fins Off 3. At the wall/lane rope - Whip Kick. 4. 2 x 25 BS Separation drill – complete a full Arms stroke into glide, then a complete Leg kick into glide. 5. 2 x 25 BS full stroke with change of finger – ½ lap Fist, ½ lap 2 fingers, last lap normal hands – don't forget to glide 6. 2 x 25 BS with Matra = Arms sweep, Breathe, leg Kick and Glide.
Main Set  [700]	3 x 100 @ 75-80% effort = 1 x FS, 2 x not FS. RI 30 4 x 25 BS RI 15, Sweep, breathe, Kick and Glide 6 x 50 (2 x FS, 2 x BK, 2 x BS) RI 20-30 Build speed 70-80% over distance
Skill	BS Starts – <ol style="list-style-type: none"> 1 = Gliding off the wall, 2 = SoTW+ 1 x dolphin kick, 3 = SoTW + 1 x dolphin kick & full pull down, 4 = SoTW + 1 x dolphin kick & full pull down & reach arms to surface, 5 = SoTW + 1 x dolphin kick & full pull down & reach arms to surface & BS Kick at same time into glide. Coaches Handicaps
Cool Down	100 OC
Total	1250+

Level 2	Training Emphasis: BS Basics, BK & FS Consolidation
Warm up	100 FS SKPS, 50 Kick BK, 50 Swim OC, repeat. Target dist. L2 = 300,
Drills/Skills  200	Leave fins on for now – Rest all drills = 10-20. <ol style="list-style-type: none"> 1. Standing drills - Practice Arm pull and sculling with hands/wrist/forearm - get a grip. 2. 2 x 25 BS arms with Dolphin legs - kick into a long glide as arms shoot forward. Then Fins Off 3. At the wall/lane rope - Whip Kick. 4. 2 x 25 BS Separation drill – complete a full Arms stroke into glide, then a complete Leg kick into glide. 5. 2 x 25 BS full stroke with change of finger – ½ lap Fist, ½ lap 2 fingers, last lap normal hands – don't forget to glide 6. 2 x 25 BS with Matra = Arms sweep, Breathe, leg Kick and Glide.
Main Set  [900]	4 x 100 @75-80% effort = 1 x FS, 2 x OC (not FS), 1 x OC any. RI 30 4 x 25 BS RI 15, Sweep, Breathe, Kick and Glide 8 x 50 (2 x FS, 2 x BK, 2 x BS, 2 x OC) RI 20-30 Build speed for last 5M sprints
Skill	BS Starts – 1 = Gliding off the wall, 2 = SoTW+ 1 x dolphin kick, 3 = SoTW + 1 x dolphin kick & full pull down, 4 = SoTW + 1 x dolphin kick & full pull down & reach arms to surface, 5 = SoTW + 1 x dolphin kick & full pull down & reach arms to surface & BS Kick at same time into glide. Plus Coach handicaps
Cool Down	100 OC
Total	1550+

Level 3	Training Emphasis: BS Basics, BK & FS Consolidation
Warm up	100 FS SKPS, 50 Kick BK, 50 Swim OC, repeat. Target dist. Level L3/L3D = 350
Drills/Skills  200	Leave fins on for now – Rest all drills = 10-20. <ol style="list-style-type: none"> 1. Standing drills - Practice Arm pull and sculling with hands/wrist/forearm - get a grip. 2. 2 x 25 BS arms with Dolphin legs - kick into a long glide as arms shoot forward. Then Fins Off 3. At the wall/lane rope - Whip Kick. 4. 2 x 25 BS Separation drill – complete a full Arms stroke into glide, then a complete Leg kick into glide. 5. 2 x 25 BS full stroke with change of finger – ½ lap Fist, ½ lap 2 fingers, last lap normal hands – don't forget to glide 6. 2 x 25 BS with Matra = Arms sweep, Breathe, leg Kick and Glide.
Main Set  1000	4 x 100 (1 x FS, 2 x OC (not FS), 1 x OC any) building 70-85% effort RI 20. 4 x 50 BS RI 15, Sweep, Breathe, Kick and Glide – Tech check 75% think about it! 8 x 50 (4 x FS, 2 x BK, 2 x BS, 2 x OC) RI 20-30 Build speed for last5M sprints.
Skill	BS Starts – <ol style="list-style-type: none"> 1 = Gliding off the wall, 2 = SoTW+ 1 x dolphin kick, 3 = SoTW + 1 x dolphin kick & full pull down, 4 = SoTW + 1 x dolphin kick & full pull down & reach arms to surface, 5 = SoTW + 1 x dolphin kick & full pull down & reach arms to surface & BS Kick at same time into glide. Plus Coach Handicaps
Cool Down	100 OC
Total	1750+

Level 3	Distance/ Triathlon - Training Emphasis: BS Basics and FS Consolidation
Warm up	100 FS SKPS, 50 Kick BK, 50 Swim OC, repeat. Target dist. Level 1 = 200, L2 = 300, L3/L3D = 350
Drills/Skills 200	Leave fins on for now – Rest all drills = 10-20. <ol style="list-style-type: none"> 1. Standing drills - Practice Arm pull and sculling with hands/wrist/forearm - get a grip. 2. 2 x 25 BS arms with Dolphin legs - kick into a long glide as arms shoot forward. Then Fins Off 3. At the wall/lane rope - Whip Kick. 4. 2 x 25 BS Separation drill – complete a full Arms stroke into glide, then a complete Leg kick into glide. 5. 2 x 25 BS full stroke with change of finger – ½ lap Fist, ½ lap 2 fingers, last lap normal hands – don't forget to glide 6. 2 x 25 BS with Matra = Arms sweep, Breathe, leg Kick and Glide.
Main Set  [1300]	400 FS – TT @SR. 2 x 25 Kick FS or BK RI 10, 4 x 100 FS building 75-85% effort RI 20. 2 x 25 Kick FS or BK RI 10 2 x 200 FS -TT @SR +1. RI 30.
Skill BS Starts	1 = Gliding off the wall, 2 = SoTW+ 1 x dolphin kick, 3 = SoTW + 1 x dolphin kick & full pull down, 4 = SoTW + 1 x dolphin kick & full pull down & reach arms to surface, 5 = SoTW + 1 x dolphin kick & full pull down & reach arms to surface & BS Kick at same time into glide. Plus Coach Handicaps
Cool Down	100 OC
Total	2000+