










**Date: Tuesday 11<sup>th</sup> Feb 25. Notices: Videos – see Helen. Training Weekly Theme = FS & BK Breathing/stroke coord. Less stoke switching, increasing endurance. Tip = Effort does not = speed. Technique and effort = the best! Caution: Shoulders/Neck/Lung issues. Equipment: Fins/CS/FP/KB.**

<b>Warm up</b>	5-10 mins: 50 swim OC, 50 Kick FS, 50 Swim OC, 50 Kick BK, 100 FS (long easy strokes) Target L1/2 = 200. L3 = 300.
<b>Drill/Skill</b> 	<p><b>Reminder – BK breathing in when arm to ceiling. Arms coord (simple) need to be in opposition when stroking. Need to kick UP &amp; down!</b></p> <p><b>BK Drills: All RI = 10-15 secs ONLY!</b></p> <p>Drill#1 = 4 x 25 = ↑25 kick ↓Marching soldiers (ck locked elbow, pinkie lead, breath in, arm over shoulder with body rotation (100)</p> <p>Drill #2 = 4 x 50 = ↑Kick – (bubble feet up) ↓Swim stoke timing (200).</p> <p>Swim 100 OC easy (400)</p> <p><b>Reminder – FS breathing rhythm = rotate body not just turn head/neck, breathe in, then slowly out of mouth/nose as you rotate body till head/mouth clear to breath in again. Rotation/roll = How much? – The Coach needs to see your OPEN armpit.</b></p> <p><b>FS Drills: All RI = 10-15 secs ONLY!</b></p> <p>Drill #3 Pause = 1 sec =</p> <p>4 x 25 (<b>with FPs</b>) Pause ck points = 1 x 25 @ Catch pos, 1 x 25 at EVF pos, 1 x 25 at exit, 1 x 25 normal FS (100)</p> <p>Drill # 4 – Varied Breathing patterns.</p> <p>2 x 25 - single side 2 or 4 stokes↑ ↓-Bi-lat every 3/5 strokes. Symmetrical stroke/rotation/kick, (50)</p> <p>4 x 50 ↑25 kick↓ Swim Own pref breathing (200)</p> <p>Drill # 5 4 x 25 Pendulum – arm relationship, acceleration, balance after the rotation (100)</p> <p>50 OC easy /(500)[900]</p>
<b>Main set L1</b>	<b>No Fins - 75% mostly even pace with a few bursts. Remember technique 1<sup>st</sup>!</b> 2 x 50 OC RI 30, 4 x 50 FS RI 20, 4 x50 BK RI 30, 2x 50 OC RI 30 (600). 100 “A” stroke building speed to sprint last 5M, walk 60 secs, 4 x 25 FS sprints every 60 secs in pairs (200) [800].
<b>Main set L2</b>	<b>No Fins - 75% mostly even pace with a few bursts. Remember technique 1<sup>st</sup>!</b> 200 “A” stroke # SPL, 100 “B” stroke, 2 x 50 FS RI 20, 2 x 50 BK RI 20, (500)2 x 100 FS building RI 20, 4 x 50 “A” ↑M↓F RI 30, 4 x 25 FS sprints every 50 secs in pairs (500) [1000]
<b>Main set L3</b>	<b>No Fins – 75-80% mostly even pace with a few bursts. Remember technique 1<sup>st</sup>!</b> 200 “A” stroke, # SPL /even pace, 6 x 100 (3 x A, 3 x B sprint last 5M) RI 20-30, 2 x 50 FS BES RI 20, 2 x 50 BK FES RI 20, 4x 50 “A” BES RI 30 (1200)
<b>Main set L3 Dist</b>	<b>No Fins - 75% mostly even pace with a few bursts. Remember technique 1<sup>st</sup>! RI = 30 for all. (1600)</b> 2 x 200 FS stroke @SR, 2 x 50 B ↑kick↓swim, 400 FS @SR +1. 100 FS FES RI 20, ,100 FS BES, 100 FS even pace, 2x200 FS even pace
<b>C/Down</b>	100↑ SOTW with ease into OC strokes- long and slow, ↓25 Kick OC, ↑25 floppy FS, ↓sculling BK feet 1st
<b>Total</b>	L1 =2000+, L2 =2200+, L3 = 2500+ L3D= 2900+

<b>Level 1</b>	<b>Weekly Theme:</b> FS & BK Breathing & stroke coord.
<b>Warm up</b> <b>200</b>	5-10 mins: Target L1/2 = 200. 50 swim OC, 50 Kick FS, 50 Swim OC, 50 Kick BK, 100 FS
<b>Drills/Skills</b>   900	<p><b>Reminder – BK breathing in when arm to ceiling. Arms coord (simple) need to be in opposition when stroking. Need to kick UP &amp; down!</b></p> <p><b>BK Drills: All RI = 10-15 secs ONLY!</b></p> <p>Drill#1 = 4 x 25 = ↑25 kick ↓Marching soldiers (locked elbow, pinkie lead, breath in, arm over shoulder with body rotation.</p> <p>Drill #2 = 4 x 50 = ↑Kick – (bubble the water) ↓Swim stroke timing Swim 100 OC easy</p> <p><b>Reminder – FS breathing rhythm = rotate body (don't turn head/neck), breathe in, then slowly out of mouth/nose as you rotate body till head/mouth clear to breath in again. Rotation/roll = How much? – The Coach needs to see your OPEN armpit.</b></p> <p><b>FS Drills: All RI = 10-15 secs ONLY!</b></p> <p>Drill #3 Pause = 1 sec 4 x 25 <b>(with FPs)</b> Pause points = 1 x 25 @ Catch pos, 1 x 25 at EVF, 1 x 25 at exit, 1 x 25 normal FS</p> <p>Drill # 4 – Varied Breathing patterns. 2 x 25 - ↑single side 2 or 4 stokes ↓-Bi-lat every 3/5 strokes. Symmetrical stroke/rotation/kick, 4 x 50 ↑25 kick↓ Swim Own pref breathing</p> <p>Drill # 5 4 x 25 Pendulum – arm relationship, acceleration, balance after the rotation 50 OC easy</p>
<b>Main Set</b>  <b>800</b>	<p><b>75% mostly even pace with a few bursts. Remember technique 1<sup>st</sup>!</b></p> <p>2 x 50 OC RI 30, 4 x 50 FS RI 20, 4 x50 BK RI 30, 2x 50 OC RI 30 100 “A” stroke building speed to sprint last 5M, walk 60 secs, 4 x 25 FS sprints every 60 secs in pairs</p>
<b>Cool Down</b>	100↑ SOTW with ease into OC strokes- long and slow, ↓25 Kick OC, ↑25 floppy FS, ↓sculling BK feet 1st
<b>Total</b>	2000+

<b>Level 2</b>	<b>Weekly Theme:</b> FS & BK Breathing & stroke coord.
<b>Warm up</b>	5-10 mins: 50 swim OC, 50 Kick FS, 50 Swim OC, 50 Kick BK, 100 FS (long easy strokes) Target L1/2 = 200.
<b>Drills/Skills</b>  <b>900</b>	<p><b>Reminder – BK breathing in when arm to ceiling. Arms coord (simple) need to be in opposition when stroking. Need to kick UP &amp; down!</b></p> <p><b>BK Drills: All RI = 10-15 secs ONLY!</b></p> <p>Drill#1 = 4 x 25 = ↑25 kick ↓Marching soldiers (locked elbow, pinkie lead, breath in, arm over shoulder with body rotation.</p> <p>Drill #2 = 4 x 50 = ↑Kick – (bubble the water) ↓Swim stroke timing Swim 100 OC easy</p> <p><b>Reminder – FS breathing rhythm = rotate body (don't turn head/neck), breathe in, then slowly out of mouth/nose as you rotate body till head/mouth clear to breath in again. Rotation/roll = How much? – The Coach needs to see your OPEN armpit.</b></p> <p><b>FS Drills: All RI = 10-15 secs ONLY!</b></p> <p>Drill #3 Pause = 1 sec 4 x 25 (<b>with FPs</b>) Pause points = 1 x 25 @ Catch pos, 1 x 25 at EVF, 1 x 25 at exit, 1 x 25 normal FS</p> <p>Drill # 4 – Varied Breathing patterns. 2 x 25 - ↑single side 2 or 4 stokes ↓-Bi-lat every 3/5 strokes. Symmetrical stroke/rotation/kick, 4 x 50 ↑25 kick↓ Swim Own pref breathing</p> <p>Drill # 5 4 x 25 Pendulum – arm relationship, acceleration, balance after the rotation 50 OC easy</p>
<b>Main Set</b>  <b>1000</b>	<p><b>75% mostly even pace with a few bursts. Remember technique 1<sup>st</sup>!</b></p> <p>200 “A” stroke # SPL, 100 “B” stroke, 2 x 50 FS RI 20, 2 x 50 BK RI 20, 2 x 100 FS building RI 20, 4 x 50 “A” ↑M↓F RI 30, 4 x 25 FS sprints every 50 secs in pairs</p>
<b>Cool Down</b>	100↑ SOTW with ease into OC strokes- long and slow, ↓25 Kick OC, ↑25 floppy FS, ↓sculling BK feet 1st
<b>Total</b>	2200+

<b>Level 3</b>	<b>Weekly Theme:</b> FS & BK Breathing & stroke coord.
<b>Warm up</b>	5-10 mins: 50 swim OC, 50 Kick FS, 50 Swim OC, 50 Kick BK, 100 FS (long easy strokes) Target = 300.
<b>Drills/Skills</b>  <b>900</b>	<p><b>Reminder – BK breathing in when arm to ceiling. Arms coord (simple) need to be in opposition when stroking. Need to kick UP &amp; down!</b></p> <p><b>BK Drills: All RI = 10-15 secs ONLY!</b></p> <p>Drill#1 = 4 x 25 = ↑25 kick ↓Marching soldiers (locked elbow, pinkie lead, breath in, arm over shoulder with body rotation.</p> <p>Drill #2 = 4 x 50 = ↑Kick – (bubble the water) ↓Swim stroke timing Swim 100 OC easy</p> <p><b>Reminder – FS breathing rhythm = rotate body (don't turn head/neck), breathe in, then slowly out of mouth/nose as you rotate body till head/mouth clear to breath in again. Rotation/roll = How much? – The Coach needs to see your OPEN armpit.</b></p> <p><b>FS Drills: All RI = 10-15 secs ONLY!</b></p> <p>Drill #3 Pause = 1 sec 4 x 25 (<b>with FPs</b>) Pause points = 1 x 25 @ Catch pos, 1 x 25 at EVF, 1 x 25 at exit, 1 x 25 normal FS</p> <p>Drill # 4 – Varied Breathing patterns. 2 x 25 - ↑single side 2 or 4 strokes ↓-Bi-lat every 3/5 strokes. Symmetrical stroke/rotation/kick, 4 x 50 ↑25 kick↓ Swim Own pref breathing</p> <p>Drill # 5 4 x 25 Pendulum – arm relationship, acceleration, balance after the rotation 50 OC easy</p>
<b>Main Set</b>  <b>1200</b>	<p><b>75-80% mostly even pace with a few bursts. Remember technique 1<sup>st</sup>!</b></p> <p>200 “A” stroke, # SPL /even pace, 6 x 100 (3 x A, 3 x B sprint last 5M) RI 20-30, 2 x 50 FS BES RI 20 2 x 50 BK FES RI 20 4x 50 “A” BES RI 30</p>
<b>Cool Down</b>	100↑ SOTW with ease into OC strokes- long and slow, ↓25 Kick OC, ↑25 floppy FS, ↓sculling BK feet 1st
<b>Total</b>	2500+

<b>Level 3 Dist/Tri</b>	<b>Weekly Theme:</b> FS & BK Breathing & stroke coord.
<b>Warm up</b>	5-10 mins: 50 swim OC, 50 Kick FS, 50 Swim OC, 50 Kick BK, 100 FS (long easy strokes) Target = 300.
<b>Drills/Skills</b>  <b>900</b>	<p><b>Reminder – BK breathing in when arm to ceiling. Arms coord (simple) need to be in opposition when stroking. Need to kick UP &amp; down!</b></p> <p><b>BK Drills: All RI = 10-15 secs ONLY!</b></p> <p>Drill#1 = 4 x 25 = ↑25 kick ↓Marching soldiers (locked elbow, pinkie lead, breath in, arm over shoulder with body rotation.</p> <p>Drill #2 = 4 x 50 = ↑Kick – (bubble the water) ↓Swim stroke timing Swim 100 OC easy</p> <p><b>Reminder – FS breathing rhythm = rotate body (don't turn head/neck), breathe in, then slowly out of mouth/nose as you rotate body till head/mouth clear to breath in again. Rotation/roll = How much? – The Coach needs to see your OPEN armpit.</b></p> <p><b>FS Drills: All RI = 10-15 secs ONLY!</b></p> <p>Drill #3 Pause = 1 sec 4 x 25 (<b>with FPs</b>) Pause points = 1 x 25 @ Catch pos, 1 x 25 at EVF, 1 x 25 at exit, 1 x 25 normal FS</p> <p>Drill # 4 – Varied Breathing patterns. 2 x 25 - ↑single side 2 or 4 strokes ↓-Bi-lat every 3/5 strokes. Symmetrical stroke/rotation/kick, 4 x 50 ↑25 kick↓ Swim Own pref breathing</p> <p>Drill # 5 4 x 25 Pendulum – arm relationship, acceleration, balance after the rotation 50 OC easy</p>
<b>Main Set</b>  <b>1600</b>	<p><b>75% mostly even pace with a few bursts. Remember technique 1<sup>st</sup>!</b></p> <p><b>RI = 30 for all.</b></p> <p>2 x 200 FS stroke @SR RI 30 2 x 50 B ↑kick ↓swim RI 15 400 FS @SR +1. Walk 30 Secs 100 FS FES RI 20 100 FS BES RI 20 100 FS even pace, Walk 30 secs 2x200 FS even pace RI 30</p>
<b>Cool Down</b>	100↑ SOTW with ease into OC strokes- long and slow, ↓25 Kick OC, ↑25 floppy FS, ↓sculling BK feet 1st
<b>Total</b>	2900+