**Date:16**<sup>th</sup> **March 2025. Notices:** AGM today. State & National entries in ASAP. **Weekly Emphasis:** Race Pacing – Sprinting (E.G for FS high SR, high hips, body rotation, eyes down (have a long neck) try TTs at sprint SR). **Caution**: lane Situ awareness, (when to take extra rest L1/2), **Equipment:** Fins, FPs, TTs. CS

Warm up	50 kick FS, 100 swim FS, 50 kick BK, 100 OC, 100 SKPS FS [L3 = 400, L1/2 = 300]				
Main set	Lane 3 BS/BK RI 30	Lane 4 L3 & L3DT RI = 20	Lane 5 FS L2 RI 30	Lane 6 L1 FS RI 30	
"A"	Tech swims-	Tech swims-	Tech swims-	Tech swims-	
	2 x 100 easy BK/BS with	2 x 100 easy FS with FPs	2 x 100 easy FS with FPs	2 x 100 easy FS with FPs	
	FPs	2 x 100 easy B with FP	2 x 100 easy B with FP	2 x 100 easy B with FP	
	2 x 100 easy B with FP	4 x 50 FS 85% when to sprint	2 x 50 FS 85% RI 30	50 FS – 85% when to sprint	
	50 FS – 85% when to	home? [600]	[500]	home?	
	sprint home? [450]			[450]	
Dives/starts	Target 4 x 25 sprints OC	Target 6 x 25 sprints OC	Target 4 x 25 OC sprints	Target = 4 x 25 sprints OC	
10 mins	Focus on start & finish	Focus on start & finish [150]	Focus on start & finish [100]	Focus on start & finish [100]	
	[100] <i>Use TTs</i>	Use TTs	Use TTs	Use TTs	
Turns	Tumble – use both ends	Tumble use both ends	Open BK use both ends	Open Fly/BS use both ends	
10 mins	7M in/out	7M in/out	7M in/out	7M in/out	
Main set	BS or BK SKPS on 60	FS SK(IM)PS on 45 secs	FS SKPS on 55 secs	FS SKPS on 60 secs	
"B" –	4 x 50 RI 30	Use TTs	Use TTs	4 x 50 RI 30	
Sprinting	2 x A BES	1 x 200 FS – race plan	6 x 50 RI 30	2 x A BES	
	2 x B Building [300]	Walk 30 secs	2 x A BES	2 x B Building	
		2 x 100 FS – BES RI 60	2 x B Building	1 x 50 A Race plan	
		2 x 100 B – Race plan RI 60	2 x A Race plan	Walk 60 secs [350]	
		Walk 60 secs [800]	Walk 60 secs[400]		
Main set	USRP - Go till you miss the 2	2 <sup>nd</sup> whistle - 25M sprints – Coach	Choice – start on whistle. Targ	get L1 = 6, L 2= 7, L3 = 10	
"C"	Use TTs.				
Relays	10 Mins FS / Medley				
C/Down	200 easy = dog paddle, Old English BK, easy FS, + OC				
Total	BK = 1500+, BS = 1500+, L1 1550+= L2 FS= 1600+, L3 = 2400+				

Level 1	Wookly Emphasis: Pasa Pasing Sprinting	
	Weekly Emphasis: Race Pacing – Sprinting	
Warm up	50 kick FS, 100 swim FS, 50 kick BK, 100 OC, 100 SKPS FS [L3 =	
	400, L1/2 = 300]	
Main "A"	Lane 6 L1 FS RI 30	
450	Tech swims-	
	2 x 100 easy FS with FPs	
	2 x 100 easy B with FP	
	50 FS – 85% when to sprint home?	
<b>Dive Starts</b>	Target = 4 x 25 sprints OC – walk back rest	
100		
	Focus on start & finish	
Turns	Open Fly/BS use both ends	
	7M in/out	
Main "B"	FS SKPS – Do as 4 x 25 every 60 secs	
350		
	4 x 50 RI 30	
	2 x A BES	
	2 x B Building	
	1 x 50 A Race plan	
	Walk 60 secs	
Main "C"	USRP - Go till you miss the 2 <sup>nd</sup> whistle - 25M sprints – Coach Choice	
	- start on whistle. Target L1 = 6, L 2= 7, L3 = 10	
Relays	10 Mins FS /Medley	
Cool Down	200 easy = dog paddle, Old English BK, easy FS, + OC	
Total	L1 1550+	

1 1 2	Washing Frankasia, Dana Daning, Conjunting	
Level 2	Weekly Emphasis: Race Pacing – Sprinting	
Warm up	50 kick FS, 100 swim FS, 50 kick BK, 100 OC, 100 SKPS FS	
	[L3 = 400, L1/2 = 300]	
Main "A"	Lane 5 FS L2 - RI 30	
500	Tech swims-	
	2 x 100 easy FS with FPs	
	2 x 100 easy B with FPs	
	2 x 50 FS 85% RI 30	
Dive Starts	Target 4 x 25 OC sprints - walk back rest	
100	Focus on start & finish	
	Use TTs if you want to at sprint SR	
Turns	Open BK use both ends	
	7M in/out	
Main "B"	FS SKPS – do as 4 x 25 Sprints every 55 secs	
400		
	6 x 50 RI 30	
	2 x A BES	
	2 x B Building	
	2 x A Race plan	
	Walk 60 secs	
Main "C"	USRP - Go till you miss the 2 <sup>nd</sup> whistle - 25M sprints – Coach Choice	
175	– start on whistle.	
	Target L1 = 6, L 2= 7, L3 = 10	
Relays	10 Mins FS /Medley	
Cool Down	200 easy = dog paddle, Old English BK, easy FS, + OC	
Total	L2 FS= 1600+	

Level 3	Weekly Emphasis: Race Pacing – Sprinting	
Warm up	50 kick FS, 100 swim FS, 50 kick BK, 100 OC, 100 SKPS FS [L3 =	
	400, L1/2 = 300]	
Main "A"	Lane 4 L3 & L3DT RI = 20	
600	Tech swims-	
	2 x 100 easy FS with FPs	
	2 x 100 easy "B" with FP	
	4 x 50 FS - 85% - when to sprint home?	
Dive Starts		
150	Focus on start & finish	
_	Use TTs at sprint SR	
Turns	Tumble use both ends	
8.6-1- ((D))	7M in/out	
Main "B"	FS SK(IM)PS – do as 8 x 25 sprints on 45 secs	
800	Lice TTe	
	Use TTs	
	1 x 200 FS – race plan Walk 30 secs	
	Walk 30 secs	
	2 x 100 FS – BES RI 60	
	2 X 100 13 BES 11 00	
	2 x 100 "B" – Race plan RI 60	
	Walk 60 secs	
Main "C"	USRP - Go till you miss the 2 <sup>nd</sup> whistle - 25M sprints	
250	Coach Choice – start on whistle.	
	Target L1 = 6, L 2= 7, L3 = 10	
	Use TTs. At Sprint SR if you wish to.	
Relays	10 Mins FS /Medley	
Cool Down	200 easy = dog paddle, Old English BK, easy FS, + OC	
Total	L3 = 2400+	

Level DV/DC	Mackly Frankasia, Dogo Dogina Carintina
Level BK/BS	Weekly Emphasis: Race Pacing – Sprinting
Warm up	50 kick FS, 100 swim FS, 50 kick BK, 100 OC, 100 SKPS FS
	[L3 = 400, L1/2 = 300]
Main set	Lane 3 BS/BK RI 30
"A" 450	Tech swims-
	2 x 100 easy BK/BS with FPs
	2 x 100 easy B with FP
	,
	50 FS – 85% when to sprint home?
Dives/starts	·
100	ranget in 25 spinits see Walk Sack rest
	Focus on start & finish
Turns	Tumble – use both ends
Turns	
10 mins	7M in/out
Main set	BS or BK SKPS – Do as 25M sprints every 60
"B" –	
Sprinting	4 x 50 RI 30
300	2 x A BES
	2 x B Building
Main set	USRP - Go till you miss the 2 <sup>nd</sup> whistle - 25M sprints
"C"	Coach Choice – start on whistle.
	Target L1 = 6, L 2= 7, L3 = 10
Relays	10 Mins FS /Medley
C/Down	200 easy = dog paddle, Old English BK, easy FS, + OC
Total	BK = 1500+, BS = 1500+