





**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

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

<b>Level 1</b>	<b>Weekly Emphasis:</b> Race Pacing – Sprinting
<b>Warm up</b>	 50 kick FS, 100 swim FS, 50 kick BK, 100 OC, 100 SKPS FS [L3 = 400, L1/2 = 300]
<b>Main “A” 450</b>	Lane 6 L1 FS RI 30 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 100</b>	Target = 4 x 25 sprints OC – walk back rest  Focus on start & finish
<b>Turns</b>	Open Fly/BS use both ends 7M in/out
<b>Main “B” 350</b>	FS SKPS – Do as 4 x 25 every 60 secs  4 x 50 RI 30 2 x A BES 2 x B Building  1 x 50 A Race plan Walk 60 secs
<b>Main “C”</b>	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
<b>Relays</b>	10 Mins FS /Medley
<b>Cool Down</b>	200 easy = dog paddle, Old English BK, easy FS, + OC
<b>Total</b>	L1 1550+

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

<b>Level 3</b>	<b>Weekly Emphasis:</b> Race Pacing – Sprinting
<b>Warm up</b>	🏊‍♂️ 50 kick FS, 100 swim FS, 50 kick BK, 100 OC, 100 SKPS FS [L3 = 400, L1/2 = 300]
<b>Main “A” 600</b>	Lane 4 L3 & L3DT RI = 20 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?
<b>Dive Starts 150</b>	Target 6 x 25 sprints OC - walk back rest Focus on start & finish <b>Use TTs at sprint SR</b>
<b>Turns</b>	Tumble use both ends 7M in/out
<b>Main “B” 800</b>	FS SK(IM)PS – do as 8 x 25 sprints on 45 secs  <b>Use TTs</b> 1 x 200 FS – race plan Walk 30 secs  2 x 100 FS – BES RI 60  2 x 100 “B” – Race plan RI 60  Walk 60 secs
<b>Main “C” 250</b>	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 <b>Use TTs. At Sprint SR if you wish to.</b>
<b>Relays</b>	10 Mins FS /Medley
<b>Cool Down</b>	200 easy = dog paddle, Old English BK, easy FS, + OC
<b>Total</b>	L3 = 2400+

<b>Level BK/BS</b>	<b>Weekly Emphasis: Race Pacing – Sprinting</b>
<b>Warm up</b>	 50 kick FS, 100 swim FS, 50 kick BK, 100 OC, 100 SKPS FS [L3 = 400, L1/2 = 300]
<b>Main set “A” 450</b>	Lane 3 BS/BK RI 30 Tech swims- 2 x 100 easy BK/BS with FPs  2 x 100 easy B with FP  50 FS – 85% when to sprint home?
<b>Dives/starts 100</b>	Target 4 x 25 sprints OC – walk back rest  Focus on start & finish
<b>Turns 10 mins</b>	Tumble – use both ends 7M in/out
<b>Main set “B” – Sprinting 300</b>	BS or BK SKPS – Do as 25M sprints every 60  4 x 50 RI 30 2 x A BES 2 x B Building
<b>Main set “C”</b>	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
<b>Relays</b>	10 Mins FS /Medley
<b>C/Down</b>	200 easy = dog paddle, Old English BK, easy FS, + OC
<b>Total</b>	BK = 1500+, BS = 1500+