












Date: Tuesday 15 April 25. Notices: PH no swims (Easter FRI & Sun & Anzac day 25th). Outcome from Nationals = brilliant swims. July Stroke workshop details finalised. **Training Stage** = Moved to Maintenance stage, low to medium volume, mixed intensity, Recovery for ex Nationals swimmers. **Weekly Drill Emphasis:** BS – Arms for leverage, Kick timing. BS = slowest of strokes, therefore overall distance down today. **Caution:** Knees -swap out for fly legs.



Equipment: Fins/KB




W/ up	L1 & L2 –50 FS, 100 BK SKPS, 100 FS, 50 FS Kick (300). L3/L3D -100 FS, 50 Kick BK, 100 SKPS FS, 50 kick BK, 100 OC. (400) 
Drill Fins off 200	2 x BS start – CK distance gained before 1 st normal stroke. BS Momentum, STOW, dolphin, pulldown, kick, head break surface before arm in-sweep. Ck how far you go. Max is 15M! 2 x 25 Drill # 22 – Swim BS 1 st lap freeze point with arms @ “V” Ck legs streamlined behind. 2nd Lap freeze point is feet @ widest part CK arms @ narrowest pt. 2 x 25 Drill # 7 – 3D Arms – getting leverage from arms & maintaining a compact arm stroke. 4 x 25 Drill # 23 – Sweep, breathe, kick and GLIDE. CK # SPL – try to reduce 1 per lap to ensure timing and max leg trust – whip kicks!
Main set L1 	200 OC ↑E↓F. 4 x 50 – 2 x A, 2 x B. BES for both. RI 30, 12 x 25 Sprints every 60 – 6 x FS, 2 x BK, 2x BS, 2 x OC, 100 OC easy, 2 x 50 BS Tech swims – think about drill set above and work on stroke Coord. RI 20. 2 x 100 FS FES RI 30, 1 x 100 BK Tech swim focus on coord. 4 x 25 IM order RI 15. (1200)
Main set L2 	200 OC ↑E↓F. 6 x 50 – 2 x A - BES, 2 x B - BES. 2 x OC even pace. RI 30, 12 x 25 Sprints every 55 – 6 x FS, 2 x BK, 2x BS, 2 x OC, 100 OC easy, 2 x 50 BS Tech swims – think about drill set above and work on stroke Coord. RI 20. 2 x 100 FS FES RI 30, 1 x 100 BK Tech swim focus on coord. 4 x 25 IM order RI 15. (1300)
Main set L3 	200 OC ↑E↓F. 6 x 50 – 2 x A - BES, 2 x B - BES. 2 x OC even pace. RI 30, 16 x 25 Sprints every 50 – 6 x FS, 4 x BK, 4x BS, 2 x OC, 100 OC easy recovery, 2 x 50 BS Tech swims – think about drill set above and work on stroke Coord. RI 20. 2 x 100 FS (1 x FES/1 x BES) RI 20, 1 x 100 BK Tech swim focus on stroke coord. 4 x 25 IM order RI 15. (1400)
Main set L3Dist 	200 O - SOTW – how many SPL do you really need to do? 2 x 400 FS at even pace – once per lap head up to sight for 2 strokes. RI 30 6 x 50 – 2 x A - BES, 2 x B - BES. 2 x OC even pace. RI 30, 800 FS – tech pts = underwater = Catch, EVF, Mid pt C and exit. Body Rotation = shoulder rotate then hips = relaxed recovery. 2 x 100 OC NOT FS (1 x even pace/1 x BES) RI 20 400 FS. every 4 lap sprint Flags to Flags. (2700)
Fun time	If time = Coach/PL handicaps – Enjoy yourself! Or what would Sue do?
C/Down	Min 100 = BK finning, Side stroke, floppy FS, walking, floating, talking, socialising etc

Total	L1 = 1800+, L2 = 1900+, L3 = 2100+, L3D = 3400+
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Level 1	Weekly Drill Emphasis: BS Arms for Leverage and Legs for timing s
Warm up 	L1 & L2 –50 FS, 100 BK SKPS, 100 FS, 50 FS Kick (300) 
Drills No Fins RI = 15-20	<p>2 x BS start – CK distance gained before 1st normal stroke. BS Momentum, STOW, 1 x dolphin flick, pulldown, kick, head break surface before arm in-sweep. Ck how far you go. Max is 15M!</p> <p>2 x 25 Drill # 22 – Swim BS 1st lap freeze point with arms @ “V” Ck legs streamlined behind.</p> <p>2nd Lap freeze point is feet @ widest part CK arms @ narrowest pt.</p> <p>2 x 25 Drill # 7 – 3D Arms – getting leverage from arms & maintaining a compact arm stroke.</p> <p>4 x 25 Drill # 23 – Sweep, breathe, kick and GLIDE. CK # SPL – try to reduce 1 per lap to ensure timing and max leg trust – whip kicks!</p>
Main Set  1200	<p>200 OC ↑E↓F.</p> <p>4 x 50 – 2 x A, 2 x B. BES for both. RI 30,</p> <p>12 x 25 Sprints every 60 – 6 x FS, 2 x BK, 2x BS, 2 x OC, 100 OC easy,</p> <p>2 x 50 BS Tech swims – think about drill set above and work on stroke Coord. RI 20.</p> <p>2 x 100 FS FES RI 30,</p> <p>1 x 100 BK Tech swim focus on coord. 4 x 25 IM order RI 15.</p>
Skills	If time – Coach handicaps
Cool Down	Min 100 = BK finning, Side stroke, floppy FS, walking, floating, talking, socialising etc
Total	1800+

Level 2	Weekly Drill Emphasis: BS Arms for Leverage and Legs for timing s
Warm up 	L1 & L2 –50 FS, 100 BK SKPS, 100 FS, 50 FS Kick (300). 
Drills/Skills No Fins 200	<p>2 x BS start – CK distance gained before 1st normal stroke. BS Momentum, STOW, dolphin, pulldown, kick, head break surface before arm in-sweep. Ck how far you go. Max is 15M!</p> <p>2 x 25 Drill # 22 – Swim BS 1st lap freeze point with arms @ “V” Ck legs streamlined behind.</p> <p>2nd Lap freeze point is feet @ widest part CK arms @ narrowest pt.</p> <p>2 x 25 Drill # 7 – 3D Arms – getting leverage from arms & maintaining a compact arm stroke.</p> <p>4 x 25 Drill # 23 – Sweep, breathe, kick and GLIDE. CK # SPL – try to reduce 1 per lap to ensure timing and max leg trust – whip kicks!</p>
Main Set  1300	<p>200 OC ↑E↓F. 6 x 50 – RI 30 2 x A - BES, 2 x B - BES. 2 x OC even pace.,</p> <p>12 x 25 Sprints every 55 – 6 x FS, 2 x BK, 2x BS, 2 x OC, 100 OC easy,</p> <p>2 x 50 BS Tech swims – think about drill set above and work on stroke Coord. RI 20.</p> <p>2 x 100 FS FES RI 30, 1 x 100 BK Tech swim focus on coord.</p> <p>4 x 25 IM order RI 15.</p>
Skills	If time = Coach Handicaps
Cool Down	Min 100 = BK finning, Side stroke, floppy FS, walking, floating, talking, socialising etc
Total	1900+

Level 3	Weekly Drill Emphasis: BS Arms for Leverage and Legs for timing s
Warm up	L3/L3D -100 FS, 50 Kick BK, 100 SKPS FS, 50 kick BK, 100 OC. (400) 
Drills/Skills No Fins 200	2 x BS start – CK distance gained before 1 st normal stroke. BS Momentum, STOW, dolphin, pulldown, kick, head break surface before arm in-sweep. Ck how far you go. Max is 15M! 2 x 25 Drill # 22 – Swim BS 1 st lap freeze point with arms @ “V” Ck legs streamlined behind. 2nd Lap freeze point is feet @ widest part CK arms @ narrowest pt. 2 x 25 Drill # 7 – 3D Arms – getting leverage from arms & maintaining a compact arm stroke. 4 x 25 Drill # 23 – Sweep, breathe, kick and GLIDE. CK # SPL – try to reduce 1 per lap to ensure timing and max leg trust – whip kicks!
Main Set  1500	200 OC ↑E↓F. 6 x 50 – 2 x A - BES, 2 x B - BES. 2 x OC even pace. RI 30 16 x 25 Sprints every 50 – 6 x FS, 4 x BK, 4x BS, 2 x OC. 100 OC easy recovery. 2 x 50 BS Tech swims – think about drill set above and work on stroke Coord. RI 20. 2 x 100 FS (1 x FES/1 x BES) RI 20 1 x 100 BK Tech swim focus on stroke coord. 4 x 25 IM order RI 15.
Skills	Dive starts BS + relays if time.
Cool Down	Min 100 = BK fining, Side stroke, floppy FS, walking, floating, talking, socialising etc
Total	2100+

Level 3 Dist/ Tri	Weekly Drill Emphasis: BS Arms for Leverage and Legs for timing s
Warm up	100 FS, 50 Kick BK, 100 SKPS FS, 50 kick BK, 100 OC. 
Drills/Skills  200	<p>2 x BS start – CK distance gained before 1st normal stroke. BS Momentum, STOW, dolphin, pulldown, kick, head break surface before arm in-sweep. Ck how far you go. Max is 15M!</p> <p>2 x 25 Drill # 22 – Swim BS 1st lap freeze point with arms @ “V” Ck legs streamlined behind.</p> <p>2nd Lap freeze point is feet @ widest part CK arms @ narrowest pt.</p> <p>2 x 25 Drill # 7 – 3D Arms – getting leverage from arms & maintaining a compact arm stroke.</p> <p>4 x 25 Drill # 23 – Sweep, breathe, kick and GLIDE. CK # SPL – try to reduce 1 per lap to ensure timing and max leg power – whip kicks!</p>
Main Set  2700	<p>200 OC - SOTW – how many SPL do you really need to do?</p> <p>2 x 400 FS at even pace – once per lap head up to sight for 2 strokes. RI 30</p> <p>6 x 50 – 2 x A - BES, 2 x B - BES. 2 x OC even pace. RI 30,</p> <p>800 FS – tech pts = underwater = Catch, EVF, Mid pt C and exit. Body Rotation = shoulder rotate then hips = relaxed recovery.</p> <p>2 x 100 OC NOT FS (1 x even pace/1 x BES) RI 20</p> <p>400 FS. every 4 lap sprint Flags to Flags. (</p>
Skills	Coach Handicaps if time
Cool Down	Min 100 = BK finning, Side stroke, floppy FS, walking, floating, talking, socialising etc
Total	3400+