


Date: Tuesday 20th May '25. Notices: Tues 27th Club HAG Must finish at 1200 (start no later than 1100 pool avbl from 1030) – **Training Emphasis:** Race Prep for HAG = plan your own race! Get the dives and turns right for the stroke, Know the stroke rules. Caution: Lane situ awareness, HIT program – LOOK at the clock, know your times, Take the rest periods – you will need them. Dive/Starts will be in Lane 6, L1/2/3 will move over lanes as necessary. **Equipment:** Fins/KB

Level	Level 1	Level 2	Level 3 / L3Distance
W/ up 	10 Mins = 50 Swim FS , 50 kick FS, 100 SKiPS BK, 100 Swim OC, 50 Kick BK, 50 swim OC - swim till the whistle goes. Target L1 = 300, L2 = 350, L3/L3D = 400.		
Main 1 All lanes	General Focus points = SOTW, when to kick and how many, when to get for first arm stroke in, Kick it home from 10M to go, don't breathe inside 5M to go etc. 25M FS sprints- Lane 3 /Lane 4 every 45 secs x 8, Lane 5 – every 50 secs x 6, Lane 6 every 60 secs = 4 100 OC easy recovery. [L3 = 300/L2=250/L1=200]		
Main set 2	Starts at Deep end – 10 mins 2 x dives (FS/BS), 2 x BK	4 x 50 OC - Work the turns. (1 st = 80%, 2 nd = 90%, 60 sec walk recovery 3 rd = 85%, 4 th = 95%) RI 40-60 2 x 100 "A" building pace. RI 30 [400]	6 x 50 "A" varying pace (1 & 4 = 80%, 2 & 3 = 85%, 5 & 6 = 90%), 2 x 100 OC (1 st = 75 -80%, 2 nd = 80-85%) Work the turns. RI 40 – 60 + 60 sec walk recovery at the end [500] L3D = 2 x 200 FS even pace – sprint last lap. RI 30-45 2 x 100 "B" building RI 20 [600]
Main set 3	Use lane 5 4 x 50 OC (1 st = 80%, 2 nd = 90%, 60 secs walk recovery 3 rd = 85%, 4 th = 95%) RI 40-60 60 secs walk recovery [200] 10 mins Turns @ deep & shallow with start mid lap (½ go one way ½ the other way)	Starts at Deep end – 10 mins – Use Lane 6 2 x dives (FS/BS), 2 x BK	4 x 100 "A" - pacing or building RI 30-40 1 st = 80%, 2 nd = 85%, 3 rd = 80%, 4 th = 90% 100 OC easy recovery/ or walk 90 secs 2 x 50 "B" both 90%- 95% 100 OC easy recovery/ or walk 90 secs [700] L3D = 400 FS (split 100s -M/E/M/F) 3 x 100 building RI30 (700)
Main set 4	Use Lane 5 for swim 2 x 100 "A" RI 40 - build the swim or 1 st = 80%, 2 nd = 90% 100 OC easy recovery/ or walk 60 secs 2 x 50 "B" both 90%- 95% 100 OC easy recovery/ or walk 60 secs [500]	Use lane 4 to swim. Start mid laps hallow & deep for turn x 4 3 x 100 "A" RI 30-40 -build the swim or 100 OC easy recovery/ or walk 60 secs 2 x 50 "B" both 90%- 95% 100 OC easy recovery/ or walk 60 secs 600]	Starts at Deep end – 10 mins Use lane 6 2 x dives (FS/BS), 2 x BK + sprints 2 x 100 FS - even pace RI 20-30 [200] Tumble Turns if time – start mid lap use deep /shallow end Lane 3 available for Dist/OW FS 800 swim altn 100s E/F [800]
Relays	Relays – FS/Medley, More Dives & starts/ Turns = Open /Tumble		
C/Down	100 OC		
Total	1300+ Relays + turns etc	1700+ Relays + turns etc	L3/D = 2200/3000+ Relays + turns etc

Level 1	Training Emphasis: Race Prep for HAG.
Warm up 300	10 Mins = 50 Swim FS 50 kick FS, 100 SKiPS BK, 100 Swim OC, 50 Kick BK, 50 swim OC - swim till the whistle goes. Target L1 = 300
Main set 1 [200]	General Focus points = SOTW, when to kick and how many, when to get for first arm stroke in, Kick it home from 10M to go, don't breathe inside 5M to go etc. 4 x 25M FS sprints - going every 60 secs 100 OC easy recovery.
Skill 1	Starts at Deep end – 10 mins 2 x dives (FS/BS), 2 x BK
Main 2 [200]	Use lane 5 4 x 50 OC RI 40-60 - Don't forget to CK your technique! 1 st = 80%, 2 nd = 90%, 60 secs walk recovery, 3 rd = 85%, 4 th = 95%) 10 mins Turns - Start at mid lap – 25M OC swim - practice turn – ½ swimmers go to deep end ½ go to shallow end. Meet back at mid lap.
Main 3 [500]	Stay in Lane 5 to swim. 2 x 100 "A" – build the swim or 1 st = 80%, 2 nd = 90% 100 OC easy recovery/ or walk 60 secs 2 x 50 "B" both 90%- 95% 100 OC easy recovery/ or walk 60 secs
Skill 2	Relays & Dives/Starts/Turns
Cool Down	100 OC
Total	1300+ Relays etc.

Level 2	Training Emphasis: Race Prep for HAG.
Warm up 350	10 Mins = 50 Swim FS 50 kick FS, 100 SKiPS BK, 100 Swim OC, 50 Kick BK, 50 swim OC - swim till the whistle goes. Target = 350
Main set 1 [250]	General Focus points = SOTW, when to kick and how many, when to get for first arm stroke in, Kick it home from 10M to go, don't breathe inside 5M to go etc. 6 x 25M FS sprints - going every 50 secs 100 OC easy recovery.
Main 2 [400]	4 x 50 OC - Work the turns. RI 40-60 1 st = 80%, 2 nd = 90%, 60 secs walk recovery, 3 rd = 85%, 4 th = 95% 2 x 100 "A" building Pace RI 30
Skill 1	Starts at Deep end – 10 mins – Use Lane 6
Main 3 [600]	Use lane 4 – 10 mins Turns practice x 4 (open turns at the shallow end /Tumble turns at Deep end) Start @ mid lap. 3 x 100 "A" RI 30-40 – Build the swim or 1 st = 80%, 2 nd = 85%, 3 rd = 90% 100 OC easy recovery/ or walk 60 secs 2 x 50 "B" both 90%- 95% RI 30 100 OC easy recovery/ or walk 60 secs
Skill 2	Relays, Dive & starts & turns
Cool Down	100 OC
Total	1700+ +Relays etc.

Level 3	Training Emphasis: Race Prep for HAG.
Warm up 400	10 Mins = 50 Swim FS 50 kick FS, 100 SKiPS BK, 100 Swim OC, 50 Kick BK, 50 swim OC - swim till the whistle goes. Target = 400
Main 1 [300]	General Focus points = SOTW, when to kick and how many, when to get for first arm stroke in, Kick it home from 10M to go, don't breathe inside 5M to go etc. 8 x 25M FS sprints - going every 45 secs 100 OC easy recovery.
Main 2 [500]	6 x 50 "A" varying pace (1 & 4 = 80%, 2 & 3 = 85%, 5 & 6 = 90%) RI 40 2 x 100 OC (1 st = 75 -80%, 2 nd = 80-85%) Work the turns. RI 60 30 sec walk recovery at the end [500]
Main 3 700	4 x 100 "A" RI 30-40 – pacing or building 1 st = 80%, 2 nd = 85%, 3 rd = 80%, 4 th = 90% 100 OC easy recovery/ or walk 60 secs 2 x 50 "B" both 90%- 95% RI 30-40 100 OC easy recovery/ or walk 60 secs
Skill 1 200 + dashes	Starts at Deep end – 10 mins Use Lane 6 1 lap sprints after dive. 4 x Turns practice (open turns at the shallow end /Tumble turns at Deep end) Start @ mid lap. Lane 6 swim 2 x 100 FS - even pace RI 20-30
Skill 2	Relays, Dives and starts & turns
Cool Down	100 OC
Total	2200+ relays etc.

Level 3D	Training Emphasis: Race Prep for HAG.
Warm up 400	10 Mins = 50 Swim FS 50 kick FS, 100 SKiPS BK, 100 Swim OC, 50 Kick BK, 50 swim OC - swim till the whistle goes. Target = 400
Main 1 [300]	General Focus points = SOTW, when to kick and how many, when to get for first arm stroke in, Kick it home from 10M to go, don't breathe inside 5M to go etc. 8 x 25M FS sprints - going every 45 secs 100 OC easy recovery.
Main 2 [600]	2 x 200 FS (split 50 = M/E/M/F) RI 60 2 x 100 "B" Building sped RI 45
Main 3 700	400 FS (split 100s -M/E/M/F) Walk 60 secs recovery 3 x 100 FS building last 30M = sprint RI30
Main 4 or Skill	L3D more swimming in Lane 3 800 FS – swim altn 100 E/F Or 4 x Starts at Deep end – 10 mins Use Lane 6 With 1 lap sprints after dive.
Skill 2	Relays
Cool Down	100 OC
Total	2900+ relays etc.