










Date: Sunday 29th June 25. **Notices:** Training Sunday 13th July Cancelled due pool booked. Sat 26th July Masters Stroke workshop at Pambula Book and Pay ASAP, Coaches July Newsletter out soon. **Extra training** Thur @1300. **Weekly Drill Emphasis** = FS & BK Power & pacing – using pyramids eg start @ 25 up to 100 and down to 25M (add 25M to 1st distance & 5 sec to RI each dist up and minus 5 secs on way down). Reminders of stroke rotation for FS/BK & where to turn on power. **Pacing** work = Sprint (25/50). Swap to even pace on the way 100/200. BES on the way down pyramid. **Caution:** Shoulders, Lane situ on BK, look before pushing off. **Equipment: Fins, KB**

Warm up	 100 FS, 50 Kick BK, 100 OC, 50 kick FS, 50 BS arms, 50 OC = 400.			
Drills 200	100 BK = 2 x 25 Power = 1 arm pull /push – rotate into the stroke 2 x 25 BK normal with KB high knees - for board slaps on the water – help with rotation 100 FS = 2 x 25 find catch, EVF, mid-pt & exit as a 1 sec pause pt – accelerate from EVF (4 secs to do 1 arm stroke!) 2 x 25 Breathe both side and ck shoulder / hip rotation. 5 mins + 5 mins FS & BK SOTW (use both ends of pool) = free speed + fly kicks vs flutter kick = which for max propulsion before 1 st arm stroke?? –Get right depth, don't push off on top of water. Keep head down, lock hands, strong core.			
Main set "A"	L1 FS pyramid to 100 = 400 100 OC = 100 [500]	L2 FS pyramid to 150 = 800	L3 FS pyramid to 200 = 1600	L3D FS pyramid to 200 = 1600
Skills	At any stage - Squad 25M sprints on whistle – lane handicaps by Coach. STOW – get the body position right!			
Main set B"	BK pyramid to 100 = 400	BK pyramid to 100 = 400	BK pyramid to 100 = 400	BK pyramid to 100 = 400
Skills	If time - Dives – for FS - how to keep the momentum going /free speed/streamlining /when to do the 1 st stroke			
C/Down	100 = Underwater dolphins to ½ way, then OC			
Total	L1 = 1600+ L2 = 1900+ L3 = 2900+, L3D = 2900+			

Level 1	Weekly Drill Emphasis = FS & BK Power & pacing
Warm up	 100 FS, 50 Kick BK, 100 OC, 50 kick FS, 50 BS arms, 50 OC = Target 300
Drills  200	<p>100 BK = 2 x 25 Power = 1 arm pull /push – rotate into the stroke. Swap arms next lap 2 x 25 BK normal with KB Between knees - for board slaps on the water – help with rotation</p> <p>100 FS = 2 x 25 find catch, EVF, mid-pt & exit as a 1 sec pause pt – accelerate from EVF (4 secs to do 1 arm stroke!) 2 x 25 Breathe both side and ck shoulder / hip rotation.</p> <p>5 mins + 5 mins FS & BK SOTW (use both ends of pool) = free speed off the wall by being STREAMLINED. + fly kicks vs flutter kick = which for max propulsion before 1st arm stroke?? –Get right depth, don't push off on top of water. Keep head down, lock arms/hands, use good strong core strength.</p>
Main “A” 500	<p>400 in toto = FS pyramid = (25/50/75/100/75/50/25). Pacing short dist = Sprint (25/50) then even pace on the way up. BES on the way down. RI start at 10 secs + 5 secs each distance going up -5 secs on way down.</p> <p>Walk 30 secs recovery.</p> <p>100 OC – even pace but work your turns and get good STOW</p>
Skills	Squad 25M sprints on whistle – lane handicaps by Coach. STOW – get the body position right! Min = 4 x 25
Main “B” 400	<p>BK pyramid to 100 Pacing short dist = Sprint (25/50) the even pace on the way up. BES on the way down RI start at 10 secs + 5 secs each distance going up -5 secs down.</p>
Skills	If time - Dives – for FS - how to keep the momentum going /free speed/streamlining /when to do the 1 st stroke
Cool Down	100 = Underwater dolphins to ½ way, then OC
Total	1600+

Level 2	Weekly Drill Emphasis = FS & BK Power & pacing
Warm up	 100 FS, 50 Kick BK, 100 OC, 50 kick FS, 50 BS arms, 50 OC = Target 350
Drills 200 	<p>100 BK =</p> <p>2 x 25 Power = 1 arm pull /push – rotate into the stroke. Swap arms next lap</p> <p>2 x 25 BK normal with KB Between knees - for board slaps on the water – help with rotation</p> <p>100 FS =</p> <p>2 x 25 find catch, EVF, mid-pt & exit as a 1 sec pause pt – accelerate from EVF (4 secs to do 1 arm stroke!)</p> <p>2 x 25 Breathe both side and ck shoulder / hip rotation.</p> <p>5 mins + 5 mins FS & BK SOTW (use both ends of pool) = free speed off the wall by being STREAMLINED. + fly kicks vs flutter kick = which for max propulsion before 1st arm stroke?? –Get right depth, don't push off on top of water.</p> <p>Keep head down, lock arms/hands, use good strong core strength.</p>
Main A 800	<p>FS pyramid = Pacing short dist = Sprint (25/50) the even pace on the way up. BES on the way down.</p> <p>Start at 25M go up to 150 and back down again (25/50/75/100/150/100/75/50/25)</p> <p>RI start at 10 secs + 5 secs each distance going up, -5 secs on way down.</p> <p>Walk 30 secs recovery.</p>
Skills	Squad 25M sprints on whistle – lane handicaps by Coach. STOW – get the body position right! Min = 4 x 25
Main “B” 400	<p>BK pyramid to 100. Pacing short dist = Sprint (25/50) the even pace on the way up. BES on the way down</p> <p>RI start at 10 secs + 5 secs each distance going up, -5 secs down.</p>
Skills	If time - Dives – for FS - how to keep the momentum going /free speed/streamlining /when to do the 1 st stroke
Cool Down	100 = Underwater dolphins to ½ way, then OC
Total	1950+

Level 3	Weekly Drill Emphasis = FS & BK Power & pacing
Warm up	 100 FS, 50 Kick BK, 100 OC, 50 kick FS, 50 BS arms, 50 OC = Target 400
Drills 200 	<p>100 BK = 2 x 25 Power = 1 arm pull /push – rotate into the stroke. Swap arms next lap 2 x 25 BK normal with KB Between knees - for board slaps on the water – help with rotation</p> <p>100 FS = 2 x 25 find catch, EVF, mid-pt & exit as a 1 sec pause pt – accelerate from EVF (4 secs to do 1 arm stroke!) 2 x 25 Breathe both side and ck shoulder / hip rotation.</p> <p>5 mins + 5 mins FS & BK SOTW (use both ends of pool) = free speed off the wall by being STREAMLINED. + fly kicks vs flutter kick = which for max propulsion before 1st arm stroke?? –Get right depth, don't push off on top of water. Keep head down, lock arms/hands, use good strong core strength.</p>
Main “A” 1600	<p>FS pyramid = Pacing short dist = Sprint (25/50) the even pace on the way up. BES on the way down. Start at 25M go up to 200 and back down again RI start at 10 secs + 5 secs each distance going up, -5 secs on way down.</p>
Skills	Squad 25M sprints on whistle – lane handicaps by Coach. STOW – get the body position right! Min = 4 x 25
Main “B” 400	<p>BK pyramid to 100. Pacing short dist = Sprint (25/50) the even pace on the way up. BES on the way down RI start at 10 secs + 5 secs each distance going up, -5 secs down.</p>
Skills	If time - Dives – for FS - how to keep the momentum going /free speed/streamlining /when to do the 1 st stroke
Cool Down	100 = Underwater dolphins to ½ way, then OC
Total	2950+

Level 3 Dist/Tri	Weekly Drill Emphasis = FS & BK Power & pacing
Warm up 400	 100 FS, 50 Kick BK, 100 OC, 50 kick FS, 50 BS arms, 50 OC = Target 400
Drills 200 	<p>100 BK = 2 x 25 Power = 1 arm pull /push – rotate into the stroke. Swap arms next lap 2 x 25 BK normal with KB Between knees - for board slaps on the water – help with rotation</p> <p>100 FS = 2 x 25 find catch, EVF, mid-pt & exit as a 1 sec pause pt – accelerate from EVF (4 secs to do 1 arm stroke!) 2 x 25 Breathe both side and ck shoulder / hip rotation.</p> <p>5 mins + 5 mins FS & BK SOTW (use both ends of pool) = free speed off the wall by being STREAMLINED. + fly kicks vs flutter kick = which for max propulsion before 1st arm stroke?? –Get right depth, don't push off on top of water. Keep head down, lock arms/hands, use good strong core strength.</p>
Main “A” 1600	<p>FS pyramid = Pacing short dist = Sprint (25/50) the even pace on the way up. BES on the way down. Start at 25M go up to 200 and back down again RI start at 10 secs + 5 secs each distance going up, -5 secs on way down.</p>
Skill	Squad 25M sprints on whistle – lane handicaps by Coach. STOW – get the body position right! Min = 4 x 25
Main “B” 400	<p>BK pyramid to 100. Pacing short dist = Sprint (25/50) the even pace on the way up. BES on the way down RI start at 10 secs + 5 secs each distance going up, -5 secs down.</p>
Skill	If time - Dives – for FS - how to keep the momentum going /free speed/streamlining /when to do the 1 st stroke
Cool Down	100 = Underwater dolphins to ½ way, then OC
Total	2950+

Pyramid Number 1 = up to 100M and back down = total of 400M

Start at 25M, increase by 25 each swim up to 100 then come back down to 25. ie 25, 50, 75, 100, 75, 50, 25.

RI start at 10 secs and + 5 each time on way up & decrease by 5 secs on way down = 10, 15, 20, 25, 30, 25, 20, 15, 10

Pyramid Number 2 = Up to 150M and back down = total of 800

Start at 25M, 50, 75, 100, 125, 150, 125, 100, 75, 50, 25

RI start at 10 secs and + 5 each time on way up & decrease by 5 secs on way down = 10, 15, 20, 25, 30, 25, 20, 15, 10

Pyramid Number 3 = Up to 200M and back down = total of 1600

Start at 25M, 50, 75, 100, 125, 150, 175, 200, 175, 150, 125, 100, 75, 50, 25

RI start at 10 secs and + 5 each time on way up & decrease by 5 secs on way down = 10, 15, 20, 25, 30, 35, 40, 35, 30, 25, 20, 15, 10