Date:31st Aug 25. Notices: Names & event list for Oct events ASAP. Weekly Emphasis: FS/BK arm & Leg action. Caution: Shoulders – don't overreach.

Equipment: Fins/KB/CS

Warm up	100 OC, 50 BK kick, 50 Swim FS, 100 OC — Get your legs warmed! (200/300)												
Drills FS =	Kick at wall – with coach – ck body position, depth of kick and flex ankle - both FS & BK												
200	1 x 25 – FS Kick to deep end. 10 secs of vertical kicking– use hands to stabilise upright position.												
all RI =	1 x 25 FS 1 leg kicks to ½ way then swap over legs. Get the whip action from hip to ankle. 50 Swim FS long looping strokes (connect the upper and lower body) – no crazy kicking – be natural in one motion.												
15/20													
		2 x 25 – FS Rotating position around core. Hip-2-Hip. 1 side balances the other applying force, mastering the hip 2 hip switching.											
	2 x 25 - leverage & power at:-Catch, EVF, mid pt and exit – use CS if have them.												
Main set									•				
"A"	4 x 25 FS ↑Kick↓Pull RI 10 (300)								ck↓Pull RI 10 (500)				
Drills BK	BK arms/leg drills –												
150	2 x 25 BK kicking – Kick from hips, slight flex of knees, whip like action – stronger up. 3L/3R body rotation, head remains in neutral posn.												
all RI =	2 x 25 BK normal arms but ensuring a "locked elbow" and arms in "opposition". Rotation required!												
15/20	2 x 25 Norm	al BK. Cou	int SPL, knov	v # flag to wall.									
Main set	Set 1	Rest Int	#/Effort	Stroke	Check pt		Set 1	Rest Int	#/Effort	Stro	ke	Check pt	
"B"	Distance	Secs					Distance	Secs					
500/750	25	5	SPL 70%	FS	Arm rest out		50	5	SPL 70%	FS	•	Arm rest out	
					front							front	
	50	10	SPL 70%		Catch Posn		100	10	SPL 70%			Catch Posn	
	75	15	SPL 75%	FS	EVF acceleration		150	15	SPL 75%	FS FS	•	EVF acceleration	
					pt							pt	
	100		SPL 75%	FS	Body Rotation		200		SPL 75%	FS)	Body Rotation	
	(250)	60 secs	# /= CC	CI val a	Observation 1		(500)	60 secs	u /= cc	Class		Charles I	
	Set 2	Rest Int	#/Effort	Stroke	Check pt		Set 2	Rest Int	#/Effort	Stro	ке	Check pt	
	Distance 25	Secs 5	SPL 75%	BK	SPL/flags to wall		Distance 25	Secs 5	SPL 75%	b Bk	,	SPL/flags to wall	
	50	10	SPL 75%		Kick- ankle flex		50	10	SPL 75%			Kick- ankle flex	
	75	15	SPL 75%		Body Rotation		75	15	SPL 75%			Body Rotation	
	100	13	SPL 70%		HFA pull		100	13	SPL 70%			HFA pull	
	(250)	60 secs	JF L / U/0	DK	TILA PUII		(250)	60 secs	JF L / U/0	, Dr	`	Til A pull	
Main Set	, L		`K nts = #SDI	and SOTW		+			K nts = #SDI	and SOTM	,		
	2 x 200 "A" RI 30 BES CK pts = #SPL and SOTW						2 x 400 "A" RI 30 BES CK pts = #SPL and SOTW						
C/Down	100 =Long dogs, BS with extn glides, BK Finning, walking						Total = L1 = 1850, L2 = 1850, L3 = 2700, L3DT = 2800						

Level 1	Weekly Emphasis: FS/BK arm & Leg action								
Warm up	100 OC, 50 BK kick, 50 Swim FS, 100 OC – Get your legs								
	warmed! (200/300)								
Drills A	1 x 25 – FS Kick to deep end. 10 secs of vertical kicking— use hands								
FS	to stabilise upright position.								
arms/legs	1 x 25 FS 1 leg kicks to ½ way then swap over legs. Get the whip								
	action from hip to ankle.								
	50 Swim FS long looping strokes (connect the upper and lower								
	body) – no crazy kicking – be natural in one motion.								
	2 x 25 – FS Rotating position around core. Hip-2-Hip. 1 side balances								
	the other a	pplying fo	orce, masteri	ng the hip	2 hip switching.				
	2 x 25 - leverage & power at:-Catch, EVF, mid pt and exit – use CS if								
	have them.								
Main "A"	4 x 50 OC @	even pa	ace RI 15						
	4 x 25 FS 个	Kick↓Pu	II RI 10 (300)						
Drills "B"	2 x 25 BK kicking – Kick from hips, slight flex of knees, whip like								
ВК	action – stronger up. 3L/3R body rotation, head remains in neutral								
arms/legs	posn.								
	2 x 25 BK normal arms but ensuring a "locked elbow" and arms in								
	"opposition". Rotation required!								
	2 x 25 Normal BK. Count SPL, know # flag to wall.								
Main "B" Set 1 Rest Int #/Effort Stroke Distance Secs				Check pt					
500	25	5 5	SPL 70%	FS	Arm rest out front				
	50	10	SPL 70%	FS	Catch Posn				
	75	15	SPL 75%	FS	EVF acceleration pt				
	100	13	SPL 75%	FS	Body Rotation				
		60 secs	31 2 7 3 7 0	13	Body Notation				
	Set 2	Rest Int	#/Effort	Stroke	Check pt				
	Distance	Secs	CDL 750/	DI	CDI /Clasa I a a II				
	25	5	SPL 75%	BK	SPL/flags to wall				
	50	10	SPL 75%	BK	Kick- ankle flex				
	75	15	SPL 70%	BK	Body Rotation				
	100 SPL 70% BK HFA pu								
Main "C"	2 x 200 "A" PL 20 PES CV pts = #SPL and SOTM								
Cool Down	2 x 200 "A" RI 30 BES CK pts = #SPL and SOTW								
Total	100 =Long dogs, BS with extn glides, BK Finning, walking								
IUlai	1850								

Level 2	Weekly Emphasis: FS/BK arm & Leg action								
Warm up	100 OC, 50 BK kick, 50 Swim FS, 100 OC – Get your legs								
	warmed! (200/300)								
Drills FS	1 x 25 – FS Kick to deep end. 10 secs of vertical kicking– use hands								
RI =15/20	to stabilise upright position.								
	1 x 25 FS 1 leg kicks to ½ way then swap over legs. Get the whip								
	action from hip to ankle.								
	50 Swim FS long looping strokes (connect the upper and lower								
	body) – no crazy kicking – be natural in one motion.								
	2 x 25 – FS Rotating position around core. Hip-2-Hip. 1 side balances								
	the other a	pplying fo	orce, masteri	ng the hip	2 hip switching.				
	2 x 25 - leve	erage & p	ower at:-Cat	ch, EVF, m	id pt and exit – use CS if				
	have them.								
Main "A"	4 x 50 OC @ even pace RI 15								
	4 x 25 FS ↑Kick↓Pull RI 10 (300)								
Drills "BK"	2 x 25 BK kicking – Kick from hips, slight flex of knees, whip like								
RI 15-20	action – stronger up. 3L/3R body rotation, head remains in neutral								
	posn.								
	2 x 25 BK normal arms but ensuring a "locked elbow" and arms in								
	"opposition". Rotation required!								
	2 x 25 Normal BK. Count SPL, know # flag to wall.								
Main "B"	Set 1 Distance	Rest Int Secs	#/Effort	Stroke	Check pt				
500	25	5	SPL 70%	FS	Arm rest out front				
	50	10	SPL 70%	FS	Catch Posn				
	75	15	SPL 75%	FS	EVF acceleration pt				
	100		SPL 75%	FS	Body Rotation				
		60 secs							
	Set 2 Distance	Rest Int Secs	#/Effort	Stroke	Check pt				
	25	5	SPL 75%	BK	SPL/flags to wall				
	50	10	SPL 75%	BK	Kick- ankle flex				
	75	15	SPL 70%	BK	Body Rotation				
	100	13	SPL 70%	BK	HFA pull				
60 secs									
Main "C"	2 x 200 "A" RI 30 BES CK pts = #SPL and SOTW								
Cool Down	100 =Long dogs, BS with extn glides, BK Finning, walking								
Total	1850								

Level 3	Weekly Emphasis: FS/BK arm & Leg action								
Warm up	100 OC, 50 BK kick, 50 Swim FS, 100 OC – Get your legs								
	warmed! (300)								
Drills FS	Kick at wall – with coach – ck body position, depth of kick and flex								
RI 15	ankle - both FS & BK								
	1 x 25 – FS Kick to deep end. 10 secs of vertical kicking– use hands								
	to stabilise upright position.								
	1 x 25 FS 1 leg kicks to ½ way then swap over legs. Get the whip								
	action from hip to ankle.								
	50 Swim FS long looping strokes (connect the upper and lower								
	body) – no crazy kicking – be natural in one motion.								
		•	-	•	o-2-Hip. 1 side balances				
	the other applying force, mastering the hip 2 hip switching.								
	1		ower at:-Catc	h, EVF, mic	l pt and exit –				
Main "A"	3 x 100 OC @ even pace RI 15								
400	4 x 25 FS ↑Kick↓Pull RI 10								
Drills "BK"	2 x 25 BK kicking – Kick from hips, slight flex of knees, whip like								
RI 15-20	action – stronger up. 3L/3R body rotation, head remains in neutral								
	posn.								
	2 x 25 BK normal arms but ensuring a "locked elbow" and arms in								
	"opposition". Rotation required!								
Nacio ((D))	2 x 25 Normal BK. Count SPL, know # flag to wall. Set 1 Rest Int #/Effort Stroke Check pt								
Main "B"	Distance	Secs	#/Liloit	Stroke	Check pt				
500 + 250	50	5	SPL 70%	FS	Arm rest out front				
	100	10	SPL 70%	FS	Catch Posn				
	150	15	SPL 75%	FS	EVF acceleration pt				
	200		SPL 75%	FS	Body Rotation				
		60 secs							
	Set 2 Rest Int #/Effort Stroke Check pt Distance Secs								
	25	5	SPL 75%	ВК	SPL/flags to wall				
	50	10	SPL 75%	ВК	Kick- ankle flex				
	75	15	SPL 70%	ВК	Body Rotation				
100 SPL 70% BK HFA p									
Main "C"	2 x 400 "A" RI 30 BES CK pts = #SPL and SOTW								
Cool Down	100 =Long dogs, BS with extn glides, BK Finning, walking								
Total	2700								

Level 3D/T	Weekly Emphasis: FS/BK arm & Leg action								
Warm up	100 OC, 50 BK kick, 50 Swim FS, 100 OC – Get your legs								
	warmed! 300)								
Drills FS	Kick at wall – with coach – ck body position, depth of kick and flex								
RI 15	ankle - both FS & BK								
	1 x 25 – FS Kick to deep end. 10 secs of vertical kicking— use hands								
	to stabilise upright position.								
	1 x 25 FS 1 leg kicks to ½ way then swap over legs. Get the whip								
	action from hip to ankle.								
	50 Swim FS long looping strokes (connect the upper and lower								
	body) – no crazy kicking – be natural in one motion.								
	2 x 25 – FS Rotating position around core. Hip-2-Hip. 1 side balances								
	the other applying force, mastering the hip 2 hip switching.								
		•	ower at:-Catc	h, EVF, mic	d pt and exit – use CS if				
	have them.								
Main "A"	4 x 100 FS @ even pace #SPL CK								
500	4 x 25 FS ↑Kick↓Pull RI 10								
Drills "BK"	2 x 25 BK kicking – Kick from hips, slight flex of knees, whip like								
RI 15-20	action – stronger up. 3L/3R body rotation, head remains in neutral								
	posn. 2 x 25 BK normal arms but ensuring a "locked elbow" and arms in								
	"opposition". Rotation required!								
	2 x 25 Normal BK. Count SPL, know # flag to wall.								
Main "B" Set 1 Rest Int #/Effort Str				Stroke	Check pt				
500 + 250	50	5	SPL 70%	FS	Arm rest out front				
	100	10	SPL 70%	FS	Catch Posn				
	150	15	SPL 75%	FS	EVF acceleration pt				
	200		SPL 75%	FS	Body Rotation				
		60 secs							
	Set 2 Distance	Rest Int Secs	#/Effort	Stroke	Check pt				
	25	5	SPL 75%	ВК	SPL/flags to wall				
	50	10	SPL 75%	ВК	Kick- ankle flex				
	75	15	SPL 70%	ВК	Body Rotation				
	100 SPL 70% BK HFA pt								
Main "C"	2 x 400 "A" RI 30 BES CK pts = #SPL and SOTW (800)								
Cool Down	100 =Long dogs, BS with extn glides, BK Finning, walking								
Total	2800								