





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 = 200 all RI = 15/20	Kick at wall – with coach – ck body position, depth of kick and flex 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. 2 x 25 - leverage & power at:-Catch, EVF, mid pt and exit – use CS if have them.										
Main set “A”	4 x 50 OC @ even pace RI 15 4 x 25 FS ↑Kick↓Pull RI 10 (300)		2 x 100 OC @ even pace RI 15 4 x 25 FS ↑Kick↓Pull RI 10 (300)		3 x 100 OC @ even pace RI 15 4 x 25 FS ↑Kick↓Pull RI 10 (400)		4 x 100 FS @ even pace #SPL CK 4 x 25 FS ↑Kick↓Pull RI 10 (500)				
Drills BK 150 all RI = 15/20	BK arms/leg drills – 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. 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 set “B” 500/750	Set 1 Distance	Rest Int Secs	#/Effort	Stroke	Check pt		Set 1 Distance	Rest Int Secs	#/Effort	Stroke	Check pt
	25	5	SPL 70%	FS	Arm rest out front		50	5	SPL 70%	FS	Arm rest out front
	50	10	SPL 70%	FS	Catch Posn		100	10	SPL 70%	FS	Catch Posn
	75	15	SPL 75%	FS	EVF acceleration pt		150	15	SPL 75%	FS	EVF acceleration pt
	100		SPL 75%	FS	Body Rotation		200		SPL 75%	FS	Body Rotation
	(250)	60 secs					(500)	60 secs			
	Set 2 Distance	Rest Int Secs	#/Effort	Stroke	Check pt		Set 2 Distance	Rest Int Secs	#/Effort	Stroke	Check pt
	25	5	SPL 75%	BK	SPL/flags to wall		25	5	SPL 75%	BK	SPL/flags to wall
	50	10	SPL 75%	BK	Kick- ankle flex		50	10	SPL 75%	BK	Kick- ankle flex
	75	15	SPL 70%	BK	Body Rotation		75	15	SPL 70%	BK	Body Rotation
	100		SPL 70%	BK	HFA pull		100		SPL 70%	BK	HFA pull
	(250)	60 secs					(250)	60 secs			
	Main Set	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 FS arms/legs	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. 2 x 25 - leverage & power at:-Catch, EVF, mid 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 “B” BK arms/legs	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. 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” 500	Set 1 Distance	Rest Int Secs	#/Effort	Stroke	Check pt
	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		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 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 RI =15/20	<p>1 x 25 – FS Kick to deep end. 10 secs of vertical kicking– use hands to stabilise upright position.</p> <p>1 x 25 FS 1 leg kicks to ½ way then swap over legs. Get the whip action from hip to ankle.</p> <p>50 Swim FS long looping strokes (connect the upper and lower body) – no crazy kicking – be natural in one motion.</p> <p>2 x 25 – FS Rotating position around core. Hip-2-Hip. 1 side balances the other applying force, mastering the hip 2 hip switching.</p> <p>2 x 25 - leverage & power at:-Catch, EVF, mid pt and exit – use CS if have them.</p>				
Main “A”	<p>4 x 50 OC @ even pace RI 15</p> <p>4 x 25 FS ↑Kick↓Pull RI 10 (300)</p>				
Drills “BK” RI 15-20	<p>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.</p> <p>2 x 25 BK normal arms but ensuring a “locked elbow” and arms in “opposition”. Rotation required!</p> <p>2 x 25 Normal BK. Count SPL, know # flag to wall.</p>				
Main “B” 500	Set 1 Distance	Rest Int Secs	#/Effort	Stroke	Check pt
	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		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 RI 15	<p>Kick at wall – with coach – ck body position, depth of kick and flex ankle - both FS & BK</p> <p>1 x 25 – FS Kick to deep end. 10 secs of vertical kicking– use hands to stabilise upright position.</p> <p>1 x 25 FS 1 leg kicks to ½ way then swap over legs. Get the whip action from hip to ankle.</p> <p>50 Swim FS long looping strokes (connect the upper and lower body) – no crazy kicking – be natural in one motion.</p> <p>2 x 25 – FS Rotating position around core. Hip-2-Hip. 1 side balances the other applying force, mastering the hip 2 hip switching.</p> <p>2 x 25 - leverage & power at:-Catch, EVF, mid pt and exit –</p>				
Main “A” 400	<p>3 x 100 OC @ even pace RI 15</p> <p>4 x 25 FS ↑Kick↓Pull RI 10</p>				
Drills “BK” RI 15-20	<p>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.</p> <p>2 x 25 BK normal arms but ensuring a “locked elbow” and arms in “opposition”. Rotation required!</p> <p>2 x 25 Normal BK. Count SPL, know # flag to wall.</p>				
Main “B” 500 + 250	Set 1 Distance	Rest Int Secs	#/Effort	Stroke	Check pt
	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%	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 pull
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 RI 15	<p>Kick at wall – with coach – ck body position, depth of kick and flex ankle - both FS & BK</p> <p>1 x 25 – FS Kick to deep end. 10 secs of vertical kicking– use hands to stabilise upright position.</p> <p>1 x 25 FS 1 leg kicks to ½ way then swap over legs. Get the whip action from hip to ankle.</p> <p>50 Swim FS long looping strokes (connect the upper and lower body) – no crazy kicking – be natural in one motion.</p> <p>2 x 25 – FS Rotating position around core. Hip-2-Hip. 1 side balances the other applying force, mastering the hip 2 hip switching.</p> <p>2 x 25 - leverage & power at:-Catch, EVF, mid pt and exit – use CS if have them.</p>				
Main “A” 500	<p>4 x 100 FS @ even pace #SPL CK</p> <p>4 x 25 FS ↑Kick↓Pull RI 10</p>				
Drills “BK” RI 15-20	<p>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.</p> <p>2 x 25 BK normal arms but ensuring a “locked elbow” and arms in “opposition”. Rotation required!</p> <p>2 x 25 Normal BK. Count SPL, know # flag to wall.</p>				
Main “B” 500 + 250	Set 1 Distance	Rest Int Secs	#/Effort	Stroke	Check pt
	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%	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 pull
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				