











**Date:** 7<sup>th</sup> September'25. **Notices:** Extra Training Thurs 11<sup>th</sup> 12-1300 names ASAP, **HAG** entries open Sun 28<sup>th</sup>. **Weekly Emphasis:** BS & Fly refresher, **main set** = pacing variations. **Caution:** Shoulders with Fly. **Equipment:** Fins, CS, PBs

<b>Warm up</b>	 50 FS, 50 BK kick, 100 FS SKPS, 50 Kick BK 50 OC (Target 200-300)			
<b>Fly Drills</b>  <b>RI 20</b>	2 x 25 ↑Fast legs - up kick(1 <sup>st</sup> ) down kick(2 <sup>nd</sup> ) some knee flex. ↓1 x Big flick & short glide, vs 1 x small flick & short glide. 2 X 25 Fly ↑4 kicks, 1 Blast out & hip surf forward (did you kick). ↓4 kicks 1 full arm stroke with mini glide & repeat. 2 x 25 Fly with fast recovery [150]			
<b>BS Drills</b> <b>no fins</b> <b>RI 15</b>	2 x 25 Arms only (use PB – high hips)– “V” push, fast around the corner (pinkie lead) EVF, high elbows/pull back only adjacent to nose- tuck elbows in fast. – chest press forward /high hip and glide 2 x 25 Legs only Kick and glides – use KB - #KPL Knee slightly outside shoulder line, Heels @ shoulder line & to butt, if possible, push back with flat feet. (feet = Up, out around & together) 2 x 25 - 2K 1G - power from legs and free ride in the glide. [150]			
<b>Main set</b> <b>“A”</b>	L1/2 Combined 6 x 100 FS ↑F↓E↑F↓Recovery RI10 only to reset brain! 5 x 50 “B” Not FS ↑M↓F RI 20 6 x 25 USRP BPT = 3 x FS, 3 x OC every 60 Walk 60 secs [1000]		L3 Combined 10 x 100 FS ↑F↓E↑F↓Recovery RI10 only to reset brain! 5 x 50 “B” Not FS ↑M↓F RI 20 12 x 25 USRP BPT = 6 x FS, 6 x OC every 50 Walk 60 secs [1550]	
<b>Main set</b> <b>“B”</b>	L1 200 OC Building 75% to 90% RI 20-30 [200]	L2 2 x 200 Building 75% to 90% (1 x FS, 1 x OC) RI 20-30 [400]	L3 2 x 200 Building 75% to 90% (1 x FS, 1 x OC) RI 20-30 [400]	L3D 5 x 200 FS Building 75% to 90% RI 20-30 [1000]
<b>Relays</b>	Relays /Dives - If time			
<b>C/Down</b>	50 BK, 50 BS, underwater dolphins, walking			
<b>Total</b>	L1 = 1800+ L2 = 2000+, L3 = 2650, L3DT= 3250			

<b>Level 1</b>	<b>Weekly Emphasis:</b> BS & Fly refresher, <b>Main set</b> = pacing variations.
<b>Warm up</b>	 50 FS, 50 BK kick, 100 FS SKPS, 50 Kick BK 50 OC (Target 200-300)
<b>Fly Drills</b>  <b>RI 20</b>  <b>150</b>	2 x 25 ↑Fast legs - up kick(1 <sup>st</sup> ) down kick(2 <sup>nd</sup> ) some knee flex. ↓1 x Big flick & short glide, vs 1 x small flick & short glide.  2 X 25 Fly ↑4 kicks, 1 Blast out & hip surf forward (did you kick?). ↓4 kicks 1 full arm stroke with mini glide & repeat.  2 x 25 Fly with fast recovery
<b>BS Drills</b> <b>No fins</b> <b>RI 15</b> <b>150</b>	2 x 25 Arms only (use PB – high hips)– “V” push, fast around the corner (pinkie lead) EVF, high elbows/pull back only adjacent to nose- tuck elbows in fast. – chest press forward /high hip and glide  2 x 25 Legs only Kick and glides – use KB - #KPL Knee slightly outside shoulder line, Heels @ shoulder line & to butt, if possible, push back with flat feet. (feet = Up, out around & together)  2 x 25 - 2K 1G - power from legs and free ride in the glide.
<b>Main set “A”</b> <b>1000</b>	L1/2 Combined 6 x 100 FS ↑F ↓E ↑F ↓Recovery -RI10 only to reset brain!  5 x 50 “B” Not FS ↑M↓F RI 20  6 x 25 USRP BPT = 3 x FS, 3 x OC every 60  Walk 60 secs
<b>Main “B”</b>	200 OC Building 75% to 90% RI 20-30
<b>Skill</b>	Relays /Dives - If time
<b>Cool Down</b>	50 BK, 50 BS, underwater dolphins, walking
<b>Total</b>	1800+

<b>Level 2</b>	<b>Weekly Emphasis:</b> BS & Fly refresher, <b>main set</b> = pacing variations.
<b>Warm up</b>	 50 FS, 50 BK kick, 100 FS SKPS, 50 Kick BK 50 OC (Target 200-300)
<b>Fly Drills</b>  <b>RI 20</b>	<p>2 x 25 ↑Fast legs - up kick(1<sup>st</sup>) down kick(2<sup>nd</sup>) some knee flex. ↓1 x Big flick &amp; short glide, vs 1 x small flick &amp; short glide.</p> <p>2 X 25 Fly ↑4 kicks, 1 Blast out &amp; hip surf forward (did you kick). ↓4 kicks 1 full arm stroke with mini glide &amp; repeat.</p> <p>2 x 25 Fly with fast recovery [150]</p>
<b>BS Drills</b> <b>No fins</b> <b>RI 15</b>	<p>2 x 25 Arms only (use PB – high hips)– “V” push, fast around the corner (pinkie lead) EVF, high elbows/pull back only adjacent to nose- tuck elbows in fast. – chest press forward /high hip and glide</p> <p>2 x 25 Legs only Kick and glides – use KB - #KPL Knee slightly outside shoulder line, Heels @ shoulder line &amp; to butt, if possible, push back with flat feet. (feet = Up, out around &amp; together)</p> <p>2 x 25 - 2K 1G - power from legs and free ride in the glide. [150]</p>
<b>Main Set A</b> <b>1000</b>	<p>L1/2 Combined</p> <p>6 x 100 FS ↑F ↓E ↑F ↓Recovery -RI10 only to reset brain!</p> <p>5 x 50 “B” Not FS ↑M↓F RI 20</p> <p>6 x 25 USRP BPT = 3 x FS, 3 x OC every 60</p> <p>Walk 60 secs</p>
<b>Main Set B</b> <b>400</b>	<p>2 x 200 Building 75% to 90% - RI 20-30</p> <p>1 x FS, 1 x OC)</p>
<b>Relays</b>	Relays /Dives - If time
<b>Cool Down</b>	50 BK, 50 BS, underwater dolphins, walking
<b>Total</b>	2000+

<b>Level 3</b>	<b>Weekly Emphasis:</b> BS & Fly refresher, <b>Main set</b> = pacing variations.
<b>Warm up</b>	 50 FS, 50 BK kick, 100 FS SKPS, 50 Kick BK 50 OC (Target 200-300)
<b>Fly Drills</b>  <b>RI 20</b> <b>150</b>	2 x 25 ↑Fast legs - up kick(1 <sup>st</sup> ) down kick(2 <sup>nd</sup> ) some knee flex. ↓ 1 x Big flick & short glide, vs 1 x small flick & short glide. 2 X 25 Fly ↑4 kicks, 1 Blast out & hip surf forward (did you kick). ↓4 kicks 1 full arm stroke with mini glide & repeat. 2 x 25 Fly with fast recovery
<b>BS Drills</b> <b>No fins</b> <b>RI 15</b> <b>150</b>	2 x 25 Arms only (use PB – high hips)– “V” push, fast around the corner (pinkie lead) EVF, high elbows/pull back only adjacent to nose- tuck elbows in fast. – chest press forward /high hip and glide  2 x 25 Legs only Kick and glides – use KB - #KPL Knee slightly outside shoulder line, Heels @ shoulder line & to butt, if possible, push back with flat feet. (feet = Up, out around & together)  2 x 25 - 2K 1G - power from legs and free ride in the glide.
<b>Main A</b> <b>1550</b>	L3 Combined  10 x 100 FS ↑F ↓E ↑F ↓Recovery - RI10 only to reset brain!  5 x 50 “B” Not FS ↑M↓F RI 20  12 x 25 USRP BPT = 6 x FS, 6 x OC every 50  Walk 60 secs
<b>Main B</b> <b>400</b>	2 x 200 Building 75% to 90% RI 20-30 1 x FS, 1 x OC
<b>Relays</b>	Relays /Dives - If time
<b>Cool Down</b>	50 BK, 50 BS, underwater dolphins, walking
<b>Total</b>	2650+

<b>Level 3DT</b>	<b>Weekly Emphasis:</b> BS & Fly refresher, <b>main set</b> = pacing variations.
<b>Warm up</b>	 50 FS, 50 BK kick, 100 FS SKPS, 50 Kick BK 50 OC (Target 200-300)
<b>Fly Drills</b>  <b>RI 20</b> <b>150</b>	<p>2 x 25  ↑Fast legs - up kick(1<sup>st</sup>) down kick(2<sup>nd</sup>) some knee flex.  ↓1 x Big flick &amp; short glide, vs 1 x small flick &amp; short glide.</p> <p>2 X 25 Fly  ↑4 kicks, 1 Blast out &amp; hip surf forward (did you kick).  ↓4 kicks 1 full arm stroke with mini glide &amp; repeat.  2 x 25 Fly with fast recovery</p>
<b>BS Drills</b> <b>No fins</b> <b>RI 15</b> <b>150</b>	<p>2 x 25 Arms only (use PB – high hips)–  “V” push, fast around the corner (pinkie lead) EVF, high elbows/pull back only adjacent to nose- tuck elbows in fast. – chest press forward /high hip and glide</p> <p>2 x 25 Legs only Kick and glides – use KB - #KPL  Knee slightly outside shoulder line, Heels @ shoulder line &amp; to butt, if possible, push back with flat feet. (feet = Up, out around &amp; together)</p> <p>2 x 25 - 2K 1G - power from legs and free ride into the glide.</p>
<b>Main A</b> <b>1550</b>	<p>L3 Combined</p> <p>10 x 100 FS ↑F ↓E ↑F ↓Recovery - RI10 only to reset brain!</p> <p>5 x 50 “B” Not FS ↑M↓F RI 20</p> <p>12 x 25 USRP BPT = 6 x FS, 6 x OC every 50</p> <p>Walk 60 secs</p>
<b>Main B</b> <b>1000</b>	5 x 200 FS Building 75% to 90% RI 20-30
<b>Relays</b>	Optional
<b>Cool Down</b>	50 BK, 50 BS, underwater dolphins, walking
<b>Total</b>	3250+