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

Warm up	50 FS, 50 BK kick, 100 FS SKPS, 50 Kick BK 50 OC (Target 200-300)				
Fly Drills	2 x 25 ↑Fast legs - up kick(1 st) down kick(2 nd) some knee flex. ↓1 x Big flick & short glide, vs 1 x small flick & short glide.				
WW.	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.				
RI 20	2 x 25 Fly with fast recovery [150]				
BS Drills	2 x 25 Arms only (use PB – high hips)– "V" push, fast around the corner (pinkie lead) EVF, high elbows/pull back only				
no fins	adjacent to nose- tuck elbows in fast. – chest press forward /high hip and glide				
RI 15	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]				
Main set	L1/2 Combined		L3 Combined		
"A"	6 x 100 FS ↑F↓E↑F↓Recovery RI10 only to reset brain! 10 x 100 FS ↑F↓E↑F↓Recovery RI10 only to reset brain!		overy RI10 only to reset brain!		
	5 x 50 "B" Not FS ↑M↓F RI 20		5 x 50 "B" Not FS ↑M↓F RI 20		
	6 x 25 USRP BPT = 3 x FS, 3 x OC every 60		12 x 25 USRP BPT = 6 x FS, 6 x OC every 50		
	Walk 60 secs [1000]		Walk 60 secs [1550]		
Main set	L1	L2	L3	L3D	
"B"	200 OC Building 75% to	2 x 200 Building 75% to	2 x 200 Building 75% to	5 x 200 FS Building 75% to 90%	
	90% RI 20-30 [200]	90% (1 x FS, 1 x OC) RI 20-	90% (1 x FS, 1 x OC) RI 20-	RI 20-30 [1000]	
		30 [400]	30 [400]		
Relays	Relays / Dives - If time				
C/Down	50 BK, 50 BS, underwater dolphins, walking				
Total	L1 = 1800+ L2 = 2000+, L3 =	2650, L3DT= 3250			

Level 1	Weekly Emphasis: BS & Fly refresher, Main set = pacing variations.	
Warm up	50 FS, 50 BK kick, 100 FS SKPS, 50 Kick BK 50 OC	
	(Target 200-300)	
Fly Drills	2 x 25	
AA	↑Fast legs - up kick(1 st) down kick(2 nd) some knee flex. ↓1 x Big	
RI 20	flick & short glide, vs 1 x small flick & short glide.	
4-0		
150	2 X 25 Fly	
	个4 kicks, 1 Blast out & hip surf forward (did you kick?).	
	↓4 kicks 1 full arm stroke with mini glide & repeat.	
DC D :!!	2 x 25 Fly with fast recovery	
BS Drills	2 x 25 Arms only (use PB – high hips)–	
No fins	"V" push, fast around the corner (pinkie lead) EVF, high elbows/pull	
RI 15	back only adjacent to nose- tuck elbows in fast. – chest press	
150	forward /high hip and glide	
	2 v 25 Logs only Kick and glides Luce KD #KDI	
	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)	
	together)	
	2 x 25 - 2K 1G - power from legs and free ride in the glide.	
Main set "A"	L1/2 Combined	
1000	6 x 100 FS ↑F ↓E ↑F ↓Recovery -RI10 only to reset brain!	
	ox 100 10 11 VI	
	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	
Main "B"	200 OC Building 75% to 90% RI 20-30	
Skill	Relays /Dives - If time	
Cool Down	50 BK, 50 BS, underwater dolphins, walking	
Total	1800+	

Level 2	Weekly Emphasis: BS & Fly refresher, main set = pacing variations.
Warm up	50 FS, 50 BK kick, 100 FS SKPS, 50 Kick BK 50 OC (Target 200-
	300)
Fly Drills	2 x 25 \uparrow Fast legs - up kick(1 st) down kick(2 nd) some knee flex. \downarrow 1 x
AR	Big flick & short glide, vs 1 x small flick & short glide.
RI 20	
	2 X 25 Fly \uparrow 4 kicks, 1 Blast out & hip surf forward (did you kick). \downarrow 4
	kicks 1 full arm stroke with mini glide & repeat.
	2 x 25 Fly with fast recovery [150]
BS Drills	2 x 25 Arms only (use PB – high hips)– "V" push, fast around the
No fins	corner (pinkie lead) EVF, high elbows/pull back only adjacent to
RI 15	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 25 28 46
Nain Cat A	2 x 25 - 2K 1G - power from legs and free ride in the glide. [150]
Main Set A	L1/2 Combined
1000	6 x 100 FS \uparrow F \downarrow E \uparrow F \downarrow Recovery -RI10 only to reset brain!
	5 x 50 "B" Not FS 个M↓F RI 20
	3 X 30 B NOCTS IVIQT KI 20
	6 x 25 USRP BPT = 3 x FS, 3 x OC every 60
	0 X 23 03 KT BIT - 3 X 13, 3 X 0 C CVCT Y 00
	Walk 60 secs
Main Set B	2 x 200 Building 75% to 90% - RI 20-30
400	1 x FS, 1 x OC)
Relays	Relays /Dives - If time
Cool Down	50 BK, 50 BS, underwater dolphins, walking
Total	2000+

Level 3	Weekly Emphasis: BS & Fly refresher, Main set = pacing variations.	
Warm up	50 FS, 50 BK kick, 100 FS SKPS, 50 Kick BK 50 OC	
	(Target 200-300)	
Fly Drills	2 x 25	
AR.	\uparrow Fast legs - up kick(1 st) down kick(2 nd) some knee flex. \downarrow	
RI 20	1 x Big flick & short glide, vs 1 x small flick & short glide.	
150	2 X 25 Fly	
	个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	
BS Drills	2 x 25 Arms only (use PB – high hips)–	
No fins	"V" push, fast around the corner (pinkie lead) EVF, high elbows/pull	
RI 15	back only adjacent to nose- tuck elbows in fast. – chest press	
150	forward /high hip and glide	
	2 · 25 loss only Kiels and slides vec KD #KDI	
	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)	
	together)	
	2 x 25 - 2K 1G - power from legs and free ride in the glide.	
Main A	L3 Combined	
1550		
	10 x 100 FS ↑F ↓E ↑F ↓Recovery - RI10 only to reset brain!	
	5 x 50 "B" Not FS 个M↓F RI 20	
	12 x 25 USRP BPT = 6 x FS, 6 x OC every 50	
	\\/_ CO = = = =	
Main D	Walk 60 secs	
Main B	2 x 200 Building 75% to 90% RI 20-30	
400 Relays	1 x FS, 1 x OC Relays /Dives - If time	
Cool Down	50 BK, 50 BS, underwater dolphins, walking	
Total	2650+	
	2030 -	

Level 3DT	Weekly Emphasis: BS & Fly refresher, main set = pacing variations.	
Warm up	50 FS, 50 BK kick, 100 FS SKPS, 50 Kick BK 50 OC (Target 200-	
	300)	
Fly Drills	2 x 25	
AR	\uparrow Fast legs - up kick(1 st) down kick(2 nd) some knee flex.	
RI 20	\downarrow 1 x Big flick & short glide, vs 1 x small flick & short glide.	
150		
	2 X 25 Fly	
	个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	
BS Drills	2 x 25 Arms only (use PB – high hips)–	
No fins	"V" push, fast around the corner (pinkie lead) EVF, high elbows/pull	
RI 15	back only adjacent to nose- tuck elbows in fast. – chest press	
150	forward /high hip and glide	
	2 25 1 1 12 1 - 12 12 12	
	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)	
	together	
	2 x 25 - 2K 1G - power from legs and free ride into the glide.	
Main A	L3 Combined	
1550		
	10 x 100 FS \uparrow F \downarrow E \uparrow F \downarrow Recovery - RI10 only to reset brain!	
	5 x 50 "B" Not FS ↑M↓F RI 20	
	12 25 USDD DDT - C - 50 - C - 50	
	12 x 25 USRP BPT = 6 x FS, 6 x OC every 50	
	Walk 60 secs	
Main B	5 x 200 FS Building 75% to 90% RI 20-30	
1000	2 x 200 10 Banania 73/0 to 30/0 til 20 30	
Relays	Optional	
Cool Down	50 BK, 50 BS, underwater dolphins, walking	
Total	3250+	