




Date: Sunday 14th Sept 25. Notices: HAG Sun 28/ Tues 30th Entries open. **Tues 16th** CHG to 1030-1200, **Extra** = Thur 18th 1230-1330.
Weekly Emphasis: All strokes -individual lanes, Start, Turns & relays. Know the stroke rules! **Caution:** Situ awareness of flags, others in lane. Backs/shoulders. **Equipment: Fins**

Warm up	 300/400 = 100 OC, 50 kick FS, 100 SKIPS BK, 50 kick FS, 100 OC			
Main set “A”	Lane 3 BS Focus pt Arm leverage /Leg power/glide timing 4 x 100 or 8x 50 RI 20-30 2 x even pace, 2 x BES (repeat if doing 50s) [400]	Lane 4 BK Focus – rotation/HFA 4 x 100 or 8x 50 RI 20-30 2 x even pace, 2 x BES (repeat if doing 50s) [400]	Lane 5 = FS L1/2 Focus = Rotation, EVF acceleration 4 x 100 or 8x 50 RI 20-30 2 x even pace, 2 x BES (repeat if doing 50s)	Lane 6 = FS L3/L3D/T Focus Rotation, EVF acceleration 6 x 100 RI 20-30 2 x even pace, 2 x BES 2 x Building. CK times. [600]
Dives/starts & sprints 15 mins	FS - L3 8 x 25 BPT sprints with walk back rest [200]	FS - L1/2 6 x 25 BPT sprints with walk back rest	BS /Fly– all 4 x 25 BPT sprints with walk back rest	BK- all 4 x 25 BPT sprints with walk back rest
Turns 10 mins	Tumble turns FS - use both ends 6M in/out	Open turns FS - use both ends 6M in/out	Open turns BK	Open turns BS/Fly
Main set “B”	Lane 3 BS – Focus pt Arm leverage /Leg power/glide timing 4 x 100 or 8x 50 RI 20-30 2 x even pace, 2 x BES (repeat if doing 50s)	Lane 4 BK Focus – rotation/HFA 4 x 100 or 8x 50 RI 20-30 2 x even pace, 2 x BES (repeat if doing 50s) [400]	Lane 5 = FS L1/2 Focus Rotation, EVF acceleration 4 x 100 or 8x 50 RI 20-30 2 x even pace, 2 x BES (repeat if doing 50s)	Lane 6 = FS L3/L3D/T Focus Rotation, EVF acceleration 6 x 100 RI 20-30 2 x even pace, 2 x BES, 2 x Building. CK times.[600]
Main set “C”	L1 = 8x 25 BPT +2 -Sprints every 60. 3 x BK, 3 x FS, 1 x OC	L2 = 12 x 25 BPT +2 -Sprints every 55. 4 x BK, 4 x FS, 4 x OC [300]	L3 = 8 x 50 FS RI 20 2 x M, 2 x F, 2 x even, 2 x OC speed [400]	L3DT = Turns & SOTW = focus 2 x 200 FS @ SR +1 RI 30 400 FS (100 = M/E/M/F) [800]
Relays	15mins FS/Medley		C/Down = 100 easy OC	
Total	L3DT = 2700+, L3 FS = 2100+, BK L2 = 1600+ BS L1/2 = 1500+			

Level BS	Training Emphasis: All strokes consolidation, Start, Turns & relays. Know the stroke rules!
Warm up	Fins ON – Target 300 100 OC, 50 kick FS, 100 SKIPS BK, 50 kick FS, 100 OC
Main “A” 400	In Lane 3 = BS – Focus = Arm leverage /Leg power /timing 4 x 100 or 8x 50 RI 20-30 2 x even pace, 2 x BES (repeat if doing 50s)
Dive Starts 10 mins	in Lane 5 = BS 4 x 25 BPT sprints with walk back rest
Turns 10 mins	Open turns = BS /Fly in Lane 6
Main “B” 400	Lane 3 BS Focus = Arm leverage /Leg power /timing 4 x 100 or 8x 50 RI 20-30 2 x even pace, 2 x BES (repeat if doing 50s)
Main “C” 200	L1 = in Lane 3 8x 25 BPT Sprints every 60. 3 x BK, 3 x FS, 1 x OC
Relays	If time
Cool Down	100 easy OC
Total	1500+

Level BK	Training Emphasis: All strokes consolidation, Start, Turns & relays. Know the stroke rules!
Warm up	 Target 300 = 100 OC, 50 kick FS, 100 SKIPS BK, 50 kick FS, 100 OC
Main “A” Lane 4 400	In Lane 4 = BK Focus – rotation/HFA 4 x 100 or 8x 50 RI 20-30 2 x even pace, 2 x BES (repeat if doing 50s)
BK starts & sprints	In lane 6 at deep end - BK starts & Sprints 4 x 25 BPT sprints with walk back rest
Turns 10 mins	Lane 5 = Open turns BK
Main “B” 400	In Lane 4 = BK Focus – rotation/HFA 4 x 100 or 8x 50 RI 20-30 2 x even pace, 2 x BES (repeat if doing 50s)
Main “C” 300	Lane 4 = Level 2 12 x 25 BPT +2 secs Sprints every 55. 4 x BK, 4 x FS, 4 x OC
Relays	FS/Medley if time.
Cool Down	100 OC easy
Total	L2/BK = 1600+

Level 3	Training Emphasis: All strokes consolidation, Start, Turns & relays. Know the stroke rules!
Warm up	Fins On = 400 = 100 OC, 50 kick FS, 100 SKIPS BK, 50 kick FS, 100 OC
Main "A" 600	In Lane 6 = FS L3/L3D/T - <i>Focus = Rotation, EVF acceleration</i> 6 x 100 RI 20-30 2 x even pace, 2 x BES 2 x Building. CK times.
Dive/Starts & Sprints 200	In Lane 3 @ Deep end = FS - L3 8 x 25 BPT sprints with walk back rest
Turns 10 mins	Lane 3 Tumble turns / Open turns in Lane 4 use both ends of pool lane 6M in/out
Main "B" 600	In Lane 6 = FS L3/L3D/T - <i>Focus = Rotation, EVF acceleration</i> 6 x 100 RI 20-30 2 x even pace, 2 x BES 2 x Building. CK times.
Main "C" 400	In Lane 5 = L3 8 x 50 FS RI 20 2 x M, 2 x F, 2 x even, 2 x OC speed
Relays	If time
Cool Down	100 Easy OC
Total	2100+

Level 3 Distance/Triathlon	Training Emphasis: All strokes consolidation, Start, Turns & relays. Know the stroke rules!
Warm up	400 = 100 OC, 50 kick FS, 100 SKIPS BK, 50 kick FS, 100 OC 
Main "A" 600	In Lane 6 = FS L3/L3D/T - Focus = Rotation, EVF acceleration 6 x 100 RI 20-30 2 x even pace, 2 x BES 2 x Building. CK times.
Dive/Starts & Sprints 200	In Lane 3 = FS - L3 8 x 25 BPT sprints with walk back rest
Turns 10 mins	In Lane 3 Tumble turns or / Open turns in Lane 4
Main "B" 600	In Lane 6 = FS L3/L3D/T Focus = Rotation, EVF acceleration 6 x 100 RI 20-30 2 x even pace, 2 x BES, 2 x Building. CK times.
Main "C" 800	In Lane 6 L3DT = Turns & SOTW = focus 2 x 200 FS @ SR +1 RI 30 400 FS (in 100 s = M/E/M/F)
Relays	If time
Cool Down	100 OC easy
Total	2700+