











**Date: Tuesday 4<sup>th</sup> Nov 25. Notices: Videos – anyone still wanting them? Weekly Emphasis:** BK arms, leg & body position drills and consolidation on FS technique. **Caution:** shoulders/lower backs. **Situ awareness of where you are in the lane. And check before pushing off. Equipment:** Fins/KB

<b>Warm up</b>	Target = 200-300M: - 50 -FS kick with long dog arms, 50 BK swim, 50 BS arms with fly legs, 100 OC, 50 kick FS. 
<b>Drill/Skill</b> <b>400</b> 	RI = 15/20 - Check body position float. Reminder of body rotation requirement & arms in Oppn. SOTW -blow out thru nose! 4 x 25M BK kicking – use KB for 1 <sup>st</sup> 2 laps. Kick from hips with slight knee bend, Flex ankles/pigeon toes. Then start kicking with body rotation. Dry /wet shoulder. 2 x 25M double arm pull with flutter kick 2 x 25M 1 arm BK – Pull/push – Swap arms each lap. Feel both the pull & push phase and roll into & out of each stroke. 2 x 25 BK – double arm & BS legs. ↑1LA/1RA/2 both arms -Can use flutter kick. ↓ just double arm /BS leg kick and glide. (arms-legs-glide) 2 x 25 BK normal (single or double arms) ↑ hands clenched into Fists, ↓ normal hand posn on way back. 2 x 50 normal BK - get your arm in opposition and don't forget to breathe – options = in& out same arm or atln arms. In when arm is to roof.
<b>Main set</b> <b>L1</b> 	RI = 30 unless stated. FS – 100 max 75% effort – Ck Catch, EVF, exit positions & focus on breathing with your arm. Be SOTW. BK – 2 x 50 focus on stroke timing – arms in opposition and body rotation. RI 20, 2 x 100 OC even. 4 x 50 FS – # SPL even pace. 8 x 25 sprints – 4xA, 4 x B. 75-85% effort. Track your times for consistency. 2 x 100 OC sprint last 15M (1000)
<b>Main set</b> <b>L2</b> 	RI = 30 unless stated. FS – 200 max 75% effort – Ck Catch, EVF exit positions & focus on breathing with your arm. Be SOTW BK – 2 x 50 focus on stroke timing – arms in opposition and body roll/rotation. RI 20. 3 x 100 OC even pace. 2 x 100 FS – 2 x building speed to sprint last 10M, 2 x 100 OC ↑E↓M↑M↓F. 8 x 25 sprints – 4xA, 4 x B. 75-85% effort. Track your times for consistency. (1200)
<b>Main set</b> <b>L3</b> 	RI = 20 unless stated. 200 FS even pace -focus on breathing with your arm, 2-4 beat kick and working the turns. BK – 2 x 50 focus on stroke timing – arms in opposition and body roll/rotation. RI 20. 3 x 100 OC Vary the pace on each- min 75% , max 85%. 3 x 100 FS – 2 x building speed to sprint last 15M, 2 x OC ↑Kick↓M↑Kick↓F. 8 x 25 sprints – 4xA, 4 x B. 75-85% effort. Every 50 secs Track your times for consistency. (1300)
<b>Main set</b> <b>L3Dist</b> 	2 x 200 FS - focus on breathing with your arm and hip drive forward, 2-4 beat kicks and working the turns. RI 30. 4 x 100 FS – Do a 10M swim-away during each 100. Rest @ even pace. RI 30 - BK – 2 x 50 focus on stroke timing – arms in opposition and body rotation. RI 20 4 x 100 FS – altn laps ↑Kick ↓swim. RI 30 8 x 25 sprints – 4xA, 4 x B. 75-85% effort every 55 secs. Track your times for consistency. 200 FS – even pace (1700)
<b>Skills B</b>	BK Open turns, bob down with push - glide, then kick.
<b>C/Down</b>	100 – BK fining, BK sculling feet 1 <sup>st</sup> , BS and OC
<b>Total</b>	L1 = 1700+, L2 =2000+, L3 = 2100+, L3D/T = 2600+

<b>Level 1</b>	<b>Weekly Emphasis:</b> BK arms, leg & body position drill, with consolidation on FS technique
<b>Warm up</b>	Target = 200-300M: - 50 -FS kick with long dog arms, 50 BK swim, 50 BS arms with fly legs, 100 OC, 50 kick FS. 🦋🦋
<b>Drills/Skills</b> 🦋🦋 400	<p>RI = 15/20 - Check body position float. Reminder of body rotation requirement &amp; arms in Oppn. SOTW -blow out thru nose!</p> <p>4 x 25M BK kicking – use KB for 1<sup>st</sup> 2 laps. Kick from hips with slight knee bend, Flex ankles/pigeon toes. Then start kicking with body rotation. Dry /wet shoulder.</p> <p>2 x 25M double arm pull with flutter kick</p> <p>2 x 25M 1 arm BK – Pull/push – Swap arms each lap. Feel both the pull &amp; push phase and roll into &amp; out of each stroke.</p> <p>2 x 25 BK – double arm &amp; BS legs. ↑1LA/1RA/2 both arms - Can use flutter kick. ↓ just double arm /BS leg kick and glide. (arms-legs-glide)</p> <p>2 x 25 BK normal (single or double arms) ↑ hands clenched into Fists, ↓ normal hand posn on way back.</p> <p>2 x 50 normal BK - get your arm in opposition and don't forget to breathe – options = in&amp; out same arm or atIn arms. In when arm is to roof.</p>
<b>Main Set</b>  1000	<p>RI = 30 unless stated.</p> <p>FS – 100 max 75% effort – Ck Catch, EVF, exit positions &amp; focus on breathing with your arm. Be SOTW.</p> <p>BK – 2 x 50 focus on stroke timing – arms in opposition and body rotation. RI 20, 2 x 100 OC even. 4 x 50 FS – # SPL even pace.</p> <p>8 x 25 sprints – 4xA, 4 x B. 75-85% effort. Track your times for consistency. 2 x 100 OC sprint last 15M (1000)</p>
<b>Cool Down</b>	100 – BK finning, BK sculling feet 1 <sup>st</sup> , BS and OC
<b>Total</b>	1700+

<b>Level 2</b>	<b>Weekly Emphasis:</b> BK arms, leg & body position drill, with consolidation on FS technique
<b>Warm up</b>	Target = 200-300M: - 50 -FS kick with long dog arms, 50 BK swim, 50 BS arms with fly legs, 100 OC, 50 kick FS. 🏊🏊
<b>Drills/Skills</b> 🏊🏊 400	<p>RI = 15/20 - Check body position float. Reminder of body rotation requirement &amp; arms in Oppn. SOTW -blow out thru nose!</p> <p>4 x 25M BK kicking – use KB for 1<sup>st</sup> 2 laps. Kick from hips with slight knee bend, Flex ankles/pigeon toes. Then start kicking with body rotation. Dry /wet shoulder.</p> <p>2 x 25M double arm pull with flutter kick</p> <p>2 x 25M 1 arm BK – Pull/push – Swap arms each lap. Feel both the pull &amp; push phase and roll into &amp; out of each stroke.</p> <p>2 x 25 BK – double arm &amp; BS legs. ↑1LA/1RA/2 both arms - Can use flutter kick. ↓ just double arm /BS leg kick and glide. (arms-legs-glide)</p> <p>2 x 25 BK normal (single or double arms) ↑ hands clenched into Fists, ↓ normal hand posn on way back.</p> <p>2 x 50 normal BK - get your arm in opposition and don't forget to breathe – options = in&amp; out same arm or atln arms. In when arm is to roof.</p>
<b>Main Set</b>  1200	<p>RI = 30 unless stated.</p> <p>FS – 200 max 75% effort – Ck Catch, EVF exit positions &amp; focus on breathing with your arm. Be SOTW</p> <p>BK – 2 x 50 focus on stroke timing – arms in opposition and body roll/rotation. RI 20.</p> <p>3 x 100 OC even pace.</p> <p>2 x 100 FS – 2 x building speed to sprint last 10M,</p> <p>2 x 100 OC ↑E↓M↑M↓F.</p> <p>8 x 25 sprints – 4xA, 4 x B. 75-85% effort. Track your times for consistency.</p>
<b>Cool Down</b>	100 – BK finning, BK sculling feet 1 <sup>st</sup> , BS and OC
<b>Total</b>	2100+

<b>Level 3</b>	<b>Weekly Emphasis:</b> BK arms, leg & body position drill, with consolidation on FS technique
<b>Warm up</b>	Target = 200-300M: - 50 -FS kick with long dog arms, 50 BK swim, 50 BS arms with fly legs, 100 OC, 50 kick FS. 🏊🏊
<b>Drills/Skills</b> 🏊🏊 400	<p>RI = 15/20 - Check body position float. Reminder of body rotation requirement &amp; arms in Oppn. SOTW -blow out thru nose!</p> <p>4 x 25M BK kicking – use KB for 1<sup>st</sup> 2 laps. Kick from hips with slight knee bend, Flex ankles/pigeon toes. Then start kicking with body rotation. Dry /wet shoulder.</p> <p>2 x 25M double arm pull with flutter kick</p> <p>2 x 25M 1 arm BK – Pull/push – Swap arms each lap. Feel both the pull &amp; push phase and roll into &amp; out of each stroke.</p> <p>2 x 25 BK – double arm &amp; BS legs. ↑1LA/1RA/2 both arms - Can use flutter kick. ↓ just double arm /BS leg kick and glide. (arms-legs-glide)</p> <p>2 x 25 BK normal (single or double arms) ↑ hands clenched into Fists, ↓ normal hand posn on way back.</p> <p>2 x 50 normal BK - get your arm in opposition and don't forget to breathe – options = in&amp; out same arm or atln arms. In when arm is to roof.</p>
<b>Main Set</b>  1300	<p>RI = 20 unless stated.</p> <p>200 FS even pace -focus on breathing with your arm, 2-4 beat kick and working the turns.</p> <p>BK – 2 x 50 focus on stroke timing – arms in opposition and body roll/rotation.</p> <p>3 x 100 OC Vary the pace on each- min 75% , max 85%.</p> <p>3 x 100 FS – 2 x building speed to sprint last 15M,</p> <p>2 x OC ↑Kick↓M↑Kick↓F.</p> <p>8 x 25 sprints – 4xA, 4 x B. 75-85% effort. Every 50 secs Track your times for consistency.</p>
<b>Cool Down</b>	100 – BK finning, BK sculling feet 1 <sup>st</sup> , BS and OC
<b>Total</b>	2100+

<b>Level 3 Distance</b>	<b>Weekly Emphasis:</b> BK arms, leg & body position drill, with consolidation on FS technique
<b>Warm up</b>	Target = 200-300M: - 50 -FS kick with long dog arms, 50 BK swim, 50 BS arms with fly legs, 100 OC, 50 kick FS. 🦋🦋
<b>Drills/Skills</b> 🦋🦋 400	<p>RI = 15/20 - Check body position float. Reminder of body rotation requirement &amp; arms in Oppn. SOTW -blow out thru nose!</p> <p>4 x 25M BK kicking – use KB for 1<sup>st</sup> 2 laps. Kick from hips with slight knee bend, Flex ankles/pigeon toes. Then start kicking with body rotation. Dry /wet shoulder.</p> <p>2 x 25M double arm pull with flutter kick</p> <p>2 x 25M 1 arm BK – Pull/push – Swap arms each lap. Feel both the pull &amp; push phase and roll into &amp; out of each stroke.</p> <p>2 x 25 BK – double arm &amp; BS legs. ↑1LA/1RA/2 both arms -Can use flutter kick. ↓ just double arm /BS leg kick and glide. (arms-legs-glide)</p> <p>2 x 25 BK normal (single or double arms) ↑ hands clenched into Fists, ↓ normal hand posn on way back.</p> <p>2 x 50 normal BK - get your arm in opposition and don't forget to breathe – options = in&amp; out same arm or atln arms. In when arm is to roof.</p>
<b>Main Set</b>  1700	<p>2 x 200 FS -RI 30. - focus on breathing with your arm and hip drive forward, 2-4 beat kicks and working the turns.</p> <p>4 x 100 FS RI 30.</p> <p>Do a 10M swim-away during each 100. @ Even pace.</p> <p>BK – 2 x 50 focus on stroke timing – arms in opposition and body roll/rotation. RI 20</p> <p>4 x 100 FS – altn laps ↑Kick ↓swim. RI 30</p> <p>8 x 25 sprints Every 50 Secs</p> <p>4xA, 4 x B. 75-85% effort. Track your times for consistency.</p> <p>2 x 200 FS – even pace – Check catch and EVF positions.</p>
<b>Cool Down</b>	100 – BK finning, BK sculling feet 1 <sup>st</sup> , BS and OC
<b>Total</b>	2600+