

Date: Sunday 9th Nov 25. Notices: Videos, Nov C.N.L out soon. Weekly stroke theme = BS body position, gain power from legs and arms. Slowest of all strokes and the only one where over 70% of power comes from the legs. **Equipment: Fins/CS/PB/KB. Caution:** knees swap to fly legs with fins on.

Level	Level 1	Level 2	Level 3/3D
W/ up	5 – 7 mins = 50 Kick FS, 50 Swim OC, 50 kick BK, 50 Swim OC, 100 FS long strokes, where does your middle figure point to? 🖐🖐 [300]		
Drill/Skill items 300-400	2 x 25 RI 200 on each drill. BS Short axis – no nodding donkeys, whip kicks via various means, flat feet. Start and finish with long legs together. Breathe with the arm pull. Arms, legs and glide for rhythm. Drill #1 – on BK. Hands under bottom, BS kicking, keep knees underwater. Can you get your heels tap hands? Drill# 2 - BS Kicks use KB – kick and glides. Eyes on the board. Drill # 3 Arms only (use pull buoy) Get a grip for fast arms and finish with hip drive into glide. Drill # 4- Normal BS - SOTW with pull down. Concentrate on driving heels back to kick back into streamline posn. 4 x 25 BS #SPL Reduce by 1 each lap. Know your SPL# - you will be asked. 4 x 25 BS # add 1 each lap and go with the flow for best rhythm and speed. (L3 & BS only)		
All 10 – 15 min FS swim (500)	RI 20-30 BTW 100s 100 FS breathing changes - ↑right side only↓ Left side only, ↑Bi-lat, ↓OC 100 BK – Check body rotations -pop shoulder Wet/Dry. Concentrate on the up kick , slight knee flex /kick from hips (kick your sock off!) 100 FS – SOTW, 50 tech swim, building speed the next 50. 100 OC 75-85% effort – work the turns 4 x 25 FS sprints in pairs every 50 secs		
Drill BS again (200)	Consolidate BS = 2 x 25 on each RI 15. BS pull with flutter kick BS 2K1P BS Pull - Fly kick for hips and drive back into streamline BS swim 50. SOTW with pulldowns.		
Main set	L1 /L2 100 OC easy – work the turns 6M into/out of 100 IM or 4 x25 IM order. RI 10 100 BS or BK. [300]	L3 – 2 x 200 FS incl 2 x 5 secs burst. RI 30 2 x 100 IM or do as 25 with RI 10 [600] L3D – 400 FS incl 2 x surge for 15 secs 2 x 200 FS incl 2 x 5 secs burst. RI 20 [800]	
Skill	If time – check BS with Pulldown starts and streamlines underwater.		
C/Down	100 – Floppy FS, Underwater dolphins, underwater pull downs and glides, walking		
Total	L1 /2=1700+, L3= 2100+, L3D = 2300+		

Level 1 & 2	Weekly stroke theme BS body position, gain power from legs and arms.
Warm up [300]	5 – 7 mins = 50 Kick FS, 50 Swim OC, 50 kick BK, 50 Swim OC, 100 FS long strokes, where does your middle figure point to? 🦶🦶
Drills/Skills [300-400]	<p>2 x 25 RI 20 on each drill. BS Short axis – no nodding donkeys, whip kicks via various means, flat feet. Start and finish with long legs together. Breathe with the arm pull. Arms, legs and glide for rhythm.</p> <p>Drill #1 – on BK. Hands under bottom, BS kicking, keep knees underwater. Can you get your heels tap hands?</p> <p>Drill# 2 - BS Kicks use KB – kick and glides. Eyes on the board.</p> <p>Drill # 3 Arms only (use pull buoy) Get a grip for fast arms and finish with hip drive into glide.</p> <p>Drill # 4- Normal BS - SOTW with pull down. Concentrate on driving heels back to kick back into streamline posn.</p> <p>4 x 25 BS #SPL Reduce by 1 each lap. Know your SPL# - you will be asked.</p> <p><i>4 x 25 BS # add 1 each lap and go with the flow for best rhythm and speed. (L3 & BS swimmers only)</i></p>
All 10 – 15 min FS swim (500)	<p>RI 20-30</p> <p>100 FS breathing changes - ↑right side only ↓ Left side only, ↑Bi-lat, ↓OC</p> <p>100 BK – Check body rotations -pop shoulder Wet/Dry. Concentrate on the up kick, slight knee flex /kick from hips (kick your socks off!)</p> <p>100 FS – SOTW, 50 tech swim, building speed the next 50.</p> <p>100 OC 75-85% effort – work the turns</p> <p>4 x 25 FS sprints in pairs every 50 secs</p>
Drill BS Again 200	<p>Consolidate BS = 2 x 25 on each RI 15.</p> <p>BS pull with flutter kick</p> <p>BS 2K1P</p> <p>BS Pull - Fly kick for hips and drive back into streamline</p> <p>BS swim 50. SOTW with pulldowns.</p>
Main set 300	<p>100 OC easy – work the turns 6M into/out of</p> <p>100 IM or 4 x25 IM order. RI 10</p> <p>100 BS or BK.</p>
Cool Down	100 – Floppy FS, Underwater dolphins, underwater pull downs and glides, walking.
Total	1700+

Level 3	Weekly stroke theme BS body position, gain power from legs and arms.
Warm up 300	5 – 7 mins = 50 Kick FS, 50 Swim OC, 50 kick BK, 50 Swim OC, 100 FS long strokes, where does your middle figure point to? 🏊🏊
Drills/Skills [400]	<p>2 x 25 RI 20 on each drill. BS Short axis – no nodding donkeys, whip kicks via various means, flat feet. Start and finish with long legs together. Breathe with the arm pull. Arms, legs and glide for rhythm.</p> <p>Drill #1 – on BK. Hands under bottom, BS kicking, keep knees underwater. Can you get your heels tap hands?</p> <p>Drill# 2 - BS Kicks use KB – kick and glides. Eyes on the board.</p> <p>Drill # 3 Arms only (use pull buoy) Get a grip for fast arms and finish with hip drive into glide.</p> <p>Drill # 4- Normal BS - SOTW with pull down. Concentrate on driving heels back to kick back into streamline posn.</p> <p>4 x 25 BS #SPL Reduce by 1 each lap. Know your SPL# - you will be asked.</p> <p><i>4 x 25 BS # add 1 each lap and go with the flow for best rhythm and speed. (L3 & BS swimmers only)</i></p>
All 10 – 15 min FS swim (400)	<p>RI 20-30</p> <p>100 FS breathing changes - ↑right side only ↓ Left side only, ↑Bi-lat, ↓OC</p> <p>100 BK – Check body rotations -pop shoulder Wet/Dry. Concentrate on the up kick, slight knee flex /kick from hips (kick your socks off!)</p> <p>100 FS – SOTW, 50 tech swim, building speed the next 50.</p> <p>100 OC 75-85% effort – work the turns</p> <p>4 x 25 FS sprints in pairs every 50 secs</p>
Drill (200)	<p>Consolidate BS = 2 x 25 on each RI 15.</p> <p>BS pull with flutter kick</p> <p>BS 2K1P</p> <p>BS Pull - Fly kick for hips and drive back into streamline</p> <p>BS swim 50. SOTW with pulldowns.</p>
Main set 600	<p>2 x 200 FS incl 2 x 5 secs burst. RI 30</p> <p>2 x 100 IM RI 30 or do as 4 x 25 with RI 10</p>
Cool Down	100 – Floppy FS, Underwater dolphins, underwater pull downs and glides, walking.
Total	2100+

Level 3D	Weekly stroke theme BS body position, gain power from legs and arms.
Warm up 300	5 – 7 mins = 50 Kick FS, 50 Swim OC, 50 kick BK, 50 Swim OC, 100 FS long strokes, where does your middle figure point to? 🏊🏊
Drills/Skills [400]	<p>2 x 25 RI 20 on each drill. BS Short axis – no nodding donkeys, whip kicks via various means, flat feet. Start and finish with long legs together. Breathe with the arm pull. Arms, legs and glide for rhythm.</p> <p>Drill #1 – on BK. Hands under bottom, BS kicking, keep knees underwater. Can you get your heels tap hands?</p> <p>Drill# 2 - BS Kicks use KB – kick and glides. Eyes on the board.</p> <p>Drill # 3 Arms only (use pull buoy) Get a grip for fast arms and finish with hip drive into glide.</p> <p>Drill # 4- Normal BS - SOTW with pull down. Concentrate on driving heels back to kick back into streamline posn.</p> <p>4 x 25 BS #SPL Reduce by 1 each lap. Know your SPL# - you will be asked.</p> <p><i>4 x 25 BS # add 1 each lap and go with the flow for best rhythm and speed. (L3 & BS swimmers only)</i></p>
All 10 – 15 min FS swim (400)	<p>RI 20-30</p> <p>100 FS breathing changes - ↑right side only ↓ Left side only, ↑Bi-lat, ↓OC</p> <p>100 BK – Check body rotations -pop shoulder Wet/Dry. Concentrate on the up kick, slight knee flex /kick from hips (kick your socks off!)</p> <p>100 FS – SOTW, 50 tech swim, building speed the next 50.</p> <p>100 OC 75-85% effort – work the turns</p> <p>4 x 25 FS sprints in pairs every 50 secs</p>
Drill (200)	<p>Consolidate BS = 2 x 25 on each RI 15.</p> <p>BS pull with flutter kick</p> <p>BS 2K1P</p> <p>BS Pull - Fly kick for hips and drive back into streamline</p> <p>BS swim 50. SOTW with pulldowns.</p>
Main set 800	<p>400 FS incl 2 x surge for 15 secs</p> <p>2 x 200 FS incl 2 x 5 secs burst. RI 20</p>
Cool Down	100 – Floppy FS, Underwater dolphins, underwater pull downs and glides, walking.
Total	2300+