











**Date: Sunday 30<sup>th</sup> Nov 25. Notices: 25/26 Survey out soon. 21 Dec Family HAG nominations. Weekly Emphasis: BS & Fly Efficiency, Main set = pacing variations. Caution: Shoulders with Fly, Knees with BS. Equipment: Fins, CS**

Warm up	 50 FS, 50 BK kick, 100 FS SKPS, 50 Kick BK, 50 OC (Target 200-300)			
Fly Drills  RI 20	2 x 25 ↑Fast legs /chest press- 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 ↑3 kicks/ 1 arm Blast out (recover arms underwater) & hip surf forward (did you kick). ↓3 RA/3LA/3 normal. 2 x 25 Fly with fast recovery breathe every 2 or 3 strokes [150]			
Main set 1	L1/2 Combined 4 x 100 FS ↑F↓E↑F↓ Recovery RI10 only to reset brain! 4 x 50 “B” Not FS ↑M↓F RI 20 4 x 25 (2 x A, 2x B) every 55 secs (700)		L3 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 (4 x A, 2 x B) every 50 secs (1000)	
BS Drills no fins RI 15	2 x 25 Arms only (dolphin kick)– “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 - 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 “B”	L1 200 OC Building pace [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]
Skill	@ any time with Coach – BS starts and turns with full pulldown/ underwater Dolphins for fast speed			
C/Down	50 BK, 50 BS, underwater dolphins, walking			
Total	L1 = 1600, L2 = 1800+, L3 = 2100, L3DT= 2700			

<b>Level 1</b>	<b>Weekly Drills : BS &amp; Fly refresher,.</b>
<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 15</b>  <b>150</b>	2 x 25 ↑Fast legs /chest press- 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 ↑3 kicks/ 1 arm Blast out (recover arms underwater) & hip surf forward (did you kick). ↓3 RA/3LA/3 normal.  2 x 25 Fly with fast recovery breathe every 2 or 3 strokes [150]
<b>Main Set 1</b>	L1/2 Combined 4 x 100 FS ↑F↓E↑F↓ Recovery RI10 only to reset brain! 4 x 50 “B” Not FS ↑M↓F RI 20 4 x 25 (2 x A, 2x B) every 55 secs (700)
<b>BS Drills</b> <b>No fins</b> <b>RI 15</b> <b>150</b>	2 x 25 Arms only (dolphin kick)– “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 - 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 “B”</b> 200	200 OC Building Pace
<b>Skill</b>	BS Starts with Coach
<b>Cool Down</b>	50 BK, 50 BS, underwater dolphins, walking
<b>Total</b>	1600+

<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 15</b> <b>150</b>	2 x 25 ↑Fast legs /chest press- 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 ↑3 kicks/ 1 arm Blast out (recover arms underwater) & hip surf forward (did you kick). ↓3 RA/3LA/3 normal. 2 x 25 Fly with fast recovery breathe every 2 or 3 strokes
<b>Main set 1</b>	L1/2 Combined 4 x 100 FS ↑F↓E↑F↓ Recovery RI10 only to reset brain! 4 x 50 “B” Not FS ↑M↓F RI 20 4 x 25 (2 x A, 2x B) every 55 secs (700)
<b>BS Drills</b> <b>No fins</b> <b>RI 15</b> <b>150</b>	2 x 25 Arms only (dolphin kick)– “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 - 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 B</b> <b>400</b>	2 x 200 Building 75% to 90% - RI 30 (1 x FS, 1 x OC)
<b>Skill</b>	BS Starts with Coach
<b>Cool Down</b>	50 BK, 50 BS, underwater dolphins, walking
<b>Total</b>	1800+

<b>Level 3</b>	<b>Weekly Emphasis: BS &amp; Fly Efficiency</b>
<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 /chest press- 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 ↑3 kicks/ 1 arm Blast out (recover arms underwater) & hip surf forward (did you kick). ↓3 RA/3LA/3 normal.  2 x 25 Fly with fast recovery breathe every 2 or 3 strokes
<b>Main 1</b> <b>1000</b>	L3 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 (4 x A, 2 x B) every 50 secs
<b>BS Drills</b> <b>No Fins</b> <b>150</b>	2 x 25 Arms only (dolphin kick)– “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 - 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 B2</b> <b>400</b>	2 x 200 Building 75% to 90% RI 20-30 1 x FS, 1 x OC
<b>Skills</b>	BS Starts with Coach
<b>Cool Down</b>	50 BK, 50 BS, underwater dolphins, walking
<b>Total</b>	2100+

<b>Level 3DT</b>	<b>Weekly Emphasis:</b> BS & Fly Efficiency.
<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 /chest press- 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 ↑3 kicks/ 1 arm Blast out (recover arms underwater) & hip surf forward (did you kick). ↓3 RA/3LA/3 normal.  2 x 25 Fly with fast recovery breathe every 2 or 3 strokes
<b>Main 1</b> <b>1000</b>	L3 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 (4 x A, 2 x B) every 50 secs
<b>BS Drills</b> <b>No fins</b> <b>RI 15</b> <b>150</b>	2 x 25 Arms only (dolphin kick)– “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 - 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 2</b> <b>1000</b>	5 x 200 FS Building 75% to 90% RI 20-30 SOTW. Fast in/out of turns
<b>Skill</b>	Optional – BS starts
<b>Cool Down</b>	50 BK, 50 BS, underwater dolphins, walking
<b>Total</b>	2700+