Date: Sunday 30th 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 (Ta	rget 200-300)		
Fly Drills	50 FS, 50 BK kick, 100 FS SKPS, 50 Kick BK, 50 OC (Target 200-300) 2 x 25 ↑Fast legs /chest press- up kick(1 st) down kick(2 nd) some knee flex. ↓1 x Big flick & short glide, vs 1 x small flick &				
44	short glide.				
RI 20	2 X 25 Fly \uparrow 3 kicks/ 1 arm Blast out (recover arms underwater) & hip surf forward (did you kick). \downarrow 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 L3 Combined				
	4 x 100 FS ↑F↓E↑F↓ Reco	very RI10 only to reset brain!	6 x 100 FS ↑F↓E↑F↓Red	covery RI10 only to reset brain!	
	4 x 50 "B" Not FS ↑M↓F RI	20	5 x 50 "B" Not FS 个M↓F	RI 20	
	4 x 25 (2 x A, 2x B) every 55 s	secs (700)	6 x 25 (4 x A, 2 x B) every 5	50 secs (1000)	
BS Drills	2 x 25 Arms only (dolphin kick)— "V" push, fast around the corner (pinkie lead) EVF, high elbows/pull back only adjacent				
no fins	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 - 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	L2	L3	L3D	
"B"	200 OC Building pace [200]	2 x 200 Building 75% to	2 x 200 Building 75% to	5 x 200 FS Building 75% to 90%	
		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]		
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				

Level 1	Weekly Drills: BS & Fly refresher,.
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 /chest press- up kick(1st) down kick(2nd)
W W RI 15	some knee flex. $\sqrt{1}$ x Big flick & short glide, vs 1 x small flick
	& short glide.
150	2 4 25 51
	2 X 25 Fly \(\gamma \) kicks/ 1 arm Blast out (recover arms
	underwater) & hip surf forward (did you kick). \downarrow 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)
BS Drills No fins	2 x 25 Arms only (dolphin kick)— "V" push, fast around the
RI 15	corner (pinkie lead) EVF, high elbows/pull back only
150	adjacent to nose- tuck elbows in fast. – chest press forward /high hip and glide
	7 mgn mp and gnac
	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.
Main "B"	[150]
200	200 OC Building Pace
Skill	BS Starts with Coach
Cool Down	50 BK, 50 BS, underwater dolphins, walking
Total	1600+

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 Fast legs /chest press- up kick(1st) down kick(2nd)
RI 15	some knee flex. $\sqrt{1}$ x Big flick & short glide, vs 1 x small flick
150	& short glide.
	2 X 25 Fly \(\gamma \) kicks/ 1 arm Blast out (recover arms
	underwater) & hip surf forward (did you kick). \downarrow 3 RA/3LA/3
	normal.
	2 x 25 Fly with fast recovery breathe every 2 or 3 strokes
Main set 1	L1/2 Combined
	$4 \times 100 \text{ FS } \uparrow \text{F} \downarrow \text{E} \uparrow \text{F} \downarrow \text{Recovery RI10 only to reset brain!}$
	4 x 50 "B" Not FS ↑M↓F RI 20
DC D.:II.	4 x 25 (2 x A, 2x B) every 55 secs (700)
BS Drills No fins	2 x 25 Arms only (dolphin kick)— "V" push, fast around the
RI 15	corner (pinkie lead) EVF, high elbows/pull back only
150	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.
Main Set B	2 x 200 Building 75% to 90% - RI 30
400	(1 x FS, 1 x OC)
Skill	BS Starts with Coach
Cool Down	50 BK, 50 BS, underwater dolphins, walking
Total	1800+

Level 3	Weekly Emphasis: BS & Fly Efficiency	
Warm up	50 FS, 50 BK kick, 100 FS SKPS, 50 Kick BK, 50 OC	
	(Target 200-300)	
Fly Drills RI 20 150	2 x 25 ↑Fast legs /chest press- up kick(1 st) down kick(2 nd) 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	
Main 1	L3 Combined	
1000	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	
BS Drills No Fins 150	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.	
Main B2 400	2 x 200 Building 75% to 90% RI 20-30 1 x FS, 1 x OC	
Skills	BS Starts with Coach	
Cool Down	50 BK, 50 BS, underwater dolphins, walking	
Total	2100+	

Lovel 2DT	Wookly Emphasis: DS 2. Ely Efficiency
Level 3DT	Weekly Emphasis: BS & Fly Efficiency.
Warm up	50 FS, 50 BK kick, 100 FS SKPS, 50 Kick BK, 50 OC
	(Target 200-300)
Fly Drills	2 x 25 个Fast legs /chest press- up kick(1st) down kick(2nd)
AM	some knee flex. $\sqrt{1}$ x Big flick & short glide, vs 1 x small flick
RI 20	& short glide.
150	
	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
Main 1	L3 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
BS Drills	6 x 25 (4 x A, 2 x B) every 50 secs
No fins	2 x 25 Arms only (dolphin kick)— "V" push, fast around the
RI 15	corner (pinkie lead) EVF, high elbows/pull back only
150	adjacent to nose- tuck elbows in fast. – chest press forward
150	/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.
Main 2	5 x 200 FS Building 75% to 90% RI 20-30
1000	SOTW. Fast in/out of turns
Skill	Optional – BS starts
Cool Down	50 BK, 50 BS, underwater dolphins, walking
Total	2700+
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