














**Date: 7<sup>th</sup> Dec 25. Notices:** Dec Coach Newsletter out? 25/26 Survey published pls respond. Family HAG 21<sup>st</sup> Dec entries open. **Weekly Emphasis:** Drills, Starts, Turns and relays. **Caution:** Don't pull muscles trying toooo hard! **Equipment:** Fins/KB/CS/

<b>Warm up</b>	 10 mins. 100 BK SKPS, 50 FS Kick, 50 BS arms/dolphin legs, 100 OC = target 300	
<b>Drill FS</b> RI 10-15. <b>200</b>	1. 2 x 25 ↑ – Kicking but with arms dropped BTWN 10 to 30 degrees. ↓ Normal FS with arm rest out front – finger slightly down NOT up. 2. 50 M Identify Catch, EVF, Mid pt and exit. When to pull and when to push. 1 sec pause at each position. 3. 50M Body – CK roll/rotation – 1 x eye/ear in /out the water. 4. 50 Relaxed recovery & entry. Shoulder leads, elbow, wrist hand, thumb 1st. Entry - finger tips down (thumb FWD) in front of shoulder line	
<b>Drills BK</b> <b>200</b>	2 x 25 on each - RI 10-15 1. BK Kicking – Up & down, tow in big toes, CK head position, kick from hip, slight knee flex. 2. Single arm with body rotation. ↑LA↓RA 3. BK Checking recovery action for - Pinkie led, locked elbow. Hip & shoulder rotating at same time. 50 BK normal – rotate with easy stroking but good rhythm. (200)	
<b>Main set</b> <b>“A”</b>	L1 & L2 Combined 6 x 50 BES = 2 x FS, 2 x BK, 2 x OC RI 30 8 x 25 Sprints every 60 secs (4 x FS 4 x BK). [500]	L3 combined 2 x 100 FS building speed – get SOTW 4 x 50 - 2 x FS, 2 x BK – Both BES = RI 30 8 x 25 Sprints every 50 secs (4 x FS 4 x BK). [600]
<b>Turns 10 mins</b>	Open turns – Lane 5 & 6 = BS & Fly. Lane 4 = FS	Lane 3 = Flips Turns– 10 mins
<b>Main set</b> <b>“B”</b>	L1/L2 Combined 2 x 100 OC – tech swims SOTW for that free speed. RI 30 6 x 50 – CK turns in/out stroke /speed = 2 x FS, 2 x BK, 2 x OC RI 30 (500)	<b>L3 Main set B</b> 200 FS Building 4 x 50 FES = 2 x FS, 1 x BK, 1 x OC ever RI 20 1 x 100 IMs (as 4 x 25 sprints RI 10) 8 x 25 OC sprints every 45 secs (700)
<b>Various for Levels/Lane</b>	Dives start for BS/Fly vs Dives for FS. BK starts – throw backs vs Bob down and push	<b>L3D Main set B =</b> 400 FS –. Think about 2 beat kick and hip drive into longer stroke – Use FPs to ensure find EVF power pt. 4 x 25 FS sprints every 50 secs, 4 x 50 FS - Sprint flags to flags – still get the speed for the turns! 5 x 100 (3x FS, 2 x not FS) – Sprint last lap. RI 30 (1200)
<b>Dives/Relays</b>	Last 10-15mins	
<b>C/Down</b>	Dolphins with underwaters to ½ way. OC, walk, talking - finally get to socialise!	
<b>Total</b>	L1 = 1700 +, L2 =1800+ , L3 = 2100+, L3D = 2600+	

<b>Level 1</b>	Weekly Drill Theme = FS/BK Consolidation. Starts, Turns and relays
<b>Warm up</b>	 10 mins. 100 BK SKPS, 50 FS Kick, 50 BS arms/dolphin legs, 100 OC = target 300
<b>Drills FS</b> <b>RI 10-15</b>  <b>200</b>	1. 2 x 25 ↑ – Kicking but with arms dropped BTWN 10 to 30 degrees. ↓ Normal FS with arm rest out front – finger slightly down NOT up. 2. 50 M Identify Catch, EVF, Mid pt and exit. When to pull and when to push. 1 sec pause at each position. 3. 50M Body – CK roll/rotation – 1 x eye/ear in /out the water. 4. 50 Relaxed recovery & entry. Shoulder leads, elbow, wrist hand, thumb 1st. Entry - finger tips down (thumb FWD) in front of shoulder line
<b>Drills BK</b> <b>RI 10-15</b>  <b>200</b>	1. 2 x 25 BK Kicking – Up & down, tow in big toes, CK head position, kick from hip, slight knee flex. 2. 2 x 25 Single arm with body rotation. ↑LA↓RA 3. 2 x 25 BK Checking recovery action for - Pinkie led, locked elbow. Hip & shoulder rotating at same time. 4. 50 BK normal – rotate with easy stroking but good rhythm.
<b>Main “A”</b> <b>500</b>	L1 & L2 Combined  6 x 50 BES = 2 x FS, 2 x BK, 2 x OC RI 30 8 x 25 Sprints every 60 secs (4 x FS 4 x BK).
Turns	Open turns – Lane 5 & 6 = BS & Fly. Lane 4 = FS
<b>Main “B”</b> <b>500</b>	L1/L2 Combined  2 x 100 OC – tech swims SOTW for that free speed. RI 30 6 x 50 – CK turns in/out stroke /speed = 2 x FS, 2 x BK, 2 x OC RI 30
<b>Starts/Turns Relays</b>	Dives start for BS/Fly vs Dives for FS. BK starts – throw backs vs Bob down and push
<b>Cool Down</b>	Dolphins with underwaters to ½ way. OC, walk, talking - finally get to socialise!
<b>Total</b>	L1 = 1700+

<b>Level 2</b>	Weekly Drill Theme = FS/BK Consolidation. Starts, Turns and relays
<b>Warm up</b>	 10 mins. 100 BK SKPS, 50 FS Kick, 50 BS arms/dolphin legs, 100 OC = target 300
<b>Drills FS</b> <b>RI 10-15</b>  <b>200</b>	1. 2 x 25 ↑ – Kicking but with arms dropped BTWN 10 to 30 degrees. ↓ Normal FS with arm rest out front – finger slightly down NOT up. 2. 50 M Identify Catch, EVF, Mid pt and exit. When to pull and when to push. 1 sec pause at each position. 3. 50M Body – CK roll/rotation – 1 x eye/ear in /out the water. 4. 50 Relaxed recovery & entry. Shoulder leads, elbow, wrist hand, thumb 1st. Entry - finger tips down (thumb FWD) in front of shoulder line
<b>Drills BK</b> <b>RI 10-15</b>  <b>200</b>	1. 2 x 25 BK Kicking – Up & down, tow in big toes, CK head position, kick from hip, slight knee flex. 2. 2 x 25 Single arm with body rotation. ↑LA↓RA 3. 2 x 25 BK Checking recovery action for - Pinkie led, locked elbow. Hip & shoulder rotating at same time. 4. 50 BK normal – rotate with easy stroking but good rhythm.
<b>Main “A”</b> <b>500</b>	L1 & L2 Combined  6 x 50 BES = 2 x FS, 2 x BK, 2 x OC RI 30 8 x 25 Sprints every 60 secs (4 x FS 4 x BK).
<b>Turns</b>	Open turns – Lane 5 & 6 = BS & Fly. Lane 4 = FS
<b>Main “B”</b> <b>500</b>	L1/L2 Combined  2 x 100 OC – tech swims SOTW for that free speed. RI 30 6 x 50 – CK turns in/out stroke /speed = 2 x FS, 2 x BK, 2 x OC RI 30
<b>Starts/Turns Relays</b>	Dives start for BS/Fly vs Dives for FS. BK starts – throw backs vs Bob down and push
<b>Cool Down</b>	Dolphins with underwaters to ½ way. OC, walk, talking - finally get to socialise!
<b>Total</b>	L1 = 1800+

<b>Level 3</b>	Weekly Drill Theme = FS/BK Consolidation. Starts, Turns and relays
<b>Warm up</b> <b>300</b>	 10 mins. 100 BK SKPS, 50 FS Kick, 50 BS arms/dolphin legs, 100 OC
<b>Drills FS</b> <b>RI 10-15</b>  <b>200</b>	<ol style="list-style-type: none"> <li>1. 2 x 25 ↑ – Kicking but with arms dropped BTWN 10 to 30 degrees. ↓ Normal FS with arm rest out front – finger slightly down NOT up.</li> <li>2. 50 M Identify Catch, EVF, Mid pt and exit. When to pull and when to push. 1 sec pause at each position.</li> <li>3. 50M Body – CK roll/rotation – 1 x eye/ear in /out the water.</li> <li>4. 50 Relaxed recovery &amp; entry. Shoulder leads, elbow, wrist hand, thumb 1st. Entry - finger tips down (thumb FWD) in front of shoulder line</li> </ol>
<b>Drills BK</b> <b>RI 10-15</b>  <b>200</b>	<ol style="list-style-type: none"> <li>1. 2 x 25 BK Kicking – Up &amp; down, tow in big toes, CK head position, kick from hip, slight knee flex.</li> <li>2. 2 x 25 Single arm with body rotation. ↑LA↓RA</li> <li>3. 2 x 25 BK Checking recovery action for - Pinkie led, locked elbow. Hip &amp; shoulder rotating at same time.</li> <li>4. 50 BK normal – rotate with easy stroking but good rhythm.</li> </ol>
<b>Main “A”</b> <b>600</b>	<b>L3 combined</b> 2 x 100 FS building speed – get SOTW 4 x 50 - 2 x FS, 2 x BK – Both BES = RI 30 8 x 25 Sprints every 50 secs (4 x FS 4 x BK).
<b>Turns</b>	Lane 3 = Flips Turns– 10 mins
<b>Main “B”</b> <b>700</b>	<b>L3</b> 200 FS Building 4 x 50 FES = 2 x FS, 1 x BK, 1 x OC ever RI 20 1 x 100 IMs (as 4 x 25 sprints RI 10) 8 x 25 OC sprints every 45 secs
<b>Starts/relays</b>	Dives start for BS/Fly vs Dives for FS. BK starts – throw backs vs Bob down and push
<b>Cool Down</b>	100 - Dolphins with underwaters to ½ way. OC, walk, talking - finally get to socialise!
<b>Total</b>	L3 = 2100+

<b>Level 3DT</b>	Weekly Drill Theme = FS/BK Consolidation. Starts, Turns and relays
<b>Warm up</b> <b>300</b>	 10 mins. 100 BK SKPS, 50 FS Kick, 50 BS arms/dolphin legs, 100 OC
<b>Drills FS</b> <b>RI 10-15</b>  <b>200</b>	<ol style="list-style-type: none"> <li>1. 2 x 25 ↑ – Kicking but with arms dropped BTWN 10 to 30 degrees. ↓ Normal FS with arm rest out front – finger slightly down NOT up.</li> <li>2. 50 M Identify Catch, EVF, Mid pt and exit. When to pull and when to push. 1 sec pause at each position.</li> <li>3. 50M Body – CK roll/rotation – 1 x eye/ear in /out the water.</li> <li>4. 50 Relaxed recovery &amp; entry. Shoulder leads, elbow, wrist hand, thumb 1st. Entry - finger tips down (thumb FWD) in front of shoulder line</li> </ol>
<b>Drills BK</b> <b>RI 10-15</b>  <b>200</b>	<ol style="list-style-type: none"> <li>1. 2 x 25 BK Kicking – Up &amp; down, tow in big toes, CK head position, kick from hip, slight knee flex.</li> <li>2. 2 x 25 Single arm with body rotation. ↑LA ↓RA</li> <li>3. 2 x 25 BK Checking recovery action for - Pinkie led, locked elbow. Hip &amp; shoulder rotating at same time.</li> <li>4. 50 BK normal – rotate with easy stroking but good rhythm.</li> </ol>
<b>Main “A”</b> <b>600</b>	<b>L3 combined</b> 2 x 100 FS building speed – get SOTW 4 x 50 - 2 x FS, 2 x BK – Both BES = RI 30 8 x 25 Sprints every 50 secs (4 x FS 4 x BK).
<b>Turns</b>	Lane 3 = Flips Turns– 10 mins
<b>Main “B”</b> <b>1200</b>	400 FS –. Think about 2 beat kick and hip drive into longer stroke – Use FPs to ensure find EVF power pt. 4 x 25 FS sprints every 50 secs, 4 x 50 FS - Sprint flags to flags – still get the speed for the turns! 5 x 100 (3x FS, 2 x not FS) – Sprint last lap. RI 30
<b>Starts/ Relays</b>	Dives start for BS/Fly vs Dives for FS. BK starts – throw backs vs Bob down and push
<b>Cool Down</b>	100 - Dolphins with underwaters to ½ way. OC, walk, talking - finally get to socialise!
<b>Total</b>	L3D = 2600+