

**Date: Tuesday 13 Jan 26 Notices:** Masters Membership due, Intent to swim at Major meets nominate, Video requests form, Lane leader volunteers & briefing. **Monthly aim** = Increasing volume and reps in Swimmer's "A" and "B" strokes, Workload wise = moderate, recognising it the beginning of the year and fitness needs to be regained. **Weekly stroke theme = FS Body position, Breathing, Arms/legs.** **Caution:** shoulders **Equipment** = fins/CS/TTs. **Coach** = stopwatch (calculate SR for TT swim) & pen /whiteboard

**Reminders:** 1) Be streamlined off the walls. 2) efficient turns. 3) Look at the clock start/finish every swim 4) move out of way at end of your swim. 5) Only take the rest specified. **Most import = Pay attention to the coach**

<b>Warm up</b>	 50 FS swim 50 FS kick, 100 OC swim, repeat. Target L1 = 200, L2 = 300, L3 = 400
<b>Drill</b> 	<p><b>L1 &amp; 2 = 2 x 25, L3 – 2 x 50 RI 15</b></p> <p><b>Body position</b> ck @ shallow end = Jelly fish float – find your core and stabilise your body position. Sprint FS to deep end = try at shallow &amp; deep end <b>Breathing ck</b> = whilst doing Jelly floats. Then sprint 25FS to shallow end (50/100)</p> <p>2 x 25 FS Breathing &amp; body posn drill = 4-3-4 (4 kicks/3 strokes/4 kicks). (50/100)</p> <p><b>Arms</b> = 2 x 25 Catch ups – leave the arm resting in front till other does a complete stroke, then swap over (50/100)</p> <p><b>Legs</b> – 2 x 25 Streamlined Kick – from Hips, slight knee flex, ankle flex. Keep upper body still, (50/100)</p> <p>Arms / legs - 2 x 25 normal dog paddle 2-6 beat kicking? What works best for you (50/100)</p> <p>L1/2 = 100 FS easy # SPL. L3 = 200 FS easy. #SPL [350 /700]</p>
<b>SPL/SR item above</b>	<p>Be streamlined off the walls - STOW.</p> <p><b>L3 Only</b> 2 x 100 FS even pace - Count #SPL every lap ave=? Coach will check your SR while you swim.</p> <p>2 x 100 Use TT to check FS SR = what#.</p> <p>L3D = 3 x 200 even pace @SR +1. – Can you keep up</p> <p>L3 = 6 x 100 even pace @SR +1 – Can you keep up? [1000]</p> <p><b>L1/2 only</b> 2 x 50 FS even pace - Count #SPL every lap ave=? Coach will check your SR while you swim RI = Coach call</p> <p>2 x 50 FS even pace Use TT to check FS SR = what#. RI Coach call [200]</p>
<b>Main set</b> 	<p><b>L1 and L2 =</b></p> <p>Streamlining = the 5<sup>th</sup> stroke easiest of all strokes push off properly for a free ride. Push &amp; glide, Push and kick (when), Push, kick &amp; 1<sup>st</sup> stroke.</p> <p>Swim 8 x 50 or 4 x100 FS with streamlining RI 20-30 (↑M↓F etc) (400)</p> <p>Move to item above</p> <p>2 x 100 FS use TT to ck SR again – SOTW RI 30(200)</p> <p>8 x 25 (4 x A, 4 x B) every 60 secs (200) [800]</p> <p><b>L3=</b></p> <p>3 x 100 FS Use TT @ SR RI 20</p> <p>3 x 100 OC building – Max 85% RI 20 [600]</p> <p><b>L3D</b></p> <p>400 FS building max 85% RI 30</p> <p>50 not FS easy - recovery</p> <p>400 FS use TT @ SR [850]</p>
<b>C/Down</b>	Underwaters – how can you go from a push off. BS -pull down how can you go from a push off, 50 sloppy swimming.
<b>Total</b>	L1 = 1550 +, L2 = 1700+, L3 = 2750+, L3D = 3000+