

**Date: Sun 18<sup>th</sup> Jan 26 Notices:** Membership due. Names for NSW LC April -Put name on list. Names for Video – sign list. Volunteers for Lane Leading see Sue. Coach newsletter out soon. Training. – Yes, training next Sun 25<sup>th</sup> Jan. Month = Mod intensity & distance. **Weekly Emphasis:** BK Arms, legs& body position & consolidation on FS technique. Use TT for FS & BK. **Caution:** shoulders/lower backs. ***BK Situ awareness of where you are in the lane /flags # strokes to wall.***  
**Equipment: Fins/KB/PB/ TTs**

<b>Warm up</b>	FS SKPS, 100 OC 50 kick FS, repeat till whistle goes.  Target L1/2 = 300, L3 = 400							
<b>Drill</b>  <b>350</b>	<p>RI = 15/20 – BK Arms in Oppn. SOTW &amp; blow out thru nose! Kick UP &amp; down from hip. Check body position float – be tall &amp; engage abs/core</p> <p>Breathing – when you like BUT best when arm vertical to shielding face from wash over.</p> <p>2 x 25M BK Streamline kicking – (KB L1 &amp; 2, L3 PB BTW leg) Still on back (this drill) Brace abs, Kick from hips not knees. Flex ankles, pigeon toes.</p> <p>2 x 25 BK kicking with body rotation – hands on thighs - check head in neutral position</p> <p>2 x 25M Single arm BK – Pull/push – Body rotation. Swap arms each lap. Feel both the pull &amp; push phase and roll into &amp; out of each stroke. - dry shoulder/wet shoulder</p> <p>100 BK SKPS &amp; 100 BK KLRS – # SPL, &amp; Flags to walls. Ensure SOTW, Turn Tip = get knees bent &amp; up to chest quickly.</p>							
<b>Main set L1</b> 	<b>Set 1</b> <b>Distance</b>	<b>Rest Int Secs</b>	<b>#/Effort</b>	<b>Stroke</b>	<b>Check pt</b>	<b>Notes</b> – Put TTs on at your SR if using them Check your swim time for each swim & reminder it		
<b>L1 = 825</b>	25	5	#SPL @ SR	FS	Body position	@ SR		
<b>L2 = 825</b>	50	10	SPL	FS	Rotation	@ SR		
<b>L3 = 1200</b>	75	15	Ignore TT	FS	Catch pt	No TT – can you keep a good rhythm on your own?		
	100	20	75%- 80%	FS	Beathing	@SR+1		
	8 x 25	On 45- 60	85%	FS	SOTW & pull power	No TTs /[450]		
	<b>Set 2</b>	60 secs						
	125	25	TTs @SR+1	OC	Catch pt	L1/2 No TTs -/ Try ¾ catch ups		
	150	30	TT @ SR+1	OC	Relaxed recovery	L1/2 No TTs / Get your hip to help you reach forward - DSP		
	175	35	TT @ SR	OC	EVF	Not L1/ L2		
	200	40	TT@ SR	OC	EVF	Not L1/L2		
	2 x 50 BK RI 30 # SPL			SR for BK	ALL - USE TTs – get coach to calculate your SR – all lanes [100/ 750]			
<b>Main set #2</b>	<b>L3 = 2 x 200 FS SPL 4 beat kick RI 30</b> <b>2 x 100 OC ↑E↓M↑M↓E [600]</b>				<b>L3D = 800 FS</b> –even pace with TT - every 4 <sup>th</sup> lap incl flag to flag sprint 200 FS ↑E↓M↑M↓E repeat. DSP [1000]			
<b>Skills</b>	At any time – with coach - Open turns BK at deep end, FS at shallow. 5 + 5 =10 mins. End of session if time – Dives/BK starts							
<b>C/Down</b>	100 ↑BK finning ↓OC – walking etc							
<b>Total</b>	<b>L1 = 1575+, L2 = 1575+, L3 = 2650+, L3DT = 3050+</b>							

