




Date: Sun 18th 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 25th 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

Warm up	FS SKPS, 100 OC 50 kick FS, repeat till whistle goes.  Target L1/2 = 300, L3 = 400					
Drill  350	RI = 15/20 – BK Arms in Oppn. SOTW & blow out thru nose! Kick UP & down from hip. Check body position float – be tall & engage abs/core Breathing – when you like BUT best when arm vertical to shielding face from wash over. 2 x 25M BK Streamline kicking – (KB L1 & 2, L3 PB BTW leg) Still on back (this drill) Brace abs, Kick from hips not knees. Flex ankles, pigeon toes. 2 x 25 BK kicking with body rotation – hands on thighs - check head in neutral position 2 x 25M Single arm BK – Pull/push – - Body rotation. Swap arms each lap. Feel both the pull & push phase and roll into & out of each stroke. - dry shoulder/wet shoulder 100 BK SKPS & 100 BK KLRS – # SPL, & Flags to walls. Ensure SOTW, Turn Tip = get knees bent & up to chest quickly.					
Main set L1  L1 = 825 L2 = 825 L3 = 1200	Set 1 Distance	Rest Int Secs	#/Effort	Stroke	Check pt	Notes – Put TTs on at your SR if using them Check your swim time for each swim & reminder it
	25	5	#SPL @ SR	FS	Body position	@ SR
	50	10	SPL	FS	Rotation	@ SR
	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 x25	On 45- 60	85%	FS	SOTW & pull power	No TTs /[450]
	Set 2	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]
Main set #2	L3 = 2 x 200 FS SPL 4 beat kick RI 30 2 x 100 OC ↑E↓M↑M↓E [600]				L3D = 800 FS –even pace with TT - every 4 th lap incl flag to flag sprint 200 FS ↑E↓M↑M↓E repeat. DSP [1000]	
Skills	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					
C/Down	100 ↑BK finning ↓OC – walking etc					
Total	L1 = 1575+, L2 = 1575+, L3 = 2650+, L3DT = 3050+					

