

Date: 25th Jan 2026. Notices: Membership due, Lane leader briefing Sun/ Tue 20 mins before sessions, Coaches Newsletter. Names/events for NSW & Nationals Pls-confirm. Names for Video sign list & contact Helen for schedule. **Training Emphasis:** Slowest off all strokes – 70-80% power from legs. BS Basics, Arms, legs, body position (ck on pool side), incl Stroke rules: 2 handed touch, arms then legs cycle. BK consolidation. **Caution:** Knees issues - BS swap for Fly legs. BK Swim straight. **Equipment: KB/TTs**

Warm up	 100 FS SKPS, 50 Kick BK, 50 Swim OC, repeat. Target dist. Level 1 = 200, L2 = 300, L3/L3D = 350
Drill 200	<p>Leave fins on for now – Rest all drills = 10-20.</p> <ol style="list-style-type: none"> 1. Standing drills - Practice Arm pull and sculling with hands/wrist/forearm - get a grip. 2. 2 x 25 BS arms with Dolphin legs  - kick into a long glide as arms shoot forward. Then Fins Off 3. At the wall/lane rope – Confirm Whip Kick, (up/out, [Turn feet out], around & together). 4. 2 x 25 Kick & glides (use KB) 5. 2 x 25 BS Separation drill – complete a full Arm stroke into streamline, then a complete Leg kick into powerful glide. 6. 2 x 25 BS with Matra = Arms sweep, Breathe, leg Kick and Glide. #SPL & tell coach #.
Main set 	<p>L1 = 3 x 100 @ 75-80% effort = 1 x FS, 2 x not FS. RI 30 –CK #SPL, 2 x 25 BS RI 15, Sweep, breathe, Kick and Glide CK #SPL. 6 x 50 (2 x FS, 2 x BK, 2 x BS) Build speed 70-80% over distance RI 20-30. 100 OC [750]</p>
Main set 	<p>L2 = 4 x 100 @75-80% effort = 1 x FS, 2 x OC (not FS), 1 x OC any. RI 30 – CK #SPL or use TTs. Write # on small W/B 2 x 25 BS RI 15, Sweep, Breathe, Kick and Glide Tech check 75% think about it - CK #SPL. 8 x 50 (2 x FS, 2 x BK, 2 x BS, 2 x OC) Build speed for last 5M sprints RI 20-30 [850]</p>
Main set 	<p>L3 = 4 x 100 (1 x FS, 2 x OC (not FS), 1 x OC any) building 70-85% effort RI 20. #SPL or use TTs. Write # on small W/B 2 x 50 BS RI 15, Sweep, Breathe, Kick and Glide – Tech check 75% think about it! CK #SPL. 8 x 50 (4 x FS, 2 x BK, 2 x BS, 2 x OC) Build speed for last5M sprints. RI 20-30 , 2 x 100 FS Building RI 30 [1200]</p>
Main set 	<p>L3 Distance 400 FS – TT @SR. 2 x 25 Kick ↑FS↓BK RI 10, 4 x 100 FS building 75-85% effort RI 20. 2 x 25 ↑BK↓BS RI 10. 2 x 25 FS Sprints on 40. 2 x 200 FS -TT @SR +1. RI 30. 1 x 100 FS Building RI 20-30 [1100] (optional for Skills, if not add 8x 25 FS sprints on 45).</p>
Skills Anytime with coach	5 x Starts – 1 = Streamline off the wall, at depth. 2 = SoTW+ 1 x dolphin kick, 3 = SoTW + 1 x dolphin kick & full pull down, 4 = SoTW + 1 x dolphin kick & full pull down & reach arms to surface, 5 = SoTW + 1 x dolphin kick & full pull down & reach arms to surface & BS Kick at same time into glide for 1 st arm stroke. Go swim and come back for 5 x turns flags in/out (optional for L3D)
C/Down	100 – 50 BK sculling/ ½ lap under with dolphins, ½ lap dog paddle. 50 OC
Total	L1 = 1250+ / L2 = 1550+ / L3 = 1750+ / L3D = 2250+

