

**Date: Sunday 22<sup>nd</sup> Feb 26. Notices: AGM Sun 1<sup>st</sup> March after training. HAG Sun 8<sup>th</sup> March-** Entries open. **Today – Ck how to use the stopwatch – 5 mins. Weekly Emphasis:** All strokes consolidation & check power initiation pt. Sep lanes for BS/BK & FS/FLY. Start, Turns & relays. Know the stroke rules! **Caution:** Situ awareness of # SPL & flags to wall, others in lane. **Equipment: Fins**

<b>Warm up</b>	 300/400 = 100 OC, 50 kick FS, 100 SKIPS BK, 50 kick FS, 100 OC			
<b>Main set "A" Stroke</b>	Lane 3 BS 4 x 100 or 8x 50 RI 20-30 2 x even pace, 2 x BES (repeat if doing 50s) [400]	Lane 4 BK 4 x 100 or 8x 50 RI 20-30 2 x even pace, 2 x BES (repeat if doing 50s) [400]	Lane 5 = FS L1/2/3 4 x 100 or 8x 50 RI 20-30 2 x even pace, 2 x BES (repeat if doing 50s)	Lane 6 = FS L3/L3D/T 6 x 100 RI 20-30 2 x even pace, 2 x BES 2 x Building. CK times. [600]
<b>Dives/starts &amp; sprints 15 mins</b>	FS - L3 8 x 25 sprints with walk back rest [200]	FS - L1/2 6 x 25 sprints with walk back rest	BS – all 4 x 25 sprints with walk back rest	BK- all 4 x 25 sprints with walk back rest
<b>Turns 10 mins</b>	Tumble turns FS	Open turns FS	Open turns BK	Open turns BS/Fly
<b>Main set "B" Stroke</b>	Lane 3 BS 4 x 100 or 8x 50 RI 20-30 2 x even pace, 2 x BES (repeat if doing 50s)	Lane 4 BK 4 x 100 or 8x 50 RI 20-30 2 x even pace, 2 x BES (repeat if doing 50s) [400]	Lane 5 = FS L1/2 4 x 100 or 8x 50 RI 20-30 2 x even pace, 2 x BES (repeat if doing 50s)	Lane 6 = FS L3/L3D/T 6 x 100 RI 20-30 2 x even pace, 2 x BES, 2 x Building. CK times.[600]
<b>Main set "C"</b>	L1 = 8x 25 Sprints every 60. 3 x BK, 3 x FS, 1 x OC	L2 = 12 x 25 Sprints every 55. 4 x BK, 4 x FS, 4 x OC [300]	L3 = 8 x 50 FS RI 20 2 x M, 2 x F, 2 x even, 2 x OC speed [400]	L3DT = Turns & SOTW = focus 2 x 200 FS @ SR +1 RI 30 400 FS (100 = M/E/M/F) [800]
<b>Relays</b>	<b>10 mins-</b> FS/Medley			
<b>C/Down</b>	100 easy OC			
<b>Total</b>	L3DT = 2700+, L3 FS = 2100+, BK L2 = 1600+ BS L1/2 = 1500+			

