

Date: Sunday 1st March 26. Notices: AGM today, HAG Sun 8th & Tues 10th March Enter ASAP. **Training Emphasis:** Race Planning - Prep HAG & National in April. Get the dives & turns right for the stroke, Know the stroke rules. Caution: Lane situ awareness, Varied program – LOOK at the clock, know your times, Take the rest periods. Lane 3 = BK, Lane 4 = BS Lane 5 = FS, Lane 6 = FS. **Equip:** Race goggles

W/ up	NO FINS - 100 OC, ↑ kick FS ↓swim FS, ↑Kick BK ↓swim BK, 100 OC. Repeat till the whistle goes. Target L1 = 250, L2 = 300, L3/L3D = 400		
Main 1 All lanes	25M Sprints General Focus points = SOTW, when to kick and how many, when to get for first arm stroke in, Kick it home from 10M to go, don't breathe inside 5M to go etc. 25M FS sprints every 45 secs x 6, BK – every 50 secs x 6. BS = 4 every 60 secs. Fly=4 every 60 secs (fins OK 4 fly). 100 OC easy recovery. [FS = 250/BK= 250/BS/Fly=200] -		
Drills - If main 1 is poor add this	BK Drills RI 15 2 x 25 Kick with single arm 2 x 25 arms in oppn with body rotation. 100	BS Drills RI 15 2 x 25 Separation drill Arms/legs/glide 2 x 25 extn glide 100	FS Drills RI 20 2x 25 Fist/punch entry and then extend FWD 2 x 25 ¾ catch up. Still rotate 100
Main set 2 "A" stroke Start @ Deep end	BK lane 3 Race Plan – RI 20 2 x 100 = incl 25 sprint/ 75 ev/pace , 2 x 50 ↑M↓F RI 20 (1 st = 80%, 2 nd 95%) walk 60 secs. 2 x 100 which one? RI 30 FES/BES/Building) [500] BS lane 4 Race Plan -RI 20 - focus on underwaters /turns 2 x 100 = Incl 25 sprint/75 ev/ pace, 2 x 50 - Work the turns. RI 30 (1 st = 80%, 2 nd = 95%) walk 60 secs, 2 x 100 which one? RI 30 – 40 (/FES/ BES or building) [500]		FS in lane 5 Race Plan 4 x 100 FS (2 x FES, 2 x BES) RI 20-30 8 x 50 FS varying pace (1 & 2 = 80%, 3 & 4 = 85%, 5 & 6 = 90%) 7 & 8 = 80% RI 30 [800] FS Dist in Lane 6 Race Plan. 2 x 200 FS RI 30-45 50 FES, 100 even pace, 50 BES. 4 x 100 FS RI 20-30 Which speed for you? FES/BES/building) [800]
Dive & sprints	10-15 mins Start in Lane 3 dive start and sprint OC to end. under rope to Lane 4 easy swim to deep end, under rope to Lane 5 sprint OC to shallow end (BK starts ok) , under rope to Lane 6 swim easy to end – climb out – start again. (min 200)		
Main set 3 = "B" Stroke	BK lane 3 / BS Lane 4 Race Plan -RI 30 4 x 50 ↑M↓F RI 20 (1 st = 80%, 2 nd = 90%, 3 rd = 85%, 4 th = 95%) walk 60 secs, 2 x 100 (1 x FES, 1 x BES) RI 30 [400]		FS in lane 5/6 - Race Plan RI 30 2 x 100 FS (1 x FES, 1 x BES) 4 x 50 FS varying pace (1 = 80%, 2 = 85%, 3 = 90%) 4 = 80% 4x25 FS every 45 [500]
Relays	Relays – FS/Medley if time	C/Down 100 OC	Totals = 1650+ – 2250+

BS Lane 4	Training Emphasis: Race Prep for Competition
W/ up	NO FINS – 100 OC, ↑ kick FS ↓swim FS, ↑Kick BK ↓swim BK, 100 OC. Repeat till the whistle goes. Target L1 = 250, L2 = 300, L3/L3D = 400
Main 1 All lanes	25M Sprints General Focus points = SOTW, when to kick and how many, when to get for first arm stroke in, Kick it home from 10M to go, don't breathe inside 5M to go etc. 25M FS sprints every 45 secs x 6, BK – every 50 secs x 6. BS = 4 every 60 secs. Fly=4 every 60 secs (fins OK 4 fly). 100 OC easy recovery. [FS = 250/BK= 250/BS/Fly=200] -
Main set 2 “A” stroke [500]	BS lane 4 Race Plan - - focus on underwaters /turns 2 x 100 = Incl 25 sprint/75 even pace, RI 20 2 x 50 - Work the turns. RI 30 (1 st = 80%, 2 nd = 95%) walk 60 secs, 2 x 100 RI 30 – 40 - which one for you? (/FES/ BES or building)
Dive sprints 200	10 mins - Start in Lane 3 dive start and sprint OC to end. under rope to Lane 4 easy swim to end, under rope to Lane 5 sprint OC to end (BK starts ok), under rope to Lane 6 swim easy to end – climb out
Main set 3 “B” [400]	BS lane 4 – Race Plan - 4 x 50 ↑M↓F RI 30 (1 st = 80%, 2 nd = 90%, 3 rd = 85%, 4 th = 95%) walk 60 secs, 2 x 100 (1 x FES, 1 x BES) RI 30
Skill 2	Relays If time
Cool Down	100 OC
Total	1650-2250+

BK lane 3	Training Emphasis: Race Prep for Competition.
W/ up	NO FINS – 100 OC, ↑ kick FS ↓swim FS, ↑Kick BK ↓swim BK, 100 OC. Repeat till the whistle goes. Target L1 = 250, L2 = 300, L3/L3D = 400
Main 1 All lanes	25M Sprints General Focus points = SOTW, when to kick and how many, when to get for first arm stroke in, Kick it home from 10M to go, don't breathe inside 5M to go etc. 25M FS sprints every 45 secs x 6, BK – every 50 secs x 6. BS = 4 every 60 secs. Fly=4 every 60 secs (fins OK 4 fly). 100 OC easy recovery. [FS = 250/BK= 250/BS/Fly=200] -
Main set 2 A Stroke [500]	BK lane 3 Race Plan – 2 x 100 = incl 25 sprint/ 75 even pace - RI 30, 2 x 50 ↑M↓F RI 20 (1 st = 80%, 2 nd 95%) walk 60 secs. 2 x 100 which one? RI 30 FES/BES/Building)
Dive sprints 200	10 mins - Start in Lane 3 dive start and sprint OC to end. under rope to Lane 4 easy swim to end, under rope to Lane 5 sprint OC to end (BK starts ok), under rope to Lane 6 swim easy to end – climb out - Repeat
Main set 3 “B” stroke 400	BK lane 3 Race Plan - 4 x 50 ↑M↓F RI 30 (1 st = 80%, 2 nd = 90%, 3 rd = 85%, 4 th = 95%) walk 60 secs, 2 x 100 (1 x FES, 1 x BES) RI 30
Skill 2	Relays if time
Cool Down	100 OC
Total	1650 - 2250+

FS L1 & 2 lane 5	Training Emphasis: Race Prep for Competition.
W/ up	NO FINS – 100 OC, ↑ kick FS ↓swim FS, ↑Kick BK ↓swim BK, 100 OC. Repeat till the whistle goes. Target L1 = 250, L2 = 300, L3/L3D = 400
Main 1 All lanes	25M Sprints General Focus points = SOTW, when to kick and how many, when to get for first arm stroke in, Kick it home from 10M to go, don't breathe inside 5M to go etc. 25M FS sprints every 45 secs x 6, BK – every 50 secs x 6. BS = 4 every 60 secs. Fly=4 every 60 secs (fins OK 4 fly). 100 OC easy recovery. [FS = 250/BK= 250/BS/Fly=200] -
Main 1 A Stroke [800]	FS in lane 5 Race Plan 4 x 100 FS (2 x FES, 2 x BES) RI 20-30 8 x 50 FS varying pace RI 30 1 & 2 = 80%, 3 & 4 = 85%, 5 & 6 = 90%, 7 & 8 = 80% Walk recovery
Dive sprints	10 Mins- Start in Lane 3 dive start and sprint OC to end. under rope to Lane 4 easy swim to end, under rope to Lane 5 sprint OC to end (BK starts ok), under rope to Lane 6 swim easy to end – climb out
Main set “B” stroke [500]	FS in lane 5/6 focus Race Plan 2 x 100 FS (1 x FES, 2 x BES) RI 20-30 4 x 50 FS varying pace RI 30 1 = 80%, 2 = 85%, 3 = 90%, 4 = 80% 4x25 FS every 45
Skill	Relays if time
Cool Down	100 OC
Total	1650-2250+

FS L3/3D Lane 6	Training Emphasis: Race Prep for Competition.
W/ up	NO FINS – 100 OC, ↑ kick FS ↓swim FS, ↑Kick BK ↓swim BK, 100 OC. Repeat till the whistle goes. Target L1 = 250, L2 = 300, L3/L3D = 400
Main 1 All lanes	25M Sprints General Focus points = SOTW, when to kick and how many, when to get for first arm stroke in, Kick it home from 10M to go, don't breathe inside 5M to go etc. 25M FS sprints every 45 secs x 6, BK – every 50 secs x 6. BS = 4 every 60 secs. Fly=4 every 60 secs (fins OK 4 fly). 100 OC easy recovery. [FS = 250/BK= 250/BS/Fly=200] -
Main 2 “A” [800]	FS Dist in Lane 6 – Race Plan 2 x 200 FS =50 FES, 100 even pace, 50 BES. RI 30-45 4 x 100 FS - RI 20-30Which Pacing for you? (FES/ BES/Building)
Dive sprints	10 mins - Start in Lane 3 dive start and sprint OC to end. under rope to Lane 4 easy swim to end, under rope to Lane 5 sprint OC to end (BK starts ok), under rope to Lane 6 swim easy to end – climb out & repeat
Main Set 3 “B” stroke 500	FS in lane 5/6 Race Plan 2 x 100 FS (1 x FES, 2 x BES) RI 20-30 4 x 50 FS varying pace RI 30 1 = 80%, 2 = 85%, 3 = 90%, 4 = 80% 4x25 FS every 45
Relays	If time
Cool Down	100 OC
Total	1650-2250+