

Date: Sunday 15th March 2026 Notices: Video analysis, Coaches Newsletter. Weekly drill focus = **FS - Body Rotation**(roll) & **leverage** (where the power comes from) Why Rotation? - Instead of swimming flat, and depending on the small muscles of the arm, swimmers can use the body to roll into and out of each stroke. Doing so accesses more power from the core. By engaging the large muscles of the core, it is possible to travel more distance per stroke, with the same amount of energy, so FS becomes more productive and more sustainable. In addition, using core leverage avoids injury to vulnerable shoulder joints. Long term flat freestyle is responsible for many swimmers' injuries such as rotator cuff problems. **Caution:** Shoulder/necks – stop if you have pain. Coach will provide alternate!

Equipment: Fins/TTs

Level	Level 1	Level 2	Level 3
W/ up 	50 FS, 25 Kick FS, 100 swim OC, 25 Kick BK, 50 Pull BS (dolphin legs), 50 Swim OC. [300]		
Drill/Skill items [350] 	Rotation/roll – The Coach needs to see your OPEN armpit. Look to side (not forward/Roll up to breath as needed). RI 20 Drill 1 - 2 x 25 - 6 kick Switch using 1 arm stroke. Be in a long position (arm rest in front) on side @ 30-45 degrees,6 kicks, rotate, 6 kicks repeat. Drill 2 - 2 x 25 – Catch ups – Long strokes /Leverage from arm at Catch, EVF, exit. Rest front arm. Rotate to breath. Recovery - floppy hand? Drill 3 - 2 x 25 -Breathing & rotating – Symmetrical stroke/rotation/kick – ↑breath both sides 3/5 ↓breath one side 2/4 Drill 4 - 4 x 25 - leverage & power (pause to ck) at:-Catch, EVF, mid pt and exit – use CS if have them. 2 x 50 FS @ 75% / #SPL and ck SR#. – CK awareness of: Body posn, eyes, Hand entry 1 st (not elbow), Catch/EVF/Mid pt/exit/ open armpit relaxed recovery, 1 arm always in front quadrant etc.....		
Main set 	4 x 100 “A” @ Even Pace – #SPL RI 30 4 x 50 “B” ↑M↓F RI 20-30 2 x 25 FS Drill #1 above kick / rotate RI 15 4 x 25 FS Drill #4- above Leverage CK RI 15 2 x 100 OC - Ck #SPL/SR 4 x 25 ↑FS ↓BK every 60 secs [1050] Coaches Handicaps/Dives if time	200 FS even pace. CK #SPL/SR -TTs 3 x 100 A building to sprint last 10M RI 30 6 x 50 “B” 75% CK #SPL/SR effort RI 20 2 x 25 Drill# 1 above RI 15 2 x 25 Drill #4 - Leverage EVF position CK 100 FS # SR long and easy- CK SOTW /Turns. 4 x 25 ↑FS ↓BK every 55 secs [1100] - Coaches Handicaps if time	200 FS even pace. CK SPL/SR -TTs 4 x 100 A building to sprint last 10M RI 30 6 x 50 “B” 75% - 80 % CK #SPL/SR RI 20 2 x 25 Drill# 1 RI 15 2 x 25 Drill # 4- Leverage EVF position CK 2 x 100 FS # SR , long and easy- SOTW /Turns 4 x 25 ↑FS ↓BK every 50 secs [1300] Coaches Handicaps if time
L3D	2 x 200 FS Hip driven FS – even pace, CK SR/#SPL RI 30. 200 OC (not FS) work the turns, 3 x 100 FS –@SR +1 /SOTW & work the turns. RI 20 2 x 25 Drill# 1 above RI 15, 2 x 25 Drill 4 - Leverage EVF position CK RI 15, 1 x FIM (↑FS↓IM order) 400 FS – Building speed from 200 -300, then even pace and sprint last lap. 4 x 25 every 45 SOTW. [1700] Coaches Handicaps/Dives if time		
C/Down	100 - BK, BS/side stroke, walking, underwater dolphins		
Total	L1 =1700+	1850+	L 3 = 2250+/ L3D = 2450+