

Date: Sunday 22nd March 2026. Notices: No swim Easter FRI/Sun. Extra training for Nationals Thur 26th Mar @ 1300 TBC.

Weekly drill Theme =BK - Stroke Leverage/power and body rotation (roll)– Underwater stroke elements - working thru the pull and push phases and using body core. **Caution:** Reminder of body rotation and bent arms pull to avoid shoulder issues with straight arm recovery. Situational awareness of position in the lane. **Equipment:** Fins/TTs

Warm up	L1 & L2 = 100 SKPS FS, 100 Kick OC, 100 Swim OC (300). L3/L3DT = 100 SKPS FS, 100 Kick OC, 100 Swim OC, 100 FS Kick. 🏊 (400)	
Drill/Skill items 	<p>BK 2 x 25 on each with RI 15.</p> <p>Drill # 1 (one arm Pull/Push) Finding the pull (with bent arm) and push phases with body roll. ↑LA↓RA</p> <p>Drill #2 = 3 strokes/6 kicks/3 strokes- feeling the roll in/out of each stroke and transferring the power.</p> <p>Drill # 3 = 6 strokes/Freeze/6 strokes – Ensuring arms in opposition. Freeze at various stages & CK the arms in opp’n.</p> <p>Drill # 4 (Fist) normal rhythm and arm stroke but use fist to pull/push, bent elbow (HFA) and when to accelerate the pull</p> <p>4 x 25 Normal BK –SLOB start, get arms in opposition and #SPL & # SP Flags to wall (300)</p>	
L1/2/3 only	This swim is part of the main set - Swim slow Hip driven FS = 5 mins. Use a 2- 4 beat kick. Another opportunity to get the 4 key underwater positions right (catch, EVF, Mid pt alignment, exit), consolidating FS work from last week	
Main set 	<p>Level 1(1000)</p> <p>A. 4 x 100 OC – Building to sprint last 5M. RI 30</p> <p>B. 4 x 50 - 2 x A, 2 x BK – even pace. RI 20</p> <p>C. 5 min FS consolidation swim</p> <p>D. 200 OC - Sprint last 10M or 2 x 100. RI 30</p> <p>E. 8 x 25 sprints 3 x FS, 3 x BK, 2 x OC every 60 secs</p>	<p>Level 3(1400)</p> <p>A. 6 x 100 OC – 3 x even pace, 3 x OC speed. RI 30</p> <p>B. 6 x 50 - 3 x A, 3 x BK – (2 x FES, 2 x BES, 2 x Building). RI 20-30</p> <p>C. 5 min FS consolidation swim. Long easy strokes – tech swim</p> <p>D. 200 OC or 2 x 100 IMs (RI 30)</p> <p>E. 12 x 25 sprints 6 x FS, 4 x BK, 2 x OC every 50 secs</p>
	<p>Level 2(1200)</p> <p>A. 4 x 100 OC – Building to sprint last 5M. RI 20-30</p> <p>B. 6 x 50 (3 x A, 3 x BK- even pace) RI 20</p> <p>C. 5 min FS consolidation swim</p> <p>D. 200 OC or 2 x 100 Ims RI 30</p> <p>E. 12 x 25 sprints 6 x FS, 4 x BK, 2 x OC every 55 secs</p>	<p>Level 3DT (2000)</p> <p>A. 2 x 400 FS –use TT @ SR. Think about 2 beat kick and hip drive into longer stroke. RI Walk 60</p> <p>B. 4 x 25 FS sprints every 45 secs,</p> <p>C. 2 x 200 BKN FS-BK (4 x 50 FS RI 15) RI 60.</p> <p>D. 200 ↑FS kick↓FS with dolphin legs (rhythm!).</p> <p>E. 5 x 100 (3x FS, 2 x not FS) – Sprint last lap. RI 30</p>
C/Down	100 = underwater easy body dolphins to ½ way, ½ lap BK kick, walking etc.	
Total	L1 = 1700 + 5 mins, L2 =1900 +5 mins, L3 = 2200 = 5 mins, L3D/T = 2800	