





**Date: Sunday 29<sup>th</sup> March 2026 Notices: No swims over Easter (FRI & Sun). Extra swim Thur @ 1230. Weekly Drill Emphasis: BS – Arms for leverage, Kick timing. BS = slowest of strokes, therefore overall distance down today. Pace work increases, consolidate BK. Caution: Knees -swap out for fly legs.**

**Equipment: Fins/KB/TTs**

<b>Warm up</b>	L1 & L2 – 50 Kick FS, 100 Swim ↑FS ↓BK, 50 Kick BK, 50 swim OC. (250)  L3/L3D - 50 Kick FS, 100 Swim ↑FS ↓BK, 50 Kick BK, 100 swim OC. (300)
<b>Drill/ f 250</b>	2 x 25 on each drill RI 15 Fins ON #1 = BS arms getting leverage from arms & maintaining a compact arm stroke (use PB) and Dolphin kick. Pull out to “V” (shallow), down & around the corner (high elbows), elbows in, hands under chin and shoot forward to streamline with dolphin kick to get a glide. Fins OFF #2 = Kicking with heel taps for whip action, Legs L1/2 use KB, L3 hands on backside. # 3 = Stroke up to breath and kick down to glide – where should your eyes be focused? NO nodding donkeys! 4 x 25 Drill # 4 – Sweep, breathe, kick and glide. SOTW and underwater pulldown etc. 1 <sup>st</sup> lap # SPL, 2 <sup>nd</sup> lap -1 SLP, 3 <sup>rd</sup> lap = (another -1 SPL) 4 <sup>th</sup> lap target SPL = same as 3 <sup>rd</sup> lap.
<b>Main set L1 No fins</b>	200 ↑BK ↓FS even pace tech swim. 4 x 50 – 2 x A, 2 x B. BES for both. RI 30, 12 x 25 Sprints every 60 – 6 x FS, 2 x BK, 2x BS, 2 x OC, 100 OC easy, 2 x 50 BS Tech swims – think about drill set above and work on stroke Coord. RI 20. 2 x 100 FS FES RI 30, 4 x 25 IM order RI 15. (1200)
<b>Main set L2</b> 	200 ↑BK ↓FS even pace tech swim, 6 x 50 – 2 x A - BES, 2 x B - BES. 2 x OC even pace. RI 30, 2 x 25 Sprints every 55 – 6 x FS, 2 x BK, 2x BS, 2 x OC, 100 OC easy, 2 x 50 BS Tech swims – think about drill set above and work on stroke Coord. RI 20. 2 x 100 FS FES RI 30, 1 x 100 BK Tech swim focus on coord. 4 x 25 IM order RI 15. (1300)
<b>Main set L3</b> 	200 FS ↑E↓M (tech swim #SPL /TT @ SR). 6 x 50 – 2 x A - BES, 2 x B - BES. 2 x OC even pace. RI 30, 16 x 25 Sprints every 50 – 6 x FS, 4 x BK, 4x BS, 2 x OC, 100 OC easy recovery, 2 x 50 BS Tech swims – think about drill set above and work on stroke Coord. RI 20. 3 x 100 FS (1 x FES/1 x BES, 1 x OC pace) RI 20,4 x 25 IM order RI 15. (1400)
<b>Main set L3Dist</b> 	200 FS ↑E↓M (tech swim #SPL /TT @ SR) 800 FS at even pace - Use TT @ SR. every 4th lap - at flags use single arm with dolphin kicks to next flag. 6 x 50 – 2 x A - BES, 2 x B - BES. 2 x OC (not FS) even pace. RI 30, 12 x 25 Sprints every 60 – 6 x FS, 2 x BK, 2x BS, 2 x OC, 100 OC easy recovery, 2 x 100 FS (1 x FES/1 x BES) RI 20 400 FS Use TT @ SR. every 4th lap at flags use single arm with dolphin kicks to next flag (2200)
<b>Starts</b>	If time
<b>C/Down</b>	Min 100 = BK fining, Side stroke, floppy FS, walking, floating, talking, socialising etc
<b>Total</b>	L1 = 1700+, L2 = 1900+, L3 = 2050+, L3D = 2850+

