


Date: Sunday 19th April 26. Notices: Coach newsletter April. **Training Emphasis:** Race Prep Masters events = plan your own race! Get the dives and turns right for the stroke, Know the stroke rules. Quality not quantity! Caution: Lane situ awareness, LOOK at the clock, know your times, Take the rest periods. Don't wait for others – Go when you should go! Dive/Starts & relays. **Equip:** Fins/TTs if you wish

Level	Level 1	Level 2	Level 3 / L3Distance
W/ up 	5 Mins = 100 FS, 50 kick BK, 50 FS Catch ups, 100 Swim OC, 50 swim FS, 50 swim BK. Target L1 = 300, L2 = 350, L3/L3D = 400		
Main 1 All lanes	General Focus points = SOTW, when to kick and how many, when to get for first arm stroke in, # x to breathe, when to Kick it home, don't breathe inside 5M to go etc. Sprints on the whistle = HIT for 5 minutes. Target = 6 x 25 [150]. L3 1 st whilst L1/2 = 2 nd whistle. Every 60 secs.		
Drills	2 x 25 BS with EXTN glide, 2 x 25 BK Single arm with rotation, 2 x 25 FS ¾ catch up, 2 x 25 Single arm fly [200]		
Main set 2 RI 15 -20 all	Lane 6 BN competitors Starts at Deep end – 10 mins 4 x dives /starts – sprint to ½ way	Level 1 & 2 RI 40-60 (Lane 5) [250] 5 x 50 OC - Work the turns. (1 st = 80%, 2 nd = 90%, 3 rd = 85%, 60 sec walk recovery 4 th = 95%, 5 th = 80%, 6 th = 80%)	Level 3 RI for 50 = 40. RI for 60 (Lane 4) 3 x 100 OC (1 st = 75 -80%, 2 nd = 80-85%, 3 rd = Race plan Work the turns. + 60 sec walk recovery at the end [300] Lane 3 - L3D = 3 x 200 FS even pace – sprint last lap. RI 30-45 [600]
Dive with sprints	2 x thru - Start in Lane 3 FS dive start and sprint to end. under rope to Lane 4 easy OC to end, under rope to Lane 5 sprint BK start to end, under rope to Lane 6 swim easy OC to end – climb out [200]		
Main set 3	Level 1 2 x 100 “A” RI 40 - build the swim or 1 st = 80%, 2 nd = 90% 100 OC easy recovery/ or walk 60 secs 2 x 50 “B” both 90%- 95% 100 OC easy recovery/ or walk 60 secs [500]	Level 2 3 x 100 “A” RI 30-40 -build the swim or 1 st = 80%, 2 nd = 85%, 3 rd = 90% 100 OC easy recovery/ or walk 60 secs 2 x 50 “B” both 90%- 95% 100 OC easy recovery/ or walk 60 secs [600]	Level 3 4 x 100 “A” - pacing or building RI 30-40 1 st = 80%, 2 nd = 85%, 3 rd = 80%, 4 th = 90% 100 OC easy recovery/ or walk 90 secs 2 x 50 “B” both 90%- 95% 100 OC easy recovery/ or walk 90 secs [700] L3D = 400 FS (split 100s -M/E/M/F) 3 x 100 building RI30 [700]
Relays	Relays – FS/Medley + coach handicaps		
C/Down	100 OC		
Total	1700+ Relays + turns etc	1900+ Relays + turns etc	L3/D = 2350/2050+ Relays + turns etc