






**Date:** 31<sup>st</sup> May 26. **Notices:** Names for NSW long Dist meet 19th July. **Weekly Emphasis:** FS/BK arm & Leg action, moderate intensity. **Caution:** Shoulders – don't overreach. **Equipment:** Fins/KB/CS

<b>WarmUp</b>	 100 OC, 50 BK kick, 50 Swim FS, 100 OC – Get your legs warmed! (200/300)											
<b>Drills FS = 200</b> all RI = 15/20	1 x 25 FS easy min # strokes. 10 secs of vertical kicking– x 2 - use hands to stabilise upright position. 1 x 25 FS - calves up & out for 1 <sup>st</sup> 5M. Get the leg action hip to ankle. 50 Swim FS long strokes with mini glide & hold out arm in front (connect the upper and lower body), 2 or 6 beat kick. 2 x 25 – FS with Rotation both side. Engage core. Hip-2-Hip. 1 side balances the other applying force, mastering the hip 2 hip switching. 2 x 25 – FS leverage & power at:-Catch, EVF, mid pt and exit – use CS if have them.											
<b>Main set "A"</b>	L1 - 4 x 50 OC @ even pace RI 15 4 x 25 FS ↑Kick↓Pull (legs x'd) RI 10 (300)			L2 - 2 x 100 OC @ even pace RI 15. 4 x 25 FS ↑Kick↓Pull (legs x'd) RI 10 (300)			L3 - 3 x 100 OC @ even pace RI 15 4 x 25 FS ↑Kick↓Pull (legs x'd) RI 10 (400)			L4 - 4 x 100 FS @ even pace #SPL CK. 4 x 25 FS ↑Kick↓Pull (legs x'd) RI 10 (500)		
<b>Drills BK 150</b> all RI = 15/20	BK arms/leg drills – 2 x 25 BK kicking – Kick from hips, slight flex of knees, whip like action – stronger up. 3L/3R body rotation, head remains in neutral posn. 2 x 25 BK normal arms but ensuring a “locked elbow” and arms in “opposition”. Rotation required! 2 x 25 Normal BK. Count # SPL, know # flag to wall.											
<b>Main set "B" 500/750</b>	<b>Set 1 Distance</b>	<b>Rest Int Secs</b>	<b>#/Effort</b>	<b>Stroke</b>	<b>Check pt</b>	<b>Set 1 Distance</b>	<b>Rest Int Secs</b>	<b>#/Effort</b>	<b>Stroke</b>	<b>Check pt</b>		
	25	5	SPL 70%	FS	Arm rest out front/mini glide	50	5	SPL 70%	FS	Arm rest out front/mini glide		
	50	10	SPL 70%	FS	Catch Posn	100	10	SPL 70%	FS	Catch Posn		
	75	15	SPL 75%	FS	EVF acceleration pt	150	15	SPL 75%	FS	EVF acceleration pt		
	100		SPL 75%	FS	Body Rotation	200		SPL 75%	FS	Body Rotation		
	(250)	60 secs				(500)	60 secs					
	<b>Set 2 Distance</b>	<b>Rest Int Secs</b>	<b>#/Effort</b>	<b>Stroke</b>	<b>Check pt</b>	<b>Set 2 Distance</b>	<b>Rest Int Secs</b>	<b>#/Effort</b>	<b>Stroke</b>	<b>Check pt</b>		
	25	5	SPL 75%	BK	SPL/flags to wall	25	5	SPL 75%	BK	SPL/flags to wall		
	50	10	SPL 75%	BK	Kick- ankle flex	50	10	SPL 75%	BK	Kick- ankle flex		
	75	15	SPL 70%	BK	Body Rotation	75	15	SPL 70%	BK	Body Rotation		
	100		SPL 70%	BK	HFA pull	100		SPL 70%	BK	HFA pull		
	(250)	60 secs				(250)	60 secs					
	<b>Main Set</b>	2 x 200 "A" RI 30 BES CK pts = #SPL and SOTW					2 x 400 "A" RI 30 BES CK pts = #SPL and SOTW					
	<b>C/Down</b>	100 =Long dogs, BS with extn glides, BK Finning, walking					Total = L1 = 1850, L2 = 1850, L3 = 2700, L3DT = 2800					

<b>Level 1</b>	<b>Weekly Emphasis: FS/BK arm &amp; Leg action</b>				
<b>Warm up</b>	 100 OC, 50 BK kick, 50 Swim FS, 100 OC – Get your legs warmed! (200/300)				
<b>Drills A FS arms/legs</b>	<p>1 x 25 – FS easy Min # strokes to deep end. 2 x 10 secs of vertical kicking– use hands to stabilise upright position.</p> <p>1 x 25 FS kicking Calves up &amp; out for 1<sup>st</sup> 5M.</p> <p>Get the leg action hip to ankle</p> <p>50 Swim FS long strokes with mini glide (connect the upper and lower body) –2 or 6 beat kick</p> <p>2 x 25 – FS with rotation both sides, engage core. Hip-2-Hip. 1 side balances the other applying force.</p> <p>2 x 25 – FS leverage &amp; power at:-Catch, EVF, mid pt and exit – use CS if have them.</p>				
<b>Main “A”</b>	<p>4 x 50 OC @ even pace RI 15</p> <p>4 x 25 FS ↑Kick↓Pull (legs x’d) RI 10 (300)</p>				
<b>Drills “B” BK arms/legs</b>	<p>2 x 25 BK kicking – Kick from hips, slight flex of knees, whip like action – stronger up. 3L/3R body rotation, head remains in neutral posn.</p> <p>2 x 25 BK normal arms but ensuring a “locked elbow” and arms in “opposition”. Rotation required!</p> <p>2 x 25 Normal BK. Count SPL, know # flag to wall.</p>				
<b>Main “B” 500</b>	<b>Set 1 Distance</b>	<b>Rest Int Secs</b>	<b>#/Effort</b>	<b>Stroke</b>	<b>Check pt</b>
	25	5	SPL 70%	FS	Arm rest out front
	50	10	SPL 70%	FS	Catch Posn
	75	15	SPL 75%	FS	EVF acceleration pt
	100		SPL 75%	FS	Body Rotation
		60 secs			
	<b>Set 2 Distance</b>	<b>Rest Int Secs</b>	<b>#/Effort</b>	<b>Stroke</b>	<b>Check pt</b>
	25	5	SPL 75%	BK	SPL/flags to wall
	50	10	SPL 75%	BK	Kick- ankle flex
	75	15	SPL 70%	BK	Body Rotation
	100		SPL 70%	BK	HFA pull
		60 secs			
<b>Main “C”</b>	2 x 200 “A” RI 30 BES CK pts = #SPL and SOTW				
<b>Cool Down</b>	100 =Long dogs, BS with extn glides, BK Finning, walking				
<b>Total</b>	1850				

<b>Level 2</b>	<b>Weekly Emphasis: FS/BK arm &amp; Leg action</b>				
<b>Warm up</b>	 100 OC, 50 BK kick, 50 Swim FS, 100 OC – Get your legs warmed! (200/300)				
<b>Drills FS RI =15/20</b>	<p>1 x 25 – FS easy Min # strokes to deep end. 2 x 10 secs of vertical kicking– use hands to stabilise upright position.</p> <p>1 x 25 FS kicking Calves up &amp; out for 1<sup>st</sup> 5M.</p> <p>Get the leg action hip to ankle</p> <p>50 Swim FS long strokes with mini glide (connect the upper and lower body) –2 or 6 beat kick</p> <p>2 x 25 – FS with rotation both sides, engage core. Hip-2-Hip. 1 side balances the other applying force.</p> <p>2 x 25 – FS leverage &amp; power at:-Catch, EVF, mid pt and exit – use CS if have them.</p>				
<b>Main “A”</b>	<p>2 x 100 OC @ even pace RI 15</p> <p>4 x 25 FS ↑Kick↓Pull (legs x’d) RI 10 (300)</p>				
<b>Drills “BK” RI 15-20</b>	<p>2 x 25 BK kicking – Kick from hips, slight flex of knees, whip like action – stronger up. 3L/3R body rotation, head remains in neutral posn.</p> <p>2 x 25 BK normal arms but ensuring a “locked elbow” and arms in “opposition”. Rotation required!</p> <p>2 x 25 Normal BK. Count SPL, know # flag to wall.</p>				
<b>Main “B” 500</b>	<b>Set 1 Distance</b>	<b>Rest Int Secs</b>	<b>#/Effort</b>	<b>Stroke</b>	<b>Check pt</b>
	25	5	SPL 70%	FS	Arm rest out front
	50	10	SPL 70%	FS	Catch Posn
	75	15	SPL 75%	FS	EVF acceleration pt
	100		SPL 75%	FS	Body Rotation
		60 secs			
	<b>Set 2 Distance</b>	<b>Rest Int Secs</b>	<b>#/Effort</b>	<b>Stroke</b>	<b>Check pt</b>
	25	5	SPL 75%	BK	SPL/flags to wall
	50	10	SPL 75%	BK	Kick- ankle flex
	75	15	SPL 70%	BK	Body Rotation
	100		SPL 70%	BK	HFA pull
		60 secs			
<b>Main “C”</b>	2 x 200 “A” RI 30 BES CK pts = #SPL and SOTW				
<b>Cool Down</b>	100 =Long dogs, BS with extn glides, BK Finning, walking				
<b>Total</b>	1850				

<b>Level 3</b>	<b>Weekly Emphasis: FS/BK arm &amp; Leg action</b>				
<b>Warm up</b>	 100 OC, 50 BK kick, 50 Swim FS, 100 OC – Get your legs warmed! (300)				
<b>Drills FS RI 15</b>	<p>1 x 25 – FS easy Min # strokes to deep end. 2 x 10 secs of vertical kicking– use hands to stabilise upright position.</p> <p>1 x 25 FS kicking Calves up &amp; out for 1<sup>st</sup> 5M.</p> <p>Get the leg action hip to ankle</p> <p>50 Swim FS long strokes with mini glide (connect the upper and lower body) –2 or 6 beat kick</p> <p>2 x 25 – FS with rotation both sides, engage core. Hip-2-Hip. 1 side balances the other applying force.</p> <p>2 x 25 – FS leverage &amp; power at:-Catch, EVF, mid pt and exit – use CS if have them.</p>				
<b>Main “A” 400</b>	<p>3 x 100 OC @ even pace RI 15</p> <p>4 x 25 FS ↑Kick↓Pull (legs x’d) RI 10</p>				
<b>Drills “BK” RI 15-20</b>	<p>2 x 25 BK kicking – Kick from hips, slight flex of knees, whip like action – stronger up. 3L/3R body rotation, head remains in neutral posn.</p> <p>2 x 25 BK normal arms but ensuring a “locked elbow” and arms in “opposition”. Rotation required!</p> <p>2 x 25 Normal BK. Count SPL, know # flag to wall.</p>				
<b>Main “B” 500 + 250</b>	<b>Set 1 Distance</b>	<b>Rest Int Secs</b>	<b>#/Effort</b>	<b>Stroke</b>	<b>Check pt</b>
	50	5	SPL 70%	FS	Arm rest out front
	100	10	SPL 70%	FS	Catch Posn
	150	15	SPL 75%	FS	EVF acceleration pt
	200		SPL 75%	FS	Body Rotation
		60 secs			
	<b>Set 2 Distance</b>	<b>Rest Int Secs</b>	<b>#/Effort</b>	<b>Stroke</b>	<b>Check pt</b>
	25	5	SPL 75%	BK	SPL/flags to wall
	50	10	SPL 75%	BK	Kick- ankle flex
	75	15	SPL 70%	BK	Body Rotation
100		SPL 70%	BK	HFA pull	
<b>Main “C”</b>	2 x 400 “A” RI 30 BES CK pts = #SPL and SOTW				
<b>Cool Down</b>	100 =Long dogs, BS with extn glides, BK Finning, walking				
<b>Total</b>	2700				

<b>Level 3D/T</b>	<b>Weekly Emphasis: FS/BK arm &amp; Leg action</b>				
<b>Warm up</b>	 100 OC, 50 BK kick, 50 Swim FS, 100 OC – Get your legs warmed! (300)				
<b>Drills FS RI 15</b>	<p>1 x 25 – FS easy Min # strokes to deep end. 2 x 10 secs of vertical kicking– use hands to stabilise upright position.</p> <p>1 x 25 FS kicking Calves up &amp; out for 1<sup>st</sup> 5M.</p> <p>Get the leg action hip to ankle</p> <p>50 Swim FS long strokes with mini glide (connect the upper and lower body) –2 or 6 beat kick</p> <p>2 x 25 – FS with rotation both sides, engage core. Hip-2-Hip. 1 side balances the other applying force.</p> <p>2 x 25 – FS leverage &amp; power at:-Catch, EVF, mid pt and exit – use CS if have them.</p>				
<b>Main “A” 500</b>	<p>4 x 100 FS @ even pace #SPL Or TT @ SR -CK</p> <p>4 x 25 FS ↑Kick↓Pull (legs x’d) RI 10</p>				
<b>Drills “BK” RI 15-20</b>	<p>2 x 25 BK kicking – Kick from hips, slight flex of knees, whip like action – stronger up. 3L/3R body rotation, head remains in neutral posn.</p> <p>2 x 25 BK normal arms but ensuring a “locked elbow” and arms in “opposition”. Rotation required!</p> <p>2 x 25 Normal BK. Count SPL, know # flag to wall.</p>				
<b>Main “B” 500 + 250</b>	<b>Set 1 Distance</b>	<b>Rest Int Secs</b>	<b>#/Effort</b>	<b>Stroke</b>	<b>Check pt</b>
	50	5	SPL 70%	FS	Arm rest out front
	100	10	SPL 70%	FS	Catch Posn
	150	15	SPL 75%	FS	EVF acceleration pt
	200		SPL 75%	FS	Body Rotation
		60 secs			
	<b>Set 2 Distance</b>	<b>Rest Int Secs</b>	<b>#/Effort</b>	<b>Stroke</b>	<b>Check pt</b>
	25	5	SPL 75%	BK	SPL/flags to wall
	50	10	SPL 75%	BK	Kick- ankle flex
	75	15	SPL 70%	BK	Body Rotation
100		SPL 70%	BK	HFA pull	
<b>Main “C”</b>	2 x 400 “A” RI 30 BES CK pts = #SPL and SOTW (800)				
<b>Cool Down</b>	100 =Long dogs, BS with extn glides, BK Finning, walking				
<b>Total</b>	2800				