











Date: Sunday 7th June 26. Notices: No swim Sun 21st June. NSW distance championships July nominations? (L3D starting FS preps) Weekly Drill Emphasis:



How do senior swimmers use BS Arms for leverage, leg Kick power into glide. Fly Arms for power and legs power to keep momentum going. BS = slowest of strokes & Fly the most powerful. **Caution:** Knees -BS swap out for fly legs. Shoulders do FS arms. **Equipment: Fins/KBs/TTs/ Finger paddles**

Warm up 	L1 & L2 – 50 Kick FS, 100 Swim FS, 50 Kick BK, 50 swim OC. (250) L3/L3D - 50 Kick FS, 100 Swim FS, 50 Kick BK, 100 swim OC. (300)
Drill/Skill Fly=150	Fly  clear lane or coach whistle. Reminders: 2 handed touch & SOTW 2 X 25 Fly kick – Skimmers - use KB – slight down push from chest not Hands. Fast legs kicks (up & down kick with knee bend, flex ankles). Arms - Standing drill: - Push out to “Y” (thumbs down), in-sweep by drawing a “?” back to hips (pull), then blast hands out. Over water recovery flat arms thumbs down/pinkies up, roll shoulders and flop arms in (in front of shoulder line), thumbs first. 2 x 25 Fly – FPs ON. Stoke Underwater element only with Blast outs. Concentrate on the end of the pull next to the hips “Blast out” your arms (straight).NO over water recovery. Move arms underwater back to streamline by doing a big kick and small glide. Initiate the Pull and repeat. 2 X 25 Fly normal stroke - breathing every 2 nd stroke. SOTW. Up kick 1 st . BS RI 15. Reminders: 2 handed touch. Push off options full arm pulldown, 1 x dolphin, 1 x BS leg kick to break surface then normal arm/leg cycle. Or streamlined push, break surface and into normal arm/leg cycle. 2 x 25 BS Arms only with FPs on– Leverage from arms use - Dolphins legs 2 x 25 BS legs – use KB . Duck feet drill/whip kick – power /propulsion from the legs 2 x 25.BS – Sweep, breathe, kick and GLIDE.
BS Fins OFF 150	
Main set L1(1200) No fins	200 OC ↑E↓F. 4 x 50 – 2 x A, 2 x B. building. 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 drills. RI 20. 2 x 100 FS @ even pace RI 30, 1 x 100 BK Tech swim focus rotation & power pull.
Main set L2 No fins	200 OC ↑E↓F. 6 x 50 – 2 x A ,2 x B - Building, 2 x OC even pace. RI 30, 12 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 drills RI 20. 2 x 100 FS ↑E↓M RI 30, 1 x 100 BK Tech swim focus on rotation & power pull. 4 x 25 IM order RI 15. (1400)
Main set L3 No fins	200 OC ↑E↓F. 6 x 50 – 2 x A, 2 x B – building. 2 x OC even pace. RI 30, 12 x 25 Sprints every 50 – 4 x FS, 4 x BK, 2x BS, 2 x OC, 200 OC easy, 2 x 50 BS Tech swims – think about drills above. RI 20. 2 x 100 FS (1 x FES/1 x BES) RI 20, 1 x 100 BK Tech on rotation & power pull. 4 x 25 IM order RI 15. (1500)
Main set L3Dist	200 OC ↑E↓F (not FS). 800 FS @ even pace every 4 lap sprint Flags to Flags use TTS @ SR.6 x 50 – 2 x A, 2 x B – building,2 x OC even pace. RI 30, 12 x 25 Sprints every 60 – 6 x FS, 2 x BK, 2x BS, 2 x OC, 300 FS (FES) RI 30. 400 FS even pace #SPL/TTs. (2300)
Fun time	Fun time = 2 x 25 Fly – 2 quick then 1 slow stroke. 2 x 25 Butter/free (Fly kick with FS arms) RI 30
C/Down	Min 100 = Underwaters – 2 x ½ laps BS kicking/ or fly dolphins, floppy FS, walking, floating, talking, socialising etc
Total	L1 = 1900+, L2 = 2100+, L3 = 2250+, L3D = 3050+

Level 1	Weekly Drill Emphasis: BS /Fly arms & leg Power
Warm up 	50 Kick FS, 100 Swim FS, 50 Kick BK, 50 swim OC. (250)
Drills Drill/Skill Fly=150 	<p>2 X 25 Fly kick – Skimmers - use KB – slight down push from chest not Hands. Fast legs kicks (up & down kick with knee bend, flex ankles).</p> <p>Arms - Standing drill: - Push out to “Y” (thumbs down), in-sweep by drawing a “?” back to hips (pull), then blast hands out. Over water recovery flat arms thumbs down/pinkies up, roll shoulders and flop arms in (in front of shoulder line), thumbs first.</p> <p>2 x 25 Fly (FPs on)– Blast outs only. Concentrate on the end of the pull next to the hips “Blast out” your arms (straight).NO over water recovery. Move arms underwater back to streamline by doing a big kick and small glide. Initiate the Pull and repeat.</p> <p>2 X 25 Fly normal stroke – breathing every 2nd stroke. SOTW</p> <p>BS Reminders: 2 handed touch.</p> <p>2 x 25 BS Arms only (FPs on) – Leverage from arms/Dolphin legs</p> <p>2 x 25 BS legs – use KB. whip kick – power /propulsion from the leg</p> <p>2 x 25.BS – Sweep, breathe, kick and GLIDE.</p>
Fins OFF 150	
Main Set  1200	<p>200 OC ↑E↓F.</p> <p>4 x 50 – 2 x A, 2 x B. building. RI 30,</p> <p>12 x 25 Sprints every 60 – 6 x FS, 2 x BK, 2x BS, 2 x OC,</p> <p>100 OC easy,</p> <p>2 x 50 BS Tech swims – think about drill set above. RI 20.</p> <p>2 x 100 FS @ even pace RI 30,</p> <p>1 x 100 BK Tech swim focus rotation & power pull.</p>
Skills	<p>Fun time =</p> <p>2 x 25 Fly – 2 quick then 1 slow stroke.</p> <p>2 x 25 Butter/free (Fly kick with FS arms) RI 30</p>
Cool Down	Min 100 = Underwaters – 2 x ½ laps BS kicking/ or fly dolphins, floppy FS, walking, floating, talking, socialising etc
Total	1950+

Level 2	Weekly Drill Emphasis: BS /Fly Power & Pacing
Warm up 	50 Kick FS, 100 Swim FS, 50 Kick BK, 50 swim OC. (250)
Drills Drill/Skill Fly=150 	<p>2 X 25 Fly kick – Skimmers - use KB – slight down push from chest not Hands. Fast legs kicks (up & down kick with knee bend, flex ankles).</p> <p>Arms - Standing drill: - Push out to “Y” (thumbs down), in-sweep by drawing a “?” back to hips (pull), then blast hands out. Over water recovery flat arms thumbs down/pinkies up, roll shoulders and flop arms in (in front of shoulder line), thumbs first.</p> <p>2 x 25 Fly (FPs on)– Blast outs only. Concentrate on the end of the pull next to the hips “Blast out” your arms (straight).NO over water recovery. Move arms underwater back to streamline by doing a big kick and small glide. Initiate the Pull and repeat.</p> <p>2 X 25 Fly normal stroke – breathing every 2nd stroke. SOTW</p> <p>BS Reminders: 2 handed touch.</p> <p>2 x 25 BS Arms only (FPs on) – Leverage from arms/Dolphin legs</p> <p>2 x 25 BS legs – use KB. whip kick – power /propulsion from the leg</p> <p>2 x 25.BS – Sweep, breathe, kick and GLIDE.</p>
Fins OFF 150	
Main Set  1400	<p>200 OC ↑E↓F.</p> <p>6 x 50 – 2 x A ,2 x B - Building, 2 x OC even pace. RI 30,</p> <p>12 x 25 Sprints every 55 – 6 x FS, 2 x BK, 2x BS, 2 x OC,</p> <p>100 OC easy,</p> <p>2 x 50 BS Tech swims think about drills RI 20.</p> <p>2 x 100 FS ↑E↓M RI 30,</p> <p>1 x 100 BK Tech swim focus on rotation & power pull.</p> <p>4 x 25 IM order RI 15.</p>
Skills	<p>Fun time =</p> <p>2 x 25 Fly – 2 quick then 1 slow stroke.</p> <p>2 x 25 Butter/free (Fly kick with FS arms) RI 30</p>
Cool Down	Min 100 = Underwaters – 2 x ½ laps BS kicking/ or fly dolphins, floppy FS, walking, floating, talking, socialising etc
Total	2100+

Level 3	Weekly Drill Emphasis: BS /Fly Power & Pacing
Warm up	L3/L3D - 50 Kick FS, 100 Swim FS, 50 Kick BK, 100 swim OC. (300)
Drills Drill/Skill Fly=150 	<p>2 X 25 Fly kick – Skimmers - use KB – slight down push from chest not Hands. Fast legs kicks (up & down kick with knee bend, flex ankles).</p> <p>Arms - Standing drill: - Push out to “Y” (thumbs down), in-sweep by drawing a “?” back to hips (pull), then blast hands out. Over water recovery flat arms thumbs down/pinkies up, roll shoulders and flop arms in (in front of shoulder line), thumbs first.</p> <p>2 x 25 Fly (FPs on)– Blast outs only. Concentrate on the end of the pull next to the hips “Blast out” your arms (straight).NO over water recovery. Move arms underwater back to streamline by doing a big kick and small glide. Initiate the Pull and repeat.</p> <p>2 X 25 Fly normal stroke – breathing every 2nd stroke. SOTW</p> <p>BS Reminders: 2 handed touch.</p> <p>2 x 25 BS Arms only (FPs on) – Leverage from arms/Dolphin legs</p> <p>2 x 25 BS legs – use KB. whip kick – power /propulsion from the leg</p> <p>2 x 25.BS – Sweep, breathe, kick and GLIDE.</p>
Fins OFF 150	
Main Set  1500	<p>200 OC ↑E↓F.</p> <p>6 x 50 – 2 x A , 2 x B – building. 2 x OC even pace. RI 30,</p> <p>12 x 25 Sprints every 50 – 4 x FS, 4 x BK, 2x BS, 2 x OC, 200 OC easy</p> <p>2 x 50 BS Tech swims – think about drills above. RI 20.</p> <p>2 x 100 FS (1 x FES/1 x BES) RI 20,</p> <p>1 x 100 BK Tech on rotation & power pull.</p> <p>4 x 25 IM order RI 15.</p>
Skills	Fun time = 2 x 25 Fly – 2 quick then 1 slow stroke. 2 x 25 Butter/free (Fly kick with FS arms) RI 30
Cool Down	Min 100 = Underwaters – 2 x ½ laps BS kicking/ or fly dolphins, floppy FS, walking, floating, talking, socialising etc
Total	2300+

Level 3 Dist/ Tri	Weekly Drill Emphasis: BS /Fly Power & Pacing
Warm up	L3/L3D - 50 Kick FS, 100 Swim FS, 50 Kick BK, 100 swim OC. (300)
Drills Drill/Skill Fly=150 	<p>2 X 25 Fly kick – Skimmers - use KB – slight down push from chest not Hands. Fast legs kicks (up & down kick with knee bend, flex ankles).</p> <p>Arms - Standing drill: - Push out to “Y” (thumbs down), in-sweep by drawing a “?” back to hips (pull), then blast hands out. Over water recovery flat arms thumbs down/pinkies up, roll shoulders and flop arms in (in front of shoulder line), thumbs first.</p> <p>2 x 25 Fly (FPs on)– Blast outs only. Concentrate on the end of the pull next to the hips “Blast out” your arms (straight).NO over water recovery. Move arms underwater back to streamline by doing a big kick and small glide. Initiate the Pull and repeat.</p> <p>2 X 25 Fly normal stroke – breathing every 2nd stroke. SOTW</p> <p>BS Reminders: 2 handed touch.</p> <p>2 x 25 BS Arms only (FPs on) – Leverage from arms/Dolphin legs</p> <p>2 x 25 BS legs – use KB. whip kick – power /propulsion from the leg</p> <p>2 x 25.BS – Sweep, breathe, kick and GLIDE.</p>
Fins OFF 150	
Main Set  2300	<p>200 OC ↑E↓F (not FS).</p> <p>800 FS @ even pace every 4 lap sprint Flags to Flags. Use TTS or #SPL</p> <p>6 x 50 – 2 x A, 2 x B – building, 2 x OC even pace. RI 30, 12 x 25 Sprints every 60 – 6 x FS, 2 x BK, 2x BS, 2 x OC,</p> <p>300 FS FES, Hip driven!</p> <p>400 FS even pace – focus rotation and accelerate from EVF -use /TTs or #SPL</p>
Skills	Fun time = 2 x 25 Fly – 2 quick then 1 slow stroke. 2 x 25 Butter/free (Fly kick with FS arms) RI 30
Cool Down	Min 100 = Underwaters – 2 x ½ laps BS kicking/ or fly dolphins, floppy FS, walking, floating, talking, socialising etc
Total	3100+