










Date: Sunday 14th June 2026. Notices: No Sunday swims 21st & 28th June. HAG Tuesday 30th June. Sunday HAG TBA (Sun 5th July?) – nomination forms on desk. Interest in Oct NSW (CB) SC Meet -put names on sheet. **Training Emphasis:** Increasing Intensity/quality - All strokes Prep for HAGs. Refresh for streamlining, Starts, Turns & finishes. **Caution:** anyone with injury/health issues - see coach before swimming. **Equipment: Fins for warm up.**

Level	Level 1	Level 2	Level 3
W/ up	 5 mins = Alternate 50 swim /50 Kick -FS, then repeat BK, 100 OC Target 300 +		
Skill	10 mins - With Coach at various times. Open turns for BS & Fly & BK, Tumble turns FS/BK. L3D- option to go to main set.		
Main set 	Level 1 & Level 2 Focus = streamlined push off & turns 6 x 50 (4 x A, 2 x B) RI 30-45 75% effort - sprint last ½ lap. 4x 25 sprints – A every 50 Secs 50M recovery swim OC easy 4 x 25 Sprint B every 60 secs 50M recovery swim OC easy 4 x 25 Sprint OC every 50 secs 2 x 100 A RI 30 – 75% - 95% = building to sprint finish. RI 30 -40 (900)	Level 3 Focus = streamlined push off & turns 200 IMF - ↑IM order ↓ FS 2 x 100 FS – Even pace 80% then sprint last ½ lap RI 30 4 x 50 B (not FS) - RI 30 work the turns. 75-80% 4 x 25 FS sprints 85-90% every 45 secs 50M easy OC recovery 4 x 25 BK sprints 85-90% every 50 secs (how far can you dolphin underwater/what about the end?) 50M easy recovery 2 x 100 FS @ build 75%- finish 95% RI 20 (1100)	Level 3 Distance (Focus =FS streamlined push off & turns) Use 2-3 dolphin kicks off the walls. 4 x 100 FS – even pace @ SR + 2/80% RI 30 2 x 100 FS build to 95% last ½ lap Walk recovery 60 secs 2 x 200 FS use TT @ SR or check #SPL. RI 30 4 x 25 FS sprints 85-95% effort every 55 secs 4 x Not FS sprints every 60 secs 4 x 400 FS (1 st 100 = 80%, 2 nd = 85%, Walk recovery 60 secs 3 rd = 90 %, 4 th 100 – even pace 80%) (2800)
Starts	10 mins At the deep end with Coach at any stage. All strokes. + sprints & walk backs + relays if time.		
C/Down	100 OC		
Total	1300 + 20 mins skills	1500 +20 mins skills	3100 + Skills

Level 1	Weekly Emphasis = Increasing Intensity/quality - All strokes Prep for HAGs. Refresh for Streamlining, Starts, Turns & finishes
Warm up	 5 mins = Alternate 50 swim /50 Kick -FS, then repeat BK, 100 OC Target 300 +
Skills A	10 mins - With Coach at various times. Open turns for BS & Fly & BK, Tumble turns FS/BK.
Main Set  900	<p>Level 1 & Level 2 Focus = streamlined push off & turns</p> <p>6 x 50 (4 x A, 2 x B) RI 30-45 75% effort - sprint last ½ lap.</p> <p>4x 25 sprints – A every 50 Secs 50 recovery swim OC easy</p> <p>4 x 25 Sprint B every 60 secs 50 recovery swim OC easy</p> <p>4 x 25 Sprint OC every 50 secs</p> <p>2 x 100 A RI 30 – 75% - 95% = building to sprint finish. RI 30 -40</p>
Skills B	10 mins At the deep end with Coach at any stage. All strokes. + sprints & walk backs + relays if time.
Cool Down	100 OC
Total	1300 + 20 mins skills

Level 2	Weekly Emphasis = Increasing Intensity/quality - All strokes Prep for HAGs. Refresh for Streamlining, Starts, Turns & finishes
Warm up	 5 mins = Alternate 50 swim /50 Kick -FS, then repeat BK, 100 OC Target 300 +
Skills	10 mins - With Coach at various times. Open turns for BS & Fly & BK, Tumble turns FS/BK.
	<p>Level 1 & Level 2 Focus = streamlined push off & turns</p> <p>6 x 50 (4 x A, 2 x B) RI 30-45 75% effort - sprint last ½ lap.</p> <p>4x 25 sprints – A every 50 Secs 50 recovery swim OC easy</p> <p>4 x 25 Sprint B every 60 secs 50 recovery swim OC easy</p> <p>4 x 25 Sprint OC every 50 secs</p> <p>2 x 100 A RI 30 – 75% - 95% = building to sprint finish. RI 30 -40</p>
Skills B	10 mins - At the deep end with Coach at any stage. All strokes. + sprints & walk backs + relays if time.
Cool Down	100 OC
Total	1300 + 20 mins Skills

Level 3	Weekly Emphasis = Increasing Intensity/quality - All strokes Prep for HAGs. Refresh for Streamlining, Starts, Turns & finishes
Warm up	 5 mins = Alternate 50 swim /50 Kick -FS, then repeat BK, 100 OC Target 300 +
Skill A	10 mins - With Coach at various times. Open turns for BS & Fly & BK, Tumble turns FS/BK.
Main Set  (1100)	<p>Focus = streamlined push off & turns</p> <p>200 IMF - ↑IM order ↓ FS</p> <p>2 x 100 FS – Even pace 80% then sprint last ½ lap RI 30</p> <p>4 x 50 B (not FS) - RI 30 work the turns. 75-80%</p> <p>4 x 25 FS sprints 85-90% every 45 secs 50 easy OC recovery</p> <p>4 x 25 BK sprints 85-90% every 50 secs (how far can you dolphin underwater/what about the end?) 50 easy OC recovery</p> <p>2 x 100 FS @ build 75%- finish 95% RI 20-30</p>
Skills B	10 mins - At the deep end with Coach at any stage. All strokes. + sprints & walk backs + relays if time.
Cool Down	100 OC
Total	1500 + 20 mins Skills

Level 3 Distance	Weekly Emphasis = Increasing Intensity/quality - All strokes Prep for HAGs. Refresh for Streamlining, Starts, Turns & finishes
Warm up	 5 mins = Alternate 50 swim /50 Kick -FS, then repeat BK, 100 OC Target 300 +
Skills A	Optional for L3D 10 mins - With Coach at various times. Open turns for BS & Fly & BK, Tumble turns FS/BK.
Main Set  2800	Focus =FS streamlined push off & turns Do 2-3 dolphin kicks off the walls. 4 x 100 FS – even pace @ 80% or SR +1 RI 30 2 x 100 FS build to 95% last ½ lap Walk recovery 60 secs 2 x 200 FS use TT @ SR or check #SPL. RI 30 4 x 25 FS sprints 85-95% effort every 55 secs 4 x Not FS sprints every 60 secs 4 x 400 FS (1 st 100 = 75%, 2 nd = 80%, Walk recovery 60 secs 3 rd = 90 %, 4 th 100 – even pace 80 - 85% or SR +1)
Skills B	Optional for L3D 10 mins - At the deep end with Coach at any stage. All strokes. + sprints & walk backs + relays if time.
Cool Down	100 OC
Total	3100 +