

Date: Tuesday 7th July 26. Notices: HAG results, names for comps- Batemans Bay sept, NSW SC CB Oct, PanPacs BN Nov. Weekly stroke theme = FS where does the power come from. Pacing options– what works best for “YOU”. **Caution:** FS Reminder of body rotation to help free up the shoulders to move without pain both sides. SOTW or Drag/resistance -self-induced! **Equipment :** Fins, CS, FP

Warm up	100 OC, 100 KLRS BK, 50 swim FS, 50 kick FS,  (300)	
Drill  (300)	Aim = increase your DSP without expending more energy, keeping good technique and increasing speed. BUT first let's get see how much errors affect your energy levels and stroke proficiency! USE CS if have them. 2 x 25 on each - RI 10-15. SOTW every time. 1. ↑ Resting arm –can't be maintained in front. Kick 1 arm dropped at 90 degrees, rotate to breathe ↓ Normal FS with arm pause at front 2. ↑ Dog Paddle – with no EVF, ↓ normal FS with Catch, EVF and exit at thigh 3. ↑ "S" pulls /x centreline – dropped elbow ↓ normal FS with EVF – hand pulling down shoulder line /elbow outside C/L 4. ↑ Cross centreline on entry ↓ normal FS entry in front of shoulders, fingertip entry before wrist/elbow 5. ↑ Catch up ↓ Normal FS with body roll and ¾ catch up breathing 6. ↑ high elbows or arm straight /sling type arms ↓ Relaxed recovery and entry - Shoulder leads, elbow, wrist hand, thumb first. Entry - finger tips down (thumb FWD) in front of shoulder line	
All 15 min FS swim with FP (400)	Use Finger Paddles – DO NOT tighten them! RI 30 BTW 100s 100 FS breathing changes - ↑ right side only ↓ Left side only, ↑ Bi-lat, ↓ OC 100 FS -FES for 25M – rest Tech swim. - #SPL 100 FS – SOTW tech swim 1st 25, then sprint 25, rest tech swim #SPL. 100 FS Tech swim to 50M – BES to finish. #SPL	
Main set 	L1/2 = 600 FS – DSP /#SPL while sprinting (FES) - RI 20-30 2 x 25, 2 x 50, 2 x 75 (300) 1 x 100 “A” or “B” if FS is “A”. RI 30. #SPL. (100) 8 x 25 FS USRP #SPL = ? going every 60 secs (200)	L3= 800 = FS – DSP /#SPL (FES) :2 x 25, 2 x 50, 2 x 75 RI 20(300) 3 x 100 “A” or “B” if “A” = FS RI 30. (BES) (300) 8 x 25 FS URPS #SPL = ? going every 50 secs L3D/T 1100 FS 400 – even pace #SPL/@SR, FS 3 x 200 – BES RI 30, 4 x 25 FS sprints Flags to flags every 50 secs.
Relays	10 mins – FS Dives with 25M sprints OC and walk back rest.	
C/Down	100 = OC	
Total	L1/2 = 1700 +. L3 = 1900+/L3D = 2200	

Level 1 and 2	Weekly stroke theme = FS – where does the poer come from Power. Pacing – what works best for “YOU”.
Warm up	100 OC, 100 KLRS BK, 50 swim FS, 50 kick FS, 
 Aim = increase your DSP without expending more energy, keeping good technique and increasing speed. BUT first let's get see how much errors affect your energy levels and stroke proficiency! USE CS if have them. 2 x 25 on each - RI 10-15. 1. ↑ Resting arm – can't be maintained out the front. – Kicking but with 1 arm dropped at 90 degrees. ↓ Normal FS with arm pause at front (for balance) 2. ↑ Dog Paddle – with no EVF, ↓ FS with Catch, EVF and exit at thigh 3. ↑ “S” pulls – dropped elbow ↓ FS with EVF pulling down shoulder line 4. ↑ Cross centreline on entry ↓ normal FS entry in front of shoulder line 5. ↑ Catch up ↓ Normal FS with body roll and ¾ catch up breathing 6. ↑ high elbows or arm straight /sling type arms ↓ Relaxed recovery and Entry - Shoulder leads, elbow, wrist hand, thumb first. Entry - finger tips down (thumb FWD) in front of shoulder line	
All 15 min FS swim (400)	Use Finger Paddles – DO NOT tighten them! RI 30 BTW 100s 100 FS breathing changes - ↑ right side only ↓ Left side only, ↑ Bi-lat, ↓ OC 100 FS -FES for 25M – rest Tech swim. - #SPL 100 FS – SOTW - tech swim 1 st 25, then sprint 25, rest tech swim #SPL. 100 FS Tech swim to 50M – BES to finish. #SPL
Main Set  600	FS – DSP /#SPL while sprinting (FES) - RI 20-30 2 x 25, 2 x 50, 2 x 75 1 x 100 “A” or “B” if FS is “A”. RI 30. #SPL. 8 x 25 FS USRP #SPL = ? going every 60 secs
Skill	dives- 25 sprints and walk back rest
Cool Down	100 = OC
Total	L1 = 1700+

Level 3	Weekly stroke theme = FS Power and Pacing – what works best for “YOU”.
Warm up	100 OC, 100 KLRS BK, 50 swim FS, 50 kick FS, 🏊🏊
🏊🏊 Aim = increase your DSP without expending more energy, keeping good technique and increasing speed. BUT first let’s get see how much errors affect your energy levels and stroke proficiency! USE CS if have them. 2 x 25 on each - RI 10-15. 1. ↑ Resting arm – can’t be maintained out the front. – Kicking but with 1 arm dropped at 90 degrees. ↓ Normal FS with arm pause at front 2. ↑ Dog Paddle – with no EVF, ↓ normal FS with Catch- EVF and exit at thigh 3. ↑ “S” pulls – dropped elbow ↓ normal FS with EVF pull down shoulder line 4. ↑ Cross centreline on entry ↓ normal FS entry in front of shoulders 5. ↑ Catch up ↓ Normal FS with body roll and ¾ catch up breathing ↑ high elbows or arm straight /sling type arms ↓ Relaxed recovery and Entry - Shoulder leads, elbow, wrist hand, thumb first. Entry - finger tips down (thumb FWD) in front of shoulder line 18” (in front of shoulder).	
All 10 min FS swim (400)	Use Finger Paddles – DO NOT tighten them! RI 30 BTW 100s 100 FS breathing changes - ↑ right side only ↓ Left side only, ↑ Bi-lat, ↓ OC 100 FS -FES for 25M – rest Tech swim. - #SPL 100 FS – SOTW tech swim 1st 25, then sprint 25, rest tech swim #SPL. 100 FS Tech swim to 50M – BES to finish. #SPL
Main Set  800	FS – DSP /#SPL (FES) :2 x 25, 2 x 50, 2 x 75 RI 20 3 x 100 “A” or “B” if “A” = FS RI 30. (BES) 8 x 25 FS URPS #SPL = ? going every 50 secs
Skill	Dives with 25M sprints and walk back rest
Cool Down	100 OC
Total	1900+

Level 3D/T	Weekly stroke theme = FS where does the power come from and Pacing – what works best for “YOU”.
Warm up	100 OC, 100 KLRS BK, 50 swim FS, 50 kick FS, 🏊🏊
🏊🏊 Aim = increase your DSP without expending more energy, keeping good technique and increasing speed. BUT first let's get see how much errors affect your energy levels and stroke proficiency! USE CS if have them. 2 x 25 on each - RI 10-15. 6. ↑ Resting arm – can't be maintained out the front. – Kicking but with 1 arm dropped at 90 degrees. ↓ Normal FS with arm pause at front 7. ↑ Dog Paddle – with no EVF, ↓ normal FS with Catch- EVF and exit at thigh 8. ↑ "S" pulls – dropped elbow ↓ normal FS with EVF pull down shoulder line 9. ↑ Cross centreline on entry ↓ normal FS entry in front of shoulders 10. ↑ Catch up ↓ Normal FS with body roll and ¾ catch up breathing ↑ high elbows or arm straight /sling type arms ↓ Relaxed recovery and Entry - Shoulder leads, elbow, wrist hand, thumb first. Entry - finger tips down (thumb FWD) in front of shoulder line 18" (in front of shoulder).	
All 10 min FS swim (400)	Use Finger Paddles – DO NOT tighten them! RI 30 BTW 100s 100 FS breathing changes - ↑ right side only ↓ Left side only, ↑ Bi-lat, ↓ OC 100 FS -FES for 25M – rest Tech swim. - #SPL 100 FS – SOTW tech swim 1st 25, then sprint 25, rest tech swim #SPL. 100 FS Tech swim to 50M – BES to finish. #SPL
Main Set  1100	FS 400 – even pace #SPL @ SR, FS 3 x 200 – BES (can you do a 10M surge & hold for 10M) RI 30. 4 x 25 FS sprints Flags to flags every 50 secs.
Skill	Dives with sprints (Optional) if not then add: 2 x 300 FS building 75 to 85%.
Cool Down	100 OC
Total	2200+/2800