

Date: 11th July 26. Notices: Nominations OCT NSW SC AIS. **Volunteers-** Prog LDRs & Coaches Briefing Sun 2nd Aug see Sue. Video Analysis names ASAP - Priority to OCT NSW SC. Weekly stroke theme = BK –where does the power/leverage come from in the stroke? FS consolidation with pace work. **Caution:** Shoulder, lower back and lane situational awareness (# SPL & flags to wall). **Equipment:** Fins, KB.

Warm up	5 Mins ↑FS kick (NO KBs) be in superman position incl non pref side. Rotate to breathe. ↓OC swim. Target 200-300 	
BK Drill/Skill items 	2 x 25 Kicking – CK body position and kick up & down. Hands on thighs – Check are you rotating. Keep Head still. 2 x 25 Kicking with body roll using KB for slapping water = dry shoulder /wet shoulder 2 x 25 Single Arm (still kick!) identity -Entry, Catch, HFA, pull to thigh, turn hand push down to help rotation. 2 x 25 Arms in Opposition - 6/freeze/6 – (keep kicking). 2 x 25 Normal BK – ck pt = Roll pull, roll push 50 BK – normal to ck own technique. (300)	
Main set 	L1 = 4 x 50 “FS” consolidation (↑M↓F) RI 30, 8 x 25 BK ↑E↓M every 60 secs, 2 x 100 FS Building 75-90% RI 30, 2 x 100 OC 75-85% RI 30 (800) L2 = 4 x 50 “FS” consolidation (↑M↓F) RI 20, 8 x 25 BK ↑E↓F every 55 secs, 3 x 100 FS Building 75-90% RI 30, 3 x 100 OC 75-85% RI 30 (1000)	L3 = 3 x 100 FS consolidation (↑M↓F) RI 20, 8 x 25 BK ↑E↓F every 50 Secs, 4 x 100 FS Building 75-90% RI 30, 2 x 100 IM 75-85% RI 30 (1100) L3D/T = BKN 400 FS = 300@ even pace, 20 rest, 100 (↑M↓F), 2x 200 FS Building 75-90% RI 60, 4 x 100 FS (↑M↓F ↑E↓F) RI 30, 4 x 25 BK ↑E↓M every 50 Secs, 4 x 25 FS sprints every 50 secs. BKN 400 FS = 300@ even pace, 20 rest, 100 (↑M↓F) (1800)
Skill	Open turns BK/FS with the coach – L1 & 2 with coach separately	
If time Coaches Fun time	One lappers 1. 8/8 (8 strokes FS rollover to 8 strokes BK etc), 2. BK 6 kick switch (use one full arm stroke at each switch over) 3. WSSS FS (one arm underwater dog paddle – other arm normal FS) 4. BK Catch entry (stop over extensions) hold one arm across top of head & do single arm swim with other.	
C/Down	100 - BK fining, FS Slide and glides, walking etc	
Total	L1= 1500+, L2 = 1800 +, 1800 +, L3D/T = 2500 +	

Level 1	Weekly Theme = BK stroke Coordination and Leverage (Stroke timing, and where does the power come from in the stroke)
Warm up Target 200-300	 ↑FS kick (NO KBs) be in superman position incl non pref side. Rotate to breathe ↓OC swim.
BK Drills  RI 15 300	2 x 25 Kicking – CK body position and kick up & down. Hands on thighs – Check are you rotating. Keep Head still. 2 x 25 Kicking with body roll using KB for slapping water = dry shoulder /wet shoulder 2 x 25 Single Arm (still kick!) identity -Entry, Catch, HFA, pull to thigh, turn hand push down to help rotation. 2 x 25 Arms in Opposition - 6/freeze/6 – (keep kicking). 2 x 25 Normal BK – ck pt = Roll pull, roll push 50 BK – normal to ck own technique.
Main Set  800	4 x 50 “FS” consolidation (↑M↓F) RI 30, 8 x 25 BK ↑E↓M every 60 secs, 2 x 100 FS Building 75-90% RI 30, 2 x 100 OC 75-85% RI 30
Coach fun time	One lappers – coach fun time to mess with your brains!
Cool Down	100 - BK fining, FS Slide and glides, walking etc
Total	1500 +

Level 2	Weekly Theme = BK stroke Coordination and Leverage (Stroke timing, and where does the power come from in the stroke).
Warm up 200-300	 ↑FS kick (NO KBs) be in superman position incl non pref side. Rotate to breathe ↓OC swim.
Drills/Skills  300	2 x 25 Kicking – CK body position and kick up & down. Hands on thighs – Check are you rotating. Keep Head still. 2 x 25 Kicking with body roll using KB for slapping water = dry shoulder /wet shoulder 2 x 25 Single Arm (still kick!) identity -Entry, Catch, HFA, pull to thigh, turn hand push down to help rotation. 2 x 25 Arms in Opposition - 6/freeze/6 – (keep kicking). 2 x 25 Normal BK – ck pt = Roll pull, roll push 50 BK – normal to ck own technique.
Main Set  1000	4 x 50 FS consolidation (↑M↓F) RI 20, 8 x 25 BK ↑E↓F every 55 secs, 3 x 100 FS Building 75-90% RI 30, 3 x 100 OC 75-85% RI 30
Coach fun time	One lappers – coach fun time to mess with your brains!
Cool Down	100 - BK fining, FS Slide and glides, walking etc
Total	1800 +

Level 3	Weekly Theme = BK stroke Coordination and Leverage (Stroke timing, and where does the power come from in the stroke).
Warm up 300	 ↑FS kick (NO KBs) be in superman position incl non pref side. Rotate to breathe ↓OC swim.
Drills/Skills  300	2 x 25 Kicking – CK body position and kick up & down. Hands on thighs – Check are you rotating. Keep Head still. 2 x 25 Kicking with body roll using KB for slapping water = dry shoulder /wet shoulder 2 x 25 Single Arm (still kick!) identity -Entry, Catch, HFA, pull to thigh, turn hand push down to help rotation. 2 x 25 Arms in Opposition - 6/freeze/6 – (keep kicking). 2 x 25 Normal BK – ck pt = Roll pull, roll push 50 BK – normal to ck own technique.
Main Set  1000	3 x 100 FS consolidation (↑M↓F) RI 20, 8 x 25 BK ↑E↓F every 50 Secs, 4 x 100 FS Building 75-90% RI 30, 2 x 100 IM 75-85% RI 30
Coach fun time	One lappers – coach fun time to mess with your brains!
Cool Down	100 - BK fining, FS Slide and glides, walking etc
Total	1800+

Level 3 Distance/ Triathlon	Weekly Theme = BK stroke Coordination and Leverage (Stroke timing, and where does the power come from in the stroke).
Warm up 300	 ↑FS kick (NO KBs) be in superman position incl non pref side. Rotate to breathe ↓OC swim.
Drills/Skills  300	2 x 25 Kicking – CK body position and kick up & down. Hands on thighs – Check are you rotating. Keep Head still. 2 x 25 Kicking with body roll using KB for slapping water = dry shoulder /wet shoulder 2 x 25 Single Arm (still kick!) identity -Entry, Catch, HFA, pull to thigh, turn hand push down to help rotation. 2 x 25 Arms in Opposition - 6/freeze/6 – (keep kicking). 2 x 25 Normal BK – ck pt = Roll pull, roll push 50 BK – normal to ck own technique.
Main Set  1800	BKN 400 FS = 300@ even pace, 20 sec rest - 100 (↑M↓F), 2x 200 FS Building 75-90% RI 60, 4 x 100 FS (↑M↓F ↑E↓F) RI 30, 4 x 25 BK ↑E↓M every 50 Secs, 4 x 25 FS sprints every 50 secs. BKN 400 FS = 300@ even pace, 20 sec rest, 100 (↑M↓F)
Coach fun time	If time.
Cool Down	100 - BK fining, FS Slide and glides, walking etc
Total	2500+