

Date: Sunday 19th July 26. Notices: July C.N.L published, Oct State in CB nominations, Videos requests,. Weekly stroke theme = BS gain power from legs, leverage from arms. Timing of stroke incl glide critical. Slowest of all strokes and the only one where over 70% of power comes from the legs. RULES = 2 handed touch, push off posn and finish underwater etc. Equipment: Fins/CS/PB/KB. Caution: BS knees issues swap to fly legs with fins on.

Level	Level 1	Level 2	Level 3/3D
W/ up	5 – 7 mins = 50 Kick FS, 50 Swim OC, 50 kick BK, 50 Swim OC, 100 FS long strokes, where does your middle figure point to?  [300]		
Drill/Skill items 300- 400 NO Fins	2 x 25 RI 20 on each drill. BS Short axis – no nodding donkeys, whip kicks via various means, flat feet (turn out toes). Start and finish with legs together. Breathe with the arm pull. Arms, legs and glide for rhythm. Drill #1 – on BK. Hands under bottom, BS kicking, keep knees & hips underwater. Can you get your heels tap hands? Drill# 2 - BS Kicks use KB – kick and glides. Eyes on the board. Drill # 3 Arms only (use pull buoy) Get a grip for fast arms (high elbows) and finish with hip over drive into glide. Drill # 4- Normal BS - SOTW with full pull down. Only 1 x dolphin. (Or just STOW and go into arms/leg cycle) 4 x 25 BS #SPL Reduce by 1 each lap. Know your SPL# - you will be asked. (L3 & BS only) 4 x 25 BS # add 1 each lap and go with the flow for best rhythm and speed.		
Consolidation swim (500)	RI 20-30 BTW 100s 100 FS breathing changes - ↑right side only↓ Left side only, ↑Bi-lat, ↓OC (RiLBiCH) 100 BK – Check body rotations - shoulder Wet/Dry. Concentrate on the up kick, slight knee flex /kick from hips (kick your socks off!) 100 FS – SOTW, 50 tech swim, building speed the next 50. 100 OC 75-85% effort – work the turns 4 x 25 FS sprints in pairs every 50 secs		
Drill BS again (200)	Consolidate BS = 2 x 25 on each RI 15. BS 1P2K – Don't forget to glide. BS Pull / Fly kick for hips and drive back into streamline. BS - Leverage from the arms, power from the legs, then enjoy the free ride of the glide! BS - Stroke up to breathe, kick down to glide.		
Main set	L1 /L2 100 OC easy – work the turns 6M into/out of wall 4 x25 IM order. RI 10 100 BS or BK. [300]		L3 – 2 x 200 FS incl 2 x 5 secs burst. RI 30 2 x 100 IM or do as 25s with RI 10 [600] L3D – 400 FS incl 2 x surge for 15 secs 2 x 200 FS incl 2 x 5 secs burst. RI 20 [800]
Skill	If time – check BS with Pulldown starts and streamlines underwater.		
C/Down	100 – Floppy FS, Underwater dolphins, underwater pull downs and glides, walking		
Total	L1 /2-=1700+, L3= 2100+, L3D = 2300+		

Level 1 & 2	Weekly stroke theme. BS gain power from legs and leverage from arms.
Warm up [300]	5 – 7 mins = 50 Kick FS, 50 Swim OC, 50 kick BK, 50 Swim OC, 100 FS long strokes, where does your middle figure point to? 🏊
Drills/Skills [300-400]	2 x 25 RI 20 on each drill. BS Short axis – no nodding donkeys, whip kicks via various means, flat feet (turn out toes). Start and finish with legs together. Breathe with the arm pull. Arms, legs and glide for rhythm. Drill #1 – on BK. Hands under bottom, BS kicking, keep knees & hips underwater. Can you get your heels tap hands? Drill# 2 - BS Kicks use KB – kick and glides. Eyes on the board. Drill # 3 Arms only (use pull buoy) Get a grip for fast arms (high elbows on corner) and finish with hip over drive into glide. Drill # 4- Normal BS - SOTW with full pull down. Only 1 x dolphin. (Or just STOW and go into arms/leg cycle) 4 x 25 BS #SPL Know your SPL# - you will be asked. Reduce by 1 each lap.
All 10 – 15 min FS swim (500)	RI 20-30 BTW 100s 100 FS breathing changes - ↑right side only ↓ Left side only, ↑Bi-lat, ↓OC (RiLBiCH) 100 BK – Check body rotations - shoulder Wet/Dry. Concentrate on the up kick, slight knee flex /kick from hips (kick your socks off!) 100 FS – SOTW, 50 tech swim, building speed the next 50. 100 OC 75-85% effort – work the turns 4 x 25 FS sprints in pairs every 50 secs
Drill BS Again 200	Consolidate BS = 2 x 25 on each RI 15. BS 1P2K – Don't forget to glide. BS Pull / Fly kick for hips and drive back into streamline. BS - Leverage from the arms, power from the legs, then enjoy the free ride of the glide! BS - Stroke up to breathe, kick down to glide.
Main set 300	100 OC easy – work the turns 6M into/out of 4 x25 IM order. RI 10 100 BS or BK.
Cool Down	100 – Floppy FS, Underwater dolphins, underwater pull downs and glides, walking.
Total	1700+

Level 3	Weekly stroke theme BS body position, gain power from legs and arms.
Warm up 300	5 – 7 mins = 50 Kick FS, 50 Swim OC, 50 kick BK, 50 Swim OC, 100 FS long strokes, where does your middle figure point to? 🏊🏊
Drills/Skills [400]	2 x 25 RI 20 on each drill. BS Short axis – no nodding donkeys, whip kicks via various means, flat feet (turn out toes). Start and finish with legs together. Breathe with the arm pull. Arms, legs and glide for rhythm. Drill #1 – on BK. Hands under bottom, BS kicking, keep knees & hips underwater. Can you get your heels tap hands? Drill# 2 - BS Kicks use KB – kick and glides. Eyes on the board. Drill # 3 Arms only (use pull buoy) Get a grip for fast arms (high elbows on corner) and finish with hip over drive into glide. Drill # 4- Normal BS - SOTW with full pull down. Only 1 x dolphin. (Or just STOW and go into arms/leg cycle) 4 x 25 BS #SPL Know your SPL# - you will be asked. Reduce by 1 each lap. (L3 & BS only) 4 x 25 BS # add 1 each lap and go with the flow for best rhythm and speed.
All 10 – 15 min FS swim (400)	RI 20-30 BTW 100s 100 FS breathing changes - ↑right side only ↓ Left side only, ↑Bi-lat, ↓OC (RiLBiCH) 100 BK – Check body rotations - shoulder Wet/Dry. Concentrate on the up kick, slight knee flex /kick from hips (kick your socks off!) 100 FS – SOTW, 50 tech swim, building speed the next 50. 100 OC 75-85% effort – work the turns 4 x 25 FS sprints in pairs every 50 secs
Drill (200)	Consolidate BS = 2 x 25 on each RI 15. BS 1P2K – Don't forget to glide. BS Pull / Fly kick for hips and drive back into streamline. BS - Leverage from the arms, power from the legs, then enjoy the free ride of the glide! BS - Stroke up to breathe, kick down to glide.
Main set 600	2 x 200 FS incl 2 x 5 secs burst. RI 30 2 x 100 IM RI 30 or do as 4 x 25 with RI 10
Cool Down	100 – Floppy FS, Underwater dolphins, underwater pull downs and glides, walking.
Total	2100+

Level 3D	Weekly stroke theme BS body position, gain power from legs and arms.
Warm up 300	5 – 7 mins = 50 Kick FS, 50 Swim OC, 50 kick BK, 50 Swim OC, 100 FS long strokes, where does your middle figure point to? 🏊🏊
Drills/Skills [400]	2 x 25 RI 20 on each drill. BS Short axis – no nodding donkeys, whip kicks via various means, flat feet (turn out toes). Start and finish with legs together. Breathe with the arm pull. Arms, legs and glide for rhythm. Drill #1 – on BK. Hands under bottom, BS kicking, keep knees & hips underwater. Can you get your heels tap hands? Drill# 2 - BS Kicks use KB – kick and glides. Eyes on the board. Drill # 3 Arms only (use pull buoy) Get a grip for fast arms (high elbows on corner) and finish with hip over drive into glide. Drill # 4- Normal BS - SOTW with full pull down. Only 1 x dolphin. (Or just STOW and go into arms/leg cycle) 4 x 25 BS #SPL Know your SPL# - you will be asked. Reduce by 1 each lap. (L3 & BS only) 4 x 25 BS # add 1 each lap and go with the flow for best rhythm and speed.
All 10 – 15 min FS swim (400)	RI 20-30 BTW 100s 100 FS breathing changes - ↑right side only ↓ Left side only, ↑Bi-lat, ↓OC (RiLBiCH) 100 BK – Check body rotations - shoulder Wet/Dry. Concentrate on the up kick, slight knee flex /kick from hips (kick your socks off!) 100 FS – SOTW, 50 tech swim, building speed the next 50. 100 OC 75-85% effort – work the turns 4 x 25 FS sprints in pairs every 50 secs
Drill (200)	Consolidate BS = 2 x 25 on each RI 15. BS 1P2K – Don't forget to glide. BS Pull / Fly kick for hips and drive back into streamline. BS - Leverage from the arms, power from the legs, then enjoy the free ride of the glide! BS - Stroke up to breathe, kick down to glide.
Main set 800	400 FS incl 2 x surge for 15 secs 2 x 200 FS incl 2 x 5 secs burst. RI 20
Cool Down	100 – Floppy FS, Underwater dolphins, underwater pull downs and glides, walking.
Total	2300+