

Date: Sunday 2nd Aug 2026 Notices: Swim Meets: Sept B/Bay meet names to Ailie/Gail ASAP. **NSW SC CB OCT** names to Sue **ASAP**. Weekly drill focus = **FS and BK Body Rotation(roll) & leverage** (where the power comes from) Why Rotation? - Instead of swimming flat, and depending on the small muscles of the arm, swimmers can use the body to roll into and out of each stroke to accesses more power. By engaging the large muscles of the core/ back e.g Lats, it is possible to travel more distance per stroke, with the same amount of energy, so stroke becomes more productive and more sustainable. **# SPL at various paces. Caution:** Shoulder/necks – stop if you have pain. Coach will provide alternate! **Equipment: Fins/TTs**

Level	Level 1	Level 2	Level 3
W/ up	50 FS, 25 Kick FS, 100 swim OC, 25 Kick BK, 50 Pull BS (dolphin legs), 50 Swim OC. [300]  - only in W/up		
FS Drills [200]	Rotation/roll – FS - The Coach needs to see your OPEN armpit. Look to side (not forward/Roll up to breath as needed). RI 20 Drill 1 - 2 x 25 – Catch ups – Long strokes / Leverage from Catch, EVF, exit. Rest front arm. Rotate to breathe . Recovery with floppy hand? Drill 2 - 2 x 25 -Breathing & rotating – Symmetrical stroke/rotation/kick – ↑breath both sides 3/5 ↓breath one side 2/4 2 x 50 FS @ 75% / #SPL/ SR#. – CK awareness of: Body posn, eyes, Hand entry 1 st (not elbow), Catch/EVF/Mid pt/exit/ open armpit relaxed recovery, 1 arm always in front quadrant et		
Main set A	2 x 100 “FS” @ Even Pace – #SPL RI 30 4 x 25 FS every 60 secs CK #SPL (300)	200 FS even pace. CK #SPL/SR -TTs 2 x 50 FS 75% CK #SPL/SR effort RI 20 4 x 25 FS every 55 secs – CK #SPL (400)	L3 & L3D 200 FS even pace. CK SPL/SR -TTs 2 x 50 FS 75% - 80 % CK #SPL RI 20 4 x 25 FS every 50 secs CK #SPL (400)
BK Drills 200	BK 2 x 25 on each with RI 15. Rotation/roll – SLOBs – blow out thru nose! Drill 1 = 3 strokes/6 kicks/3 strokes- feeling the roll in/out of each stroke and transferring the power. Drill 2= (Fist) normal rhythm and arm stroke but use fist to pull/push, bent elbow (HFA to gain leverage) and to accelerate the pull 4 x 25 Normal BK –SLOB start, get arms in opposition and #SPL & # SP Flags to wall		
Main set 2	4 x 50 BK ↑E↓M #SPL RI 20-30 100 FS Ck #SPL/SR 100 BK Ck #SPL/SR (400)	4 x 50 BK ↑E↓M #SPL RI 20 2 x 100 FS Ck #SPL/SR 100 BK Ck #SPL/SR (500)	L3/L3D - 4 x 50 BK ↑E↓M #SPL RI 20 2 x 100 FS Ck #SPL/SR 100 BK Ck #SPL/SR (500)
Dives	Dives – How to use the new blocks + 25M sprints – Various strokes		
Main set 3	L1 & L 2 4 x 25 IM order RI 30 RI 30 2 x 100 “A” Building (300)		L3/L3D 200 FS Hip driven FS – even pace, CK SR/#SPL RI 30. 2 x 100 FS (breathing laps = RLBiCh) 4 x 25 FS every 45 SOTW. (500)
C/Down	100 - BK, finning, BS/side stroke, walking, underwater dolphins		
Total	L1 =1800+	2000+	L3/D = 2200+

Level 1	Weekly Training drills: FS & BK - Body Rotation(roll) and Leverage
Warm up	50 FS, 25 Kick FS, 100 swim OC, 25 Kick BK, 50 Pull BS (dolphin legs), 50 Swim OC. [300]  - only in W/up
FS Drills 	Rotation/roll – FS - The Coach needs to see your OPEN armpit. Look to side (not forward/Roll up to breathe as needed). RI 20 Drill 1 -2 x 25 – Catch ups – Long strokes /Leverage from Catch, EVF, exit. Rest front arm. Rotate to breathe. Recovery with floppy hand? Drill 2 - 2 x 25 -Breathing & rotating – Symmetrical stroke/rotation/kick – ↑breath both sides 3/5 ↓breath one side 2/4 2 x 50 FS @ 75% / #SPL/ SR#. – CK awareness of: Body posn, eyes, Hand entry 1st (not elbow), Catch/EVF/Mid pt/exit/ open armpit relaxed recovery, 1 arm always in front quadrant et
Main Set 1  300	2 x 100 “FS” @ Even Pace – #SPL RI 30 4 x 25 FS every 60 secs CK #SPL
BK Drills 200 	BK 2 x 25 on each with RI 15. Rotation/roll – SLOBs – blow out thru nose! Drill 1 = 3 strokes/6 kicks/3 strokes- feeling the roll in/out of each stroke and transferring the power. Drill 2= (Fist) normal rhythm and arm stroke but use fist to pull/push, bent elbow (HFA to gain leverage) and to accelerate the pull 4 x 25 Normal BK –SLOB start, get arms in opposition and #SPL & # SP Flags to wall
Main Set 2 	4 x 50 BK ↑E↓M #SPL RI 20-30 100 FS Ck #SPL/SR 100 BK Ck #SPL/SR (400)
Dives	Dives – How to use the new blocks + 25M sprints – Various strokes
Main Set 3  300	L1 & L 2 4 x 25 IM order RI 30 RI 30 2 x 100 “A” Building
Cool Down	100 - BK finning, BS/side stroke, walking
Total	1800+

Level 2	Weekly Training drills: FS & BK - Body Rotation(roll) and Leverage
Warm up 300	50 FS, 25 Kick FS, 100 swim OC, 25 Kick BK, 50 Pull BS (dolphin legs), 50 Swim OC. [300]  - only in W/up
FS Drills  200	Rotation/roll – FS - The Coach needs to see your OPEN armpit. Look to side (not forward/Roll up to breathe as needed). RI 20 Drill 1 -2 x 25 – Catch ups – Long strokes / Leverage from Catch, EVF, exit. Rest front arm. Rotate to breathe . Recovery with floppy hand? Drill 2 - 2 x 25 -Breathing & rotating – Symmetrical stroke/rotation/kick – ↑breath both sides 3/5 ↓breath one side 2/4 2 x 50 FS @ 75% / #SPL/ SR#. – CK awareness of: Body posn, eyes, Hand entry 1 st (not elbow), Catch/EVF/Mid pt/exit/ open armpit relaxed recovery, 1 arm always in front quadrant et
Main set 1  400	200 FS @ Even Pace – Ck #SPL RI 30 2 x 25 FS 75% ck #SPL RI 20 4 x 25 FS every 60 secs CK #SPL
BK drills  200	BK 2 x 25 on each with RI 15. Rotation/roll – SLOBs – blow out thru nose! Drill 1 = 3 strokes/6 kicks/3 strokes- feeling the roll in/out of each stroke and transferring the power. Drill 2= (Fist) normal rhythm and arm stroke but use fist to pull/push, bent elbow (HFA to gain leverage) and to accelerate the pull 4 x 25 Normal BK –SLOB start, get arms in opposition and #SPL & # SP Flags to wall
Main set 2  500	4 x 50 BK ↑E↓M #SPL RI 20-30 2 x 100 FS Ck #SPL/SR RI 20 100 BK Ck #SPL/SR
Dives	Dives – How to use the new blocks + 25M sprints – Various strokes
Main Set 3  300	L1 & L 2 4 x 25 IM order RI 30 RI 30 2 x 100 “A” Building
Cool Down	100 - BK fining, BS/side stroke, walking
Total	2000+

Level 3	Weekly Training drills: FS & BK - Body Rotation(roll) and Leverage
Warm up 300	50 FS, 25 Kick FS, 100 swim OC, 25 Kick BK, 50 Pull BS (dolphin legs), 50 Swim OC.  - only in W/up
FS Drills  200	Rotation/roll – FS - The Coach needs to see your OPEN armpit. Look to side (not forward/Roll up to breathe as needed). RI 20 Drill 1 -2 x 25 – Catch ups – Long strokes / Leverage from Catch, EVF, exit. Rest front arm. Rotate to breathe . Recovery with floppy hand? Drill 2 - 2 x 25 -Breathing & rotating – Symmetrical stroke/rotation/kick – ↑breath both sides 3/5 ↓breath one side 2/4 2 x 50 FS @ 75% / #SPL/ SR#. – CK awareness of: Body posn, eyes, Hand entry 1 st (not elbow), Catch/EVF/Mid pt/exit/ open armpit relaxed recovery, 1 arm always in front quadrant et
Main Set 1  400	200 FS even pace. CK SPL/SR -TTs 2 x 50 FS 75% - 80 % CK #SPL RI 20 4 x 25 FS every 50 secs CK #SPL
BK drills  200	BK 2 x 25 on each with RI 15. Rotation/roll – SLOBs – blow out thru nose! Drill 1 = 3 strokes/6 kicks/3 strokes- feeling the roll in/out of each stroke and transferring the power. Drill 2= (Fist) normal rhythm and arm stroke but use fist to pull/push, bent elbow (HFA to gain leverage) and to accelerate the pull 4 x 25 Normal BK –SLOB start, get arms in opposition and #SPL & # SP Flags to wall
Main set 2  500	4 x 50 BK ↑E↓M #SPL RI 20 2 x 100 FS Ck #SPL/SR 100 BK Ck #SPL/SR
Dives	Dives – How to use the new blocks + 25M sprints – Various strokes
Main set 3  500	200 FS Hip driven FS – even pace, CK SR/#SPL RI 30. 2 x 100 FS (breathing laps = RLBiCh) 4 x 25 FS every 45 SOTW.
Cool Down	100 - BK finning, BS/side stroke, walking
Total	2200+

Level 3D	Weekly Training drills: FS & BK - Body Rotation(roll) and Leverage
Warm up 300	50 FS, 25 Kick FS, 100 swim OC, 25 Kick BK, 50 Pull BS (dolphin legs), 50 Swim OC.  - only in W/up
FS Drills  200	Rotation/roll – FS - The Coach needs to see your OPEN armpit. Look to side (not forward/Roll up to breathe as needed). RI 20 Drill 1 -2 x 25 – Catch ups – Long strokes /Leverage from Catch, EVF, exit. Rest front arm. Rotate to breathe. Recovery with floppy hand? Drill 2 - 2 x 25 -Breathing & rotating – Symmetrical stroke/rotation/kick – ↑breath both sides 3/5 ↓breath one side 2/4 2 x 50 FS @ 75% / #SPL/ SR#. – CK awareness of: Body posn, eyes, Hand entry 1st (not elbow), Catch/EVF/Mid pt/exit/ open armpit relaxed recovery, 1 arm always in front quadrant et
Main Set 1  400	200 FS even pace. CK SPL/SR -TTs 2 x 50 FS 75% - 80 % CK #SPL RI 20 4 x 25 FS every 50 secs CK #SPL
BK drills  200	BK 2 x 25 on each with RI 15. Rotation/roll – SLOBs – blow out thru nose! Drill 1 = 3 strokes/6 kicks/3 strokes- feeling the roll in/out of each stroke and transferring the power. Drill 2= (Fist) normal rhythm and arm stroke but use fist to pull/push, bent elbow (HFA to gain leverage) and to accelerate the pull 4 x 25 Normal BK –SLOB start, get arms in opposition and #SPL & # SP Flags to wall
Main set 2  500	4 x 50 BK ↑E↓M #SPL RI 20 2 x 100 FS Ck #SPL/SR 100 BK Ck #SPL/SR
Dives	Dives – How to use the new blocks + 25M sprints – Various strokes
Main set 3  500	200 FS Hip driven FS – even pace, CK SR/#SPL RI 30. 2 x 100 FS (breathing laps = RLBiCh) 4 x 25 FS every 45 SOTW.
Cool Down	100 - BK finning, BS/side stroke, walking
Total	2200+