

Date: Sunday 8th Feb 26. **Notices:** Feb C.N.L soon, Video see Helen, **Weekly Drill Emphasis** = FS & BK drills stroke coord/timing, Moderate intensity Main set using pyramids e.g.start @ 25M up to 100 and down to 25M (add 25M to 1st distance & 5 sec to RI each dist up and minus 5 secs on way down). Reminders of stroke rotation for FS/BK & where to turn on power. **Intensity/Effort variation 75% - 85%.** **Caution:** Shoulders, Lane situ on BK, look before pushing off, #Stroke flags to walls. **Equipment:** Fins, FPs/KB

Warm up	 100 FS, 50 Kick BK, 100 OC, 50 kick FS, 50 BS arms, 50 OC = Target 300- 400.			
Drills 400 	2 x 25 BK normal with KB high knees - for board slaps on the water – help with rotation (hip/shoulder at same time) 2 x 25 BK Catch up (arm rest/swap over position = up to ceiling) 2 x 25 BK/FS corkscrew 8/8/8 – Rotation - Yes and Yes again! 2 x 25 = FS ¾ Catch ups – Bi lat for stroke rhythm, body balance and timing Put on 1 x FP & 1 x Fin only – body Rotation and timing drills 2 x 25 FS – ↑Rotate hip then shoulder or ↓rotate shoulder then hip – which do you do/what work best for you? 2 x 25 BK - ↑ kick only – hands on thighs, rotate to see dry shoulder (wet shoulder in water) ↓Full stroke Rotate Hip and shoulder at the same time Swim 100 (50 FS then 50 BK) relaxed swims – ck stoke timing /coord			
Main set "A"	L1 FS pyramid to 100 = 400 100 OC = 100 [500]	L2 FS pyramid to 150 = 900	L3 FS pyramid to 200 = 1800	L3D FS pyramid to 200 = 1800
Skills	5 mins + 5 mins FS & BK SOTW (use both ends of pool) = free speed + fly kicks vs flutter kick = which for max propulsion before 1 st arm stroke?? –Get right depth, don't push off on top of water. Keep head down, lock hands, strong core. 4 x FS, 4 x BK , then sprints to ½ way			
Main set B"	BK pyramid to 100 = 400	BK pyramid to 100 = 400	BK pyramid to 100 = 400	BK pyramid to 100 = 400
Skills	If time - Dives – L3 use TT mode 2 – sprint to 15M then ease off.			
C/Down	100 = Underwater dolphins to ½ way, then OC			
Total	L1 = 1700+ L2 = 2100+ L3 = 3000+, L3D = 3000+			