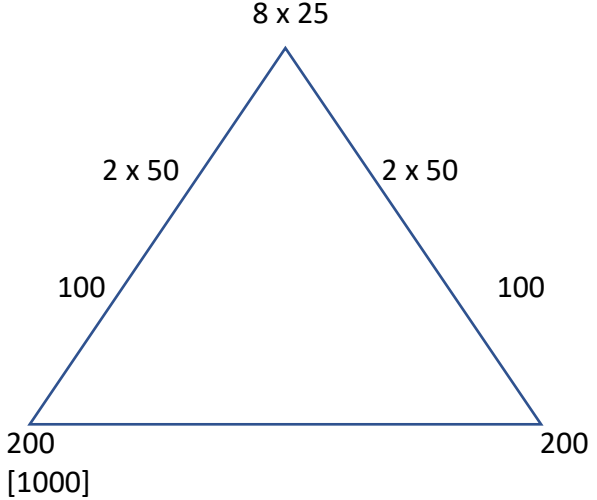
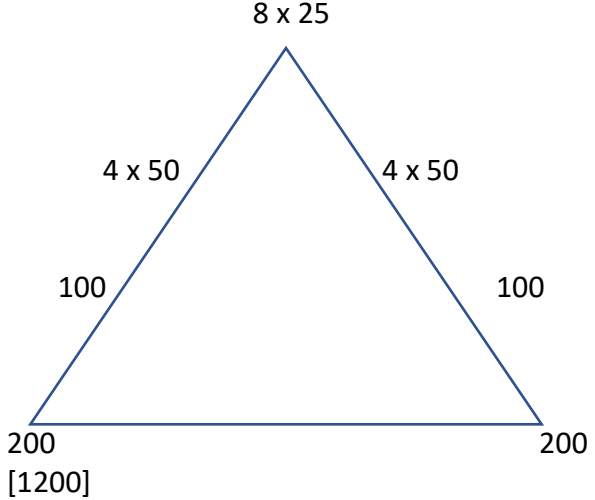
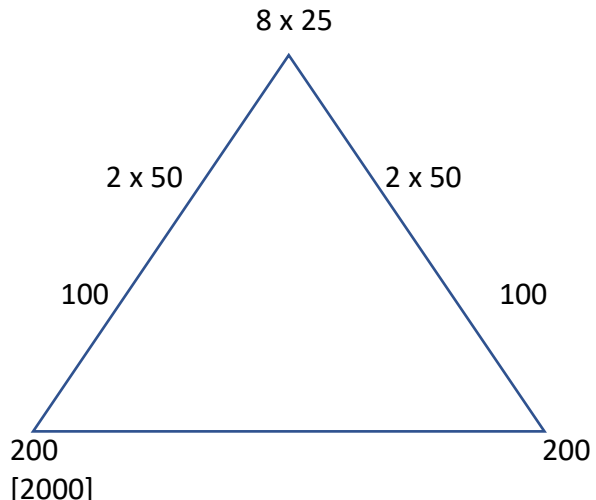
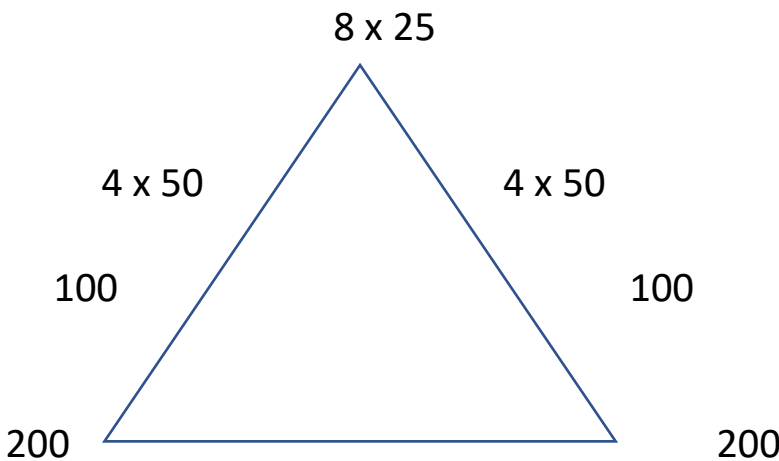


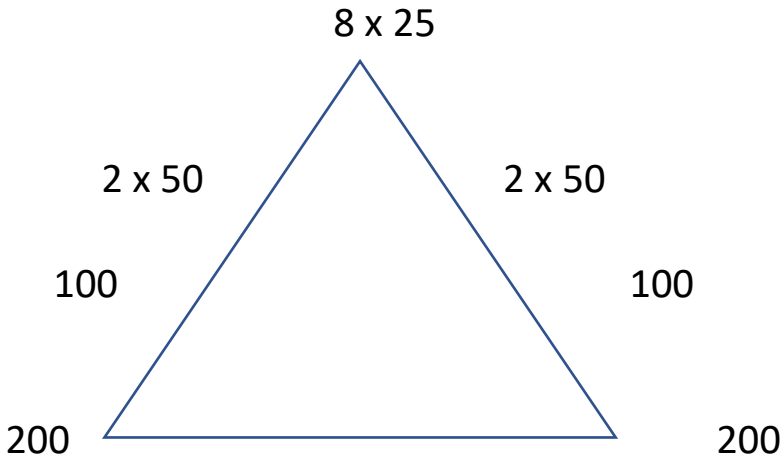
Date: Sunday 9th Aug 26. Notices: Nominations for Batemans Bay workshop/mini meet Sept. NSW SC AIS Oct and mini-Time Trail 23rd Aug. Weekly theme = BS/Fly kicking and stroke timing. Moderate intensity workload. Note 5th Stroke needs be used in all other strokes! Caution: hips/knees/shoulder / lower back - Swap out for FS. Equipment: KBs/Fins/ Racing goggles

Level	Level 1	Level 2	Level 3
W/ up	100 swim ↑FS↓BK. 100 Kick ↑FS↓BK. 100 OC repeat.  (300-400)		
Drill/Skill items  300	Fly (basic body float and tilt position) check all. RI 15 – 20. Legs bands Available for those can't keep their legs together! 4 x 25 Dolphin kicking in various positions = Left side/Right side, Back and last on the front. Breathing chin forward or FS to side. 2 x 25 Normal fly - Kick hand in at the front and kick when get arms out at back – roll shoulder and flop arms in at the front. Fins off. 2 x 25 BS legs kick on back. Don't crumple – keep knees under surface. Hand by side for balance only 2 x 25 BS – separation drill 1 = Arms (fast elbows in and shoot forward). 2 = Legs – whip back together (incl ankle snap) 3 = strong glide. 2 x 25 normal BS S/B/K/G rhythm.		
Main set 	RI 20-30 A stroke Pyramid 200/100 = Tech swim & slowly building speed 50/25 = Sprints BES  200 [1000] Dives/Relays	RI 20-30 A stroke Pyramid. 200/100 = Tech swim building speed 50/25 = Sprints BES  200 [1200] Dives/Relays	L3/L3D RI 20-30 Pyramid x 2. 1st = A stroke, 2nd = mix A/B Dolphins off the walls 200/100 = Tech swim building speed 50/25 = Sprints/BES  200 [2000] Dives /Relays
C/Down	100 - OC		

Total	1700 +	1900+	2800 +
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Level 1	Weekly Theme = BS/Fly kicking and stroke timing, moderate intensity program
Warm up	100 swim ↑FS↓BK. 100 Kick ↑FS↓BK. 100 OC repeat. 🏊🏊 (300-400)
Drills/Skills 300 🏊🏊	RI 15 – 20. Note -Legs bands Available for those can't keep their legs together! 4 x 25 Dolphin kicking in various positions = Left side/Right side, Back and last on the front. Breathing chin forward or FS to side. 2 x 25 Normal fly - Kick hand in at the front and kick when get arms out at back – roll shoulder and flop arms in at the front. Fins off. 2 x 25 BS legs kick on back. Don't crumple – keep knees under surface. Hand by side for balance only 2 x 25 BS – separation drill 1 = Arms (fast elbows in and shoot forward). 2 = Legs – whip back together (incl ankle snap) 3 = strong glide. 2 x 25 normal BS S/B/K/G rhythm.
Main Set  1000	RI 20-30 A stroke Pyramid. 200/100 = Tech swims gradually building speed 50/25 = Sprints Dives/ Relays
Cool Down	100 OC
Total	1700+

Level 2	Weekly Theme = BS/Fly kicking and stroke timing, moderate intensity program
Warm up	100 swim ↑FS↓BK. 100 Kick ↑FS↓BK. 100 OC repeat. 🦶🦶 (300-400)
Drills/Skills 300 🦶🦶	RI 15 – 20. Note -Legs bands Available for those can't keep their legs together! 4 x 25 Dolphin kicking in various positions = Left side/Right side, Back and last on the front. Breathing chin forward or FS to side. 2 x 25 Normal fly - Kick hand in at the front and kick when get arms out at back – roll shoulder and flop arms in at the front. Fins off. 2 x 25 BS legs kick on back. Don't crumple – keep knees under surface. Hand by side for balance only 2 x 25 BS – separation drill 1 = Arms (fast elbows in and shoot forward). 2 = Legs – whip back together (incl ankle snap) 3 = strong glide. 2 x 25 normal BS S/B/K/G rhythm.
Main Set  1200	RI 20-30 A stroke Pyramid. 200/100 = Tech swims gradually building speed 50/25 = Sprints - BES  <pre> 8 x 25 / \ / 4 x 50 \ / \ / 100 \ 100 / \ 200 200 </pre> Dives/Relays
Cool Down	100 OC
Total	1900+

Level 3/3D	Weekly Theme = BS/Fly kicking and stroke timing, moderate intensity program
Warm up	100 swim ↑FS↓BK. 100 Kick ↑FS↓BK. 100 OC repeat. 🦭🦭 (300-400)
Drills/Skills 🦭🦭 300	RI 15 – 20. Note -Legs bands Available for those can't keep their legs together! 4 x 25 Dolphin kicking in various positions = Left side/Right side, Back and last on the front. Breathing chin forward or FS to side. 2 x 25 Normal fly - Kick hand in at the front and kick when get arms out at back – roll shoulder and flop arms in at the front. Fins off. 2 x 25 BS legs kick on back. Don't crumple – keep knees under surface. Hand by side for balance only 2 x 25 BS – separation drill 1 = Arms (fast elbows in and shoot forward). 2 = Legs – whip back together (incl ankle snap) 3 = strong glide. 2 x 25 normal BS S/B/K/G rhythm.
Main Set  2000	RI 15-20 2 x Pyramid. 1st = "A" stroke, 2nd = Mix A/B strokes. 5th stroke = Dolphin kicks off the wall – Yes! 200/100 = Tech swims building speed to sprint last 25M 50/25 = Sprints  Dives/Relays.
Cool Down	100 OC
Total	2800+