

Date: Sunday 30 Aug 26. Notices: Relay pract for B/Bay options to be trialled. Weekly stroke theme = FS efficiency – what works best for “YOU”. Reminder body rotation to help free up the shoulders/hips to move without pain. Be in a tall body position with firm core to help keep legs up, know when to accelerate the stroke. Also, some pace work. **Caution:** Shoulders. **Equipment:** Fins.

Warm up	100 OC, 100 KLRS BK, 50 swim FS, 50 kick FS,  (300)	
Drill  (300)	Aim = increase your DSP without expending more energy, keeping good technique and increasing speed. BUT first let's get see how much errors affect your energy levels and stroke proficiency! 2 x 25 on each - RI 10-15. 1. ↑ Resting arm – can't be maintained out the front. –arm dropped at 90 degrees. ↓ Normal FS with arm pauses at front 2. ↑ Dog Paddle – with no EVF, ↓ normal FS with Catch- EVF and exit at thigh 3. ↑ "S" pulls – dropped elbow ↓ normal FS with EVF pull down shoulder line 4. ↑ Hand cross centreline on entry ↓ normal FS entry in front of shoulders fingers 1st 5. ↑ Catch up ↓ Normal FS with body roll and ¾ catch up breathing 6. ↑ high elbows or arm straight /sling type arms ↓ Relaxed recovery and Entry – (Shoulder leads, then elbow, wrist pass by then enter - finger tips in front of shoulder line	
FS consolidation with (400) 	RI 30 BTW 100s 100 FS breathing changes -(RiLiBiCH) ↑right side only ↓ Left side only, ↑ Bi-lat, ↓ OC 100 FS -FES for 25M – rest Tech swim. - #SPL 100 FS – SOTW tech swim 1st 25, then sprint 25, rest tech swim #SPL. 100 FS Tech swim to 50M – BES to finish. #SPL	
Main set 	L1/2 = 600 FS – Check your DSP /#SPL while sprinting (FES) - RI 20-30 2 x 25, 2 x 50, 2 x 75 (300) 1 x Not FS. RI 30. #SPL. (100) 8 x 25 FS USRP – Don't lose technique- every 60 secs (200)	L3= 800 = FS – - Check your DSP /#SPL (FES) :2 x 25, 2 x 50, 2 x 75 RI 20(300) 3 x 100 Not FS RI 30. (BES) (300) 8 x 25 FS URPS going every 50 secs - Don't lose technique L3D/T 1100 – Its all FS 400 – even pace #SPL, 3 x 200 – BES RI 30, 4 x 25 sprints STOW then go for it! every 50 secs.
Relays	4 x 50 FS & Medley. Various team options	
C/Down	100 = OC	
Total	L1/2 = 1700 +. L3 = 1900+/L3D = 2200+	

Level 1 and L2	Weekly stroke theme = FS efficiency – what works best for “YOU”.
Warm up	100 OC, 100 KLRS BK, 50 swim FS, 50 kick FS, 🏊🏊
🏊🏊 Aim = increase your DSP without expending more energy, keeping good technique and increasing speed. BUT first let's get see how much errors affect your energy levels and stroke proficiency! 2 x 25 on each 1. ↑ Resting arm – can't be maintained out the front. – arm dropped at 90 degrees. ↓ Normal FS with arm pause at front 2. ↑ Dog Paddle – with no EVF, ↓ normal FS with Catch- EVF and exit at thigh 3. ↑ "S" pulls – dropped elbow ↓ normal FS with EVF pull down shoulder line 4. ↑ Hand cross centreline on entry ↓ normal FS entry in front of shoulders fingers 1st 5. ↑ Catch up ↓ Normal FS with body roll and ¾ catch up breathing 6. ↑ high elbows or arm straight /sling type arms ↓ Relaxed recovery and Entry – (Shoulder leads, then elbow, wrist pass by then enter - finger tips in front of shoulder line)	
FS Consolidation swim (400)	RI 30 BTW 100s 100 FS breathing changes – ↑ right side only ↓ Left side only, ↑ Bi-lat, ↓ OC 100 FS -FES for 25M – rest Tech swim. - #SPL 100 FS – SOTW tech swim 1st 25, then sprint 25, rest tech swim #SPL. 100 FS Tech swim to 50M – BES to finish. #SPL
Main Set  600	FS – Check your DSP /#SPL while sprinting (FES) - RI 20-30 2 x 25, 2 x 50, 2 x 75 1 x 100 Not FS – good rhythm 8 x 25 FS USRP Don't lose technique - every 60 secs
Relays	FS & Medley.
Cool Down	100 = OC
Total	L1 = 1700+

Level 3	Weekly stroke theme = FS efficiency – what works best for “YOU”.
Warm up	100 OC, 100 KLRS BK, 50 swim FS, 50 kick FS, 🏊🏊
🏊🏊 Aim = increase your DSP without expending more energy, keeping good technique and increasing speed. BUT first let's get see how much errors affect your energy levels and stroke proficiency! 2 x 25 on each 1. ↑ Resting arm – can't be maintained out the front. –arm dropped at 90 degrees. ↓ Normal FS with arm pause at front 2. ↑ Dog Paddle – with no EVF, ↓ normal FS with Catch- EVF and exit at thigh 3. ↑ "S" pulls – dropped elbow ↓ normal FS with EVF pull down shoulder line 4. ↑ Hand cross centreline on entry ↓ normal FS entry in front of shoulders fingers 1st 5. ↑ Catch up ↓ Normal FS with body roll and ¾ catch up breathing 6. ↑ high elbows or arm straight /sling type arms ↓ Relaxed recovery and Entry – (Shoulder leads, then elbow, wrist pass by then enter - finger tips in front of shoulder line)	
FS consolidation swim (400)	RI 30 BTW 100s 100 FS breathing changes – ↑ right side only ↓ Left side only, ↑ Bi-lat, ↓ OC 100 FS -FES for 25M – rest Tech swim. - #SPL 100 FS – SOTW tech swim 1st 25, then sprint 25, rest tech swim #SPL. 100 FS Tech swim to 50M – BES to finish. #SPL
Main Set  800	FS – Check your DSP /#SPL while sprinting (FES) 2 x 25, 2 x 50, 2 x 75 RI 20 3 x 100 - Not FS (BES) RI 30. 8 x 25 FS URPS going every 50 secs – Don't lose Technique
Relays	FS & Medley
Cool Down	100 OC
Total	1900+

Level 3D/T	Weekly stroke theme = FS efficiency – what works best for “YOU”.
Warm up	100 OC, 100 KLRS BK, 50 swim FS, 50 kick FS, 
 Aim = increase your DSP without expending more energy, keeping good technique and increasing speed. BUT first let's get see how much errors affect your energy levels and stroke proficiency! 2 x 25 on each ↑ Resting arm – can't be maintained out the front. –arm dropped at 90 degrees. ↓ Normal FS with arm pauses at front ↑ Dog Paddle – with no EVF, ↓ normal FS with Catch- EVF and exit at thigh ↑ “S” pulls – dropped elbow ↓ normal FS with EVF pull down shoulder line ↑ Hand cross centreline on entry ↓ normal FS entry in front of shoulders fingers 1st ↑ Catch up ↓ Normal FS with body roll and $\frac{3}{4}$ catch up breathing ↑ high elbows or arm straight /sling type arms ↓ Relaxed recovery and Entry – (Shoulder leads, then elbow, wrist pass by then enter - finger tips in front of shoulder line)	
FS consolidation swim (400) 	RI 30 BTW 100s 100 FS breathing changes – ↑ right side only ↓ Left side only, ↑ Bi-lat, ↓ OC 100 FS -FES for 25M – rest Tech swim. - #SPL 100 FS – SOTW tech swim 1 st 25, then sprint 25, rest tech swim #SPL. 100 FS Tech swim to 50M – BES to finish. #SPL
Main Set  1100	It's all FS – yippee 400 – even pace #SPL, 3 x 200 – BES RI 30, 4 x 25 FS sprints SOTW - Flags to flags every 50 secs.
Relays	FS & Medley - Optional
Cool Down	100 OC
Total	2200+