

Date: Sun 9th Sept 2026. B/Bay practice & Confirm names / #s & Oct10/11 NSW SC @ Canberra AIS. Relays prac to get teams together. Training Emphasis:
 - mod/ higher intensity sets & weekly theme = **BK Stroke efficiency** (Body rotation, is the KEY to avoid joint lock at the shoulder, arms – underwater for power, over to recover and breathe and leg kick up to balance). **Caution:** Reminder of body rotation and bent arms pull to avoid shoulder issues. Situational awareness of position in the lane. **Equipment:** Fins/TTs for lane 3DT. **CK out the tip sheet. It's all on the Tips sheet plus more!**

Warm up	L1 & L2 = 100 KLRS FS, 50 Kick BK, 100 Swim OC (250). L3/L3DT = 100 KLRS FS, 100 Kick BK, 100 Swim OC, 50 FS Kick. (350) 	
Drill/Skill items 	RI 15 on all – Reminder – SLOB *blow out thru nose, 2 dolphin kicks then single arm to get arms are in opposition to start BK swim. 2 x 25 Single arm with body rotation ↑LA↓RA – General reminders pinkie lead, “S” pull or HFA with wrist @ shoulder height, good catch & accelerate to hip, push hand over to help rotate on other shoulder. 2 x 25 BK Roll Pull, Role Push 2 x 25 BK Opposition. 2 x 50 BK normal long easy strokes with rotation. (250)	
Main set 	L1 & L2 Ck times for swims with FES vs BES A. 4 x 100 OC – Building to sprint finish. RI 30 B. 4 x 50 - 2 x A, 2 x BK - BES RI 20 C. 200 OC – increase speed flag to flags D. 6 x 50 FES 3 x FS, 1 x BK, 2 x OC RI 30(1100)	Level 3 – Check times for swims with FES vs BES A. 6 x 100 OC – 3 x Building to sprint finish, 3 x 80-85%. RI 30 B. 6 x 50 (3 x A, 3 x BK) BES RI 20 C. 200 OC Building or 2 x 100 IMs (RI 30) D. 6 x 50 FES 3 x FS, 1 x BK, 2 x OC ever RI 30 (1400)
	Level 3D/Tri A. 4 x 200 FS –use TT @ SR. Think about kick (2/4/6 beat) what works for you throughout. CHG start/finish? RI 30-40 B. 4 x 25 FS sprints every 50 secs, C. 4 x 50 FS – (2 x FES, 2 x BES). D. 5 x 100 (3x FS, 2 x not FS) – Sprint last lap. RI 30 (1600)	
Dives & Relays	15mins = Dives & HO/TO for Relays 4x 50 FS	
C/Down	100 = underwater easy body dolphins to ½ way, ½ lap dog paddle, double arm BK, walking etc.	
Total	L1/L2 = 1700 +, L3 = 2100 +, L3D/T = 2300+	

Level 1 & 2	Weekly Training Theme = BK – Efficiency
Warm up	 L1 & L2 = 100 KLRS FS, 50 Kick BK, 100 Swim OC (250).
Drills/Skills  (250)	RI 15 on all 2 x 25 Single arm with body rotation ↑LA↓RA – General reminders pinkie lead, “S” pull, or HFA with wrist @ shoulder height, good catch & accelerate to hip, push over to help rotate to other shoulder. 2 x 25 BK Roll Pull, Role Push 2 x 25 BK – Check arms are in Opposition. Pause & checks 2 x 50 BK normal long easy strokes with rotation
Main Set  1100	Check times for swims with FES vs BES 4 x 100 OC – Building to sprint finish. RI 30 4 x 50 - BES - 2 x A, 2 x BK - RI 20 200 OC – increase speed flag to flags 6 x 50 FES 3 x FS, 1 x BK, 2 x OC RI 30
Starts & Relays	Starts and Relays HO/TO for 4 x 50 FS
Cool Down	100 = underwater easy body dolphins to ½ way, ½ lap dog paddle, double arm BK, walking etc.
Total	1700 + relays

Level 3	Weekly Training Theme = BK – Efficiency
Warm up	 100 KLRS FS, 100 Kick BK, 100 Swim OC, 50 FS Kick. (350)
Drills/Skills  250	RI 15 on all 2 x 25 Single arm with body rotation ↑LA↓RA – General reminders pinkie lead, “S” pull, or HFA with wrist @ shoulder height, good catch & accelerate to hip, push over to help rotate on other shoulder. 2 x 25 BK Roll Pull, Role Push 2 x 25 Opposition – Pause to check. 2 x 50 BK normal long easy strokes.
Main Set  1400	Check times for swims with FES vs BES 6 x 100 OC – 3 x Building to sprint finish, 3 x 80-85%. RI 30 6 x 50 (3 x A, 3 x BK) BES RI 20 200 OC building or 2 x 100 IMs (RI 30) 6 x 50 FES 3 x FS, 1 x BK, 2 x OC RI 30
Starts & Relays	Starts and Relays 4 x 50 FS
Cool Down	100 = underwater easy body dolphins to ½ way, ½ lap dog paddle, double arm BK, walking etc.
Total	2100 + relays

Level 3 Dist/Tri	Weekly Training Theme = BK – Efficiency
Warm up	 100 KLRS FS, 100 Kick BK, 100 Swim OC, 50 FS Kick. (350)
Drills/Skills  250	RI 15 on all 2 x 25 Single arm with body rotation ↑LA↓RA – General reminders pinkie lead, “S” pull, or HFA with wrist @ shoulder height, good catch & accelerate to hip, push over to help rotate on other shoulder. 2 x 25 BK Roll Pull, Role Push 2 x 25 Opposition – Check by Pause. 2 x 50 BK normal long easy strokes with Rotation.
Main Set  1600	4 x 200 FS –use TT @ SR. Think about 2/4/6 beat kick and what work for you throughout. Do you change at start & finish? RI 30-40 4 x 25 FS sprints every 50 secs, 4 x 50 FS – (2 x FES, 2 x BES) RI 30. 5 x 100 (3x FS, 2 x not FS) – Sprint last lap. RI 30
Starts &Relays	Starts and Relays 4 x 50 FS
Cool Down	100 = underwater easy body dolphins to ½ way, ½ lap dog paddle, double arm BK, walking etc.
Total	2300+