

Date: Sunday 13th September 26. Notices: B/Bay Meet. Confirm names for CB SC meet. Weekly Drill Theme =BS Efficiency. Caution: knees/lower backs.

Equipment: Fins/KBs/FPs/PBs

Warm up	 Target = 300 = 100 FS, 100 kick OC (or 2 x 50) 100 BK KLRS
Drill/Skill 200/300 	BS drills RI = 15-20. 2 x 25: Arms only– Accelerate around the Corners, (out sweep, in sweep, get a grip and get arms forward). 2 x 25 – same drill but with FPs on – feel the grip on the water. L 1/L2 = 2 x 25/ L3 = 2 x 50: = Duck feet/whip kick – use KB – Kick & glides L1/2 = 2 x 25 /L3 = 2 x 50:-Drill = Full stroke = Stroke up to breathe, kick down to glide. Feel the rocking motion, maintaining forward line, avoid being too flat.
Main set L1 	4 x 25 FS every 60 secs. 2 x 50 BK RI 30 – Roll pull, roll push.100 OC – even pace. 4 x 25 Normal BS = Stroke and Breathe, Kick and Glide. RI 30. 100 FS ↑Kick ↓Swim & repeat – walk 60 secs 200 FS – long easy strokes. Breathe with your recovery arm/open arm pit. Walk 60 secs recovery. 4 x 100 RI 30 (2 x “A”, 2 x “B”) ↑E↓M↑M↓F. (1100)
Main set L2 	4 x 25 FS every 55 secs. 2 x 50 BK RI 30 – Roll pull, roll push.2 x 100 OC – even pace. RI 20-30. 200 FS – long easy stroke. Breathe with your recovery arm. Walk 60 secs recovery. 4 x 25 Normal BS = Stroke and Breathe, Kick and Glide. RI 30 100 FS ↑Kick ↓Swim & repeat – walk 60 secs 2 x 50 BS – S/B/K/G – Count #SPL get the rhythm right. 4 x 100 RI 30 (2 x “A”, 2 x “B”) ↑E↓M↑M↓F. (1200)
Main set L3 	8 x 25 FS every 50 secs. 2 x 50 BK RI 30 – Roll pull, roll push.2 x 100 OC – even pace. RI 20-30.100 FS ↑Kick ↓Swim & repeat – walk 60 secs. 4 x 25 Normal BS = Stroke and Breathe, Kick and Glide. RI 30 200 FS – long easy stroke. Breathe with your recovery arm, sprint last lap. Walk 60 secs recovery. 2 x 50 BS – S/B/K/G – Count #SPL get the rhythm right 5x 100 RI 30 (3 x “A”, 2 x “B”) ↑E↓M↑M↓F. (1500)
Main set L3Dist 	8 x 25 FS every 55 secs. 2 x 50 BK RI 30 – Roll pull, roll push.2 x 100 OC – even pace. RI 20-30 200 FS – long easy stroke. Breathe with your recovery arm, sprint last lap. 100 FS ↑Kick ↓Swim & repeat – walk 60 secs 6 x 100 FS RI 30 - build pace - Easy thru to sprint last 15M. Either 2 x 200 or 400 FS - vary pave BTW 75 – 85% with 2 bursts of speed at 95% for 15M during the swim. (1700)
C/Down	100 - Easy BK (locked elbows), side stroke, BK fining, BS kicks with long glides
Total	L1= 1700+, L2 =1800+, L3 = 2100+, L3D/T = 2400.

Level 1	Weekly Drill Theme: BS Arms & legs
Warm up	Target = 300.  100 FS, 100 kick OC (or 2 x 50) 100 BK KLRS
Drills/Skills  200	BS drills RI = 15-20. May use Fins on 1 st & 2 nd drill 2 x 25: = Arms only – Accelerate around the Corners, (out sweep, in sweep, get a grip and get arms forward). 2 x 25 – same drill but with FPs on – feel the grip on the water. Fins off for leg drills 2 x 25 Duck feet/whip kick – use KB 2 x 25 full stroke BS stroke - up to breathe, kick down to glide. Feel the rocking motion, maintaining forward line, avoid being too flat.
Main Set  1100	4 x 25 FS every 60 secs. 2 x 50 BK RI 30 – Roll pull, roll push. 100 OC – even pace. 4 x 25 Normal BS = Stroke and Breathe, Kick and Glide. RI 30 100 FS ↑Kick ↓Swim & repeat – walk 60 secs 200 FS – long easy strokes. Breathe with your recovery arm/open arm pit. Walk 60 secs recovery. 4 x 100 RI 30 (2 x “A”, 2 x “B”) ↑E↓M↑M↓F.
Cool Down	100 - Easy BK (locked elbows), side stroke, BK finning, BS kicks with long glides
Total	1700+

Level 2	Weekly Drill Theme: BS Arms & legs
Warm up	Target = 300.  100 FS, 100 kick OC (or 2 x 50) 100 BK KLRS
Drills/Skills 200	BS drills RI = 15-20. May use Fins on 1 st & 2 nd drill 2 x 25: = Arms only – Accelerate around the Corners, (out sweep, in sweep, get a grip and get arms forward). 2 x 25 – same drill but with FPs on – feel the grip on the water. Fins off for leg drills 2 x 25 Duck feet/whip kick – use KB 2 x 25 full stroke BS stroke - up to breathe, kick down to glide. Feel the rocking motion, maintaining forward line, avoid being too flat.
Main Set  1200	4 x 25 FS every 55 secs. 2 x 50 BK RI 30 – Roll pull, roll push. 2 x 100 OC – even pace. RI 20-30. 200 FS – long easy stroke. Breathe with your recovery arm. Walk 60 secs recovery. 4 x 25 Normal BS = Stroke and Breathe, Kick and Glide. RI 30 100 FS ↑Kick ↓Swim & repeat – walk 60 secs 2 x 50 BS – S/B/K/G – Count #SPL get the rhythm right. 3 x 100 RI 30 (2 x “A”, 1 x “B”) ↑E↓M↑M↓F.
Cool Down	100 - Easy BK (locked elbows), side stroke, BK finning, BS kicks with long glides
Total	1800+

Level 3	Weekly Drill Theme: BS Arms & legs
Warm up	Target = 300.  100 FS, 100 kick OC (or 2 x 50) 100 BK KLRS
Drills/Skills 200	BS drills RI = 15-20. May use Fins on 1 st & 2 nd drill 2 x 25: = Arms only – Accelerate around the Corners, (out sweep, in sweep, get a grip and get arms forward). 2 x 25 – same drill but with FPs on – feel the grip on the water. Fins off for leg drills 2 x 25 Duck feet/whip kick – use KB 2 x 25 full stroke BS stroke - up to breathe, kick down to glide. Feel the rocking motion, maintaining forward line, avoid being too flat.
Main Set  1500	8 x 25 FS every 50 secs. 2 x 50 BK RI 30 – Roll pull, roll push. 2 x 100 OC – even pace. RI 20-30. 100 FS ↑Kick ↓Swim & repeat – walk 60 secs. 4 x 25 Normal BS = Stroke and Breathe, Kick and Glide. RI 30 200 FS – long easy stroke. Breathe with your recovery arm, sprint last lap. Walk 60 secs recovery. 2 x 50 BS – S/B/K/G – Count #SPL get the rhythm right. 5x 100 RI 30 (3 x “A”, 2 x “B”) ↑E↓M↑M↓F.
Cool Down	100 - Easy BK (locked elbows), side stroke, BK finning, BS kicks with long glides
Total	2100+

Level 3 Dist/Triathlon	Weekly Drill Theme: BS Arms & Legs technique.
Warm up	Target = 300. 🏊 100 FS, 100 kick OC (or 2 x 50) 100 BK KLRS
Drills/Skills 200	BS drills RI = 15-20. May use Fins on 1st & 2nd drill 2 x 25: = Arms only – Accelerate around the Corners, (out sweep, in sweep, get a grip and get arms forward). 2 x 25 – same drill but with FPs on – feel the grip on the water. Fins off for leg drills 2 x 25 Duck feet/whip kick – use KB 2 x 25 full stroke BS stroke - up to breathe, kick down to glide. Feel the rocking motion, maintaining forward line, avoid being too flat.
Main Set  1800	8 x 25 FS every 55 secs. 2 x 50 BK RI 30 – Roll pull, roll push. 2 x 100 OC – even pace. RI 20-30 200 FS – long easy stroke. Breathe with your recovery arm. 100 FS ↑Kick ↓Swim & repeat – walk 60 secs 6 x 100 FS RI 30 - build pace - Easy thru to sprint last 15M. Either 2 x 200 or 400 FS - vary pace BTW 75 – 85% with 2 bursts of speed at 95% for 15M during the swim. Use 6 beat kick during burst.
Cool Down	100 - Easy BK (locked elbows), side stroke, BK finning, BS kicks with long glides
Total	2400