

Date: Sunday 27th September 26. Notices: Final names for Canberra? **Training Emphasis:** Race Prep for AIS and Mini Time trail – pressure on! Did you-plan how to race? Get the dives and turns right for the stroke, Know the stroke rules. Caution: Lane situ awareness, LOOK at the clock, know your times, Dive/Starts will be in Lane 6/5 after warm-up. Lanes for each stroke. **Equipment:** Fins/racing goggles.

W/ up 	10 Mins = 50 Swim FS, 50 kick FS, 100 SKPS BK, 100 Swim OC, 50 Kick BK, 50 swim OC - swim till the whistle goes. Target L1 = 300, L2 = 350. L3/L3D = 400. Lane 6 = FS L3/L3D, Lane 5 = L1/L2 FS, Lane 4 = BK, Lane 3= BS.
Main 1 All lanes	General Focus points = SOTW, when to kick and how many, when to get for first arm stroke in, Kick it home from 10M to go, don't breathe inside 5M to go etc. 25M x 6 FS sprints- Lane 6 every 45 Secs /FS Lane 5 - 4 x every 50 secs , Lane 4 BK & Lane 3BS every 55 secs x 4, All = 100 OC easy recovery. [250/200]
Starts 1	Dives-use Lane 5 & 6– 10 mins – Swimmers from lane 5&6 warm up (Level 1/2/3/3D FS (“A” stroke) others stay in BK/BS lanes and do main set 2
Main set 2 BK/BS	While dives are being done. BK & BS (lane 4/3) 4 x 50 -(1 st = 80%, 2 nd = 90%, 60 sec walk recovery, 3 rd = 85%, 4 th = 95%) – Work the turns RI 40-60 2 x 100 1 st = 75 -80%, 2 nd = 80-85%, get the turns right & finish on full stroke. RI 40 + 60 sec walk recovery at the end [400]
Starts 2	BK starts – Lane 6. BS starts Lane 5. 10 mins – BK starts & BS dives with 25M sprints.
Main set 2 FS	While dives are being done. FS L1/2 in lane 4, FS L3/D in lane 3 4 x 50 FS - Work the turns. (1 st = 80%, 2 nd = 90%, 60 sec walk recovery, 3 rd = 85%, 4 th = 95%) RI 40-60 3 x 100 FS (1 st = 75 -80%, 2 nd = 80-85%, 3 rd = 85-90%) BES. RI 40 + 60 sec walk recovery at the end [500]
Time Trail 30 mins	Mini Time Trial. – see separate nomination sheet. – run it like a HAG with timekeepers and note times if swimmers want a formal time.
Relays	Relays – FS/Medley, Try combos for relay teams for AIS meet. Mixed /Women/Men – if known
Coaches	Add fun items if time.
C/Down	100 OC
Total	= 1350 +

Suggest run everything from the deep end

All lanes use same sheet	Training Emphasis: Race Prep & time trial
Warm up 300	10 Mins = 50 Swim FS 50 kick FS, 100 SKPS BK, 100 Swim OC, 50 Kick BK, 50 swim OC - swim till the whistle goes.
Main All lanes	General Focus points = SOTW, how to get into 1st stroke? when to go for home? etc. Lane 6 = 6 x 25M FS sprints - going every 45 secs Lane 5 = 4 x 25 FS Sprints going every 50 secs Lane 4 = 4 x 25 BK sprints going every 55 secs Lane 3 = 4 x 25 BS sprints going every 55 secs 100 OC easy recovery. BS/BK go to Main set 2 below. FS – do Dives lane 5 & 6
Dives	Starts at Deep end – 10 mins FS Lane 5 & 6 - FS swimmers from L1/2/3 & L3D
Main 2 [400]	Use lane 4 = BK, Lane 3 = BS 4 x 50 – Work the turns RI 40-60 (1st = 80%, 2nd = 90%, 60 sec walk recovery, 3rd = 85%, 4th = 95%) 2 x 100 1st = 75 -80%, 2nd = 80-85%, get the turns right & finish on full stroke. RI 40 + 60 sec walk recovery at the end
Dives	Starts at Deep end – 10 mins Lane 5 = BS & Lane 6 = BK
Main 3 [500]	FS L1/2 = Lane 4, L3 = Lane 3 4 x 50 FS - Work the turns. RI 40-60 (1st = 80%, 2nd = 90%, 60 sec walk recovery, 3rd = 85%, 4th = 95%) 3 x 100 FS (1st = 75 -80%, 2nd = 80-85%, 3rd = 85-90%) BES. RI 40 + 60 sec walk recovery at the end
Time Trial	Mini TT as per nomination sheet
Relays	Relays & Dives/Starts/Turns
Cool Down	100 OC
Total	1350+