Friday March 1st 2024 – Freestyle. General Endurance, technique.

	LEVEL 1	LEVEL 2	LEVEL 3
Warm	5 minute continuous easy swim.	5 minute continuous easy swim.	5 minute continuous easy swim.
up.	Alternate between;	Alternate between;	Alternate between;
AB.	100m FS kick, 100m OC swim.	100m FS kick, 100m OC swim.	100m FS kick, 100m OC swim.
О	(hopefully 200m)	(hopefully 250m)	(hopefully 300m)
Drills.	1) 1 arm CATCH-UP. ↑ Left ↓ Right.	1) 1 arm CATCH-UP. ↑ Left ↓ Right.	1) 1 arm CATCH-UP. ↑ Left ↓ Right.
	4 x 25m. RI 15 sec.	4 x 25m. RI 15 sec.	4 x 25m. RI 15 sec.
MA	! arm in front, other arm stroking. Rotate	! arm in front, other arm stroking. Rotate	! arm in front, other arm stroking. Rotate
υ σ	upper body to breath each stroke.	upper body to breath each stroke.	upper body to breath each stroke.
	2) 1 arm KICK BOARD. ↑Left ↓Right.	2) 1 arm KICK BOARD. ↑Left ↓Right.	2) 1 arm KICK BOARD. ↑Left ↓Right.
	4 x 25m. RI 15 sec.	4 x 25m. RI 15 sec.	4 x 25m. RI 15 sec.
	1 arm on kickboard, other arm to side.	1 arm on kickboard, other arm to side.	1 arm on kickboard, other arm to side.
	Breathe each 4-6 kicks. The emphasis is	Breathe each 4-6 kicks. The emphasis is	Breathe each 4-6 kicks. The emphasis is
	on head turning rather than whole body.	on head turning rather than whole body.	on head turning rather than whole body.
	(200)	(200)	(200)
Main set	1) 1 x 200m FS. Easy. Strokes per length.	1) 1 x 400m FS. Easy. Strokes per length.	1) 1 x 400m FS. Easy. Strokes per length.
	Count SPL. What's your #?	Count SPL. What's your #?	Count SPL. What's your #?
	2) 2 x 50m OC, not FS. RI 20s. Easy.	2) 2 x 50m OC, not FS. RI 20s. Easy.	2) 2 x 50m OC, not FS. RI 20s. Easy.
	3) 4 x 50m. FS. RI 20s. Med pace.	3) 4 x 50m. FS. RI 20s. Med pace.	3) 6 x 50m. FS. RI 20s. Med pace.
	Increase your SPL compared to 1st set.	Increase your SPL compared to 1st set.	Increase your SPL compared to 1st set.
	4) 1 x 50m. BS. Recovery. Easy, stretch	4) 1 x 50m. BS. Recovery. Easy, stretch	4) 1 x 50m. BS. Recovery. Easy, stretch
	out, relax.	out, relax.	out, relax.
	<mark>5)</mark> 4 x 25m. FS kick with board. Med.	<mark>5)</mark> 6 x 25m. FS kick with board. Med.	5) 4 x 50m. FS kick with board. Med.
	6) 1 x 200m. FS. Easy. What's your SPL?	6) 1 x 200m. FS. Easy. What's your SPL?	6) 1 x 200m. FS. Easy. What's your SPL?
	(850)	(1100)	(1250)
Cool	OC - Back scull, walk, slow BR.	OC - Back scull, walk, slow BR.	OC - Back scull, walk, slow BR.
Down.	(100)	(100)	(100)
Total	1350	1650	1850

	LEVEL 1
Warm up.	5 minute continuous easy swim.
AM.	Alternate between;
	100m FS kick, 100m OC swim.
	(hopefully 200m)
Drills.	1) 1 arm CATCH-UP. ↑ Left ↓ Right.
	4 x 25m. RI 15 sec.
Yy	! arm in front, other arm stroking. Rotate
	upper body to breath each stroke.
	2) 1 arm KICK BOARD. ↑Left ↓Right.
	4 x 25m. RI 15 sec.
	1 arm on kickboard, other arm to side.
	Breathe each 4-6 kicks. The emphasis is on
	head turning rather than whole body.
	(200)
Main set	1) 1 x 200m FS. Easy. Strokes per length.
	Count SPL. What's your #?
	2) 2 x 50m OC, not FS. RI 20s. Easy.
	3) 4 x 50m. FS. RI 20s. Med pace. Increase
	your SPL compared to 1 st set.
	4) 1 x 50m. BS. Recovery. Easy, stretch out,
	relax.
	5) 4 x 25m. FS kick with board. Med.
	6) 1 x 200m. FS. Easy. What's your SPL?
	(850)
Cool	OC - Back scull, walk, slow BR.
Down.	(100)
Total	1350

	LEVEL 2	
Warm up.	5 minute continuous easy swim.	
AM.	Alternate between;	
	100m FS kick, 100m OC swim.	
	(hopefully 250m)	
Drills.	1) 1 arm CATCH-UP. ↑ Left ↓ Right.	
	4 x 25m. RI 15 sec.	
Yy	! arm in front, other arm stroking. Rotate	
	upper body to breath each stroke.	
	2) 1 arm KICK BOARD. ↑Left ↓Right.	
	4 x 25m. RI 15 sec.	
	1 arm on kickboard, other arm to side.	
	Breathe each 4-6 kicks. The emphasis is on	
	head turning rather than whole body.	
	(200)	
Main set	1) 1 x 400m FS. Easy. Strokes per length.	
	Count SPL. What's your #?	
	2) 2 x 50m OC, not FS. RI 20s. Easy.	
	3) 4 x 50m. FS. RI 20s. Med pace. Increase	
	your SPL compared to 1 st set.	
	4) 1 x 50m. BS. Recovery. Easy, stretch out,	
	relax.	
	5) 6 x 25m. FS kick with board. Med.	
	6) 1 x 200m. FS. Easy. What's your SPL?	
	(1100)	
Cool	OC - Back scull, walk, slow BR.	
Down.	(100)	
Total	1650	

	LEVEL 3
Warm up.	5 minute continuous easy swim.
WW.	Alternate between;
	100m FS kick, 100m OC swim.
	(hopefully 300m)
Drills.	1) 1 arm CATCH-UP. ↑ Left ↓ Right.
	4 x 25m. RI 15 sec.
AR.	! arm in front, other arm stroking. Rotate
	upper body to breath each stroke.
	2) 1 arm KICK BOARD. ↑Left ↓Right.
	4 x 25m. RI 15 sec.
	1 arm on kickboard, other arm to side.
	Breathe each 4-6 kicks. The emphasis is on
	head turning rather than whole body.
	(200)
Main set	1) 1 x 400m FS. Easy. Strokes per length.
	Count SPL. What's your #?
	2) 2 x 50m OC, not FS. RI 20s. Easy.
	3) 6 x 50m. FS. RI 20s. Med pace. Increase
	your SPL compared to 1 st set.
	4) 1 x 50m. BS. Recovery. Easy, stretch out,
	relax.
	5) 4 x 50m. FS kick with board. Med.
	6) 1 x 200m. FS. Easy. What's your SPL?
	(1250)
Cool	OC - Back scull, walk, slow BR.
Down.	(100)
Total	1850

	YOUNG GUNS - DISTANCE
Warm up.	5 minute continuous easy swim.
AR.	Alternate between;
	100m FS kick, 100m OC swim.
	(hopefully 300m)
Drills.	1) 1 arm CATCH-UP. \uparrow Left \downarrow Right.
	4 x 25m. RI 15 sec.
MA	! arm in front, other arm stroking. Rotate
	upper body to breath each stroke.
	2) 1 arm KICK BOARD. ↑Left ↓Right.
	4 x 25m. RI 15 sec.
	1 arm on kickboard, other arm to side.
	Breathe each 4-6 kicks. The emphasis is on
	head turning rather than whole body.
	(200)
Main set	1) 1 x 400m FS. Easy. Strokes per length.
	Count SPL. What's your #?
	2) 2 x 50m OC, not FS. RI 20s. Easy.
	3) 4 x 100m. FS. RI 20s. Med pace.
	Increase your SPL compared to 1 st set.
	4) 2 x 50m. BS. Recovery. Easy, stretch
	out, relax.
	<mark>5)</mark> 4 x 50m. FS kick with board. Med.
	6) 1 x 200m. FS. Easy. What's your SPL?
	(1400)
Cool Down.	OC - Back scull, walk, slow BR.
	(100)
Total	2000