











Friday March 1<sup>st</sup> 2024 – Freestyle. General Endurance, technique.

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

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

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

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

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