Tuesday March 19 th	2024 – Breaststroke.	Breathing/Gliding.
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	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;
Ч¥	100m FS kick, 100m OC swim.	100m FS kick, 100m OC swim.	100m FS kick, 100m OC swim.
00	(hopefully 200m)	(hopefully 250m)	(hopefully 300m)
Drills.	1) BREATHING. HEAD LOCKED, CHIN IN.	1) BREATHING. HEAD LOCKED, CHIN IN.	1) BREATHING. HEAD LOCKED, CHIN IN.
	4 x 25m. RI 15 sec. Keep head in line	4 x 25m. RI 15 sec. Keep head in line	4 x 25m. RI 15 sec. Keep head in line
	with straight upper torso. Don't lift head	with straight upper torso. Don't lift head	with straight upper torso. Don't lift head
	up to breathe. <u>The arm-pull lifts the</u>	up to breathe. <u>The arm-pull lifts the</u>	up to breathe. <u>The arm-pull lifts the</u>
	shoulders & head up to breathe.	shoulders & head up to breathe.	shoulders & head up to breathe.
	2) THE GLIDE. 1 pull/2 kicks. 4 x 25m. RI	2) THE GLIDE. 1 pull/2 kicks. 4 x 25m. RI	2) THE GLIDE. 1 pull/2 kicks. 4 x 25m. RI
	15 sec . Pause for 1-2 sec glide at end of	15 sec . Pause for 1-2 sec glide at end of	15 sec . Pause for 1-2 sec glide at end of
	each kick. <u>Don't hurry it, feel the glide</u> !!	each kick. <u>Don't hurry it, feel the glide</u> !!	each kick. <u>Don't hurry it, feel the glide</u> !!
	(200)	(200)	(200)
Main set	1) 3 X 100m FS. RI 20s. Med. Count SPL.	1) 4 X 100m FS. RI 20s. Med. Count SPL.	1) 4 X 100m FS. RI 20s. Med. Count SPL.
	Is it consistent with past?	Is it consistent with past?	Is it consistent with past?
	2) 1 x 50m OC, not FS. Recovery.	2) 1 x 50m OC, not FS. Recovery.	2) 1 x 50m OC, not FS. Recovery.
	3) 2 x 100m. BS. RI 20s. Easy until last lap	3) 2 x 100m. BS. RI 20s. Easy until last lap	3) 2 x 100m. BS. RI 20s. Easy until last lap
	then harder to end. Practice drills!!!	then harder to end. <u>Practice drills!!!</u>	then harder to end. <u>Practice drills!!!</u>
	4) 1 x 50m. OC, not FS. Recovery. Easy,	4) 1 x 50m. OC, not FS. Recovery. Easy,	4) 1 x 50m. OC, not FS. Recovery. Easy,
	stretch out, relax.	stretch out, relax.	stretch out, relax.
	5) 4 x 25m. FS kick - board. RI 20s. Med.	<mark>5)</mark> 4 x 25m. FS kick - board. RI 20s. Med.	<mark>5)</mark> 4 x 50m. FS kick - board. RI 20s. Med.
	6) 2 x 25m. BS kick - board. RI 20s. Easy.	6) 4 x 25m. BS kick - board. RI 20s. Easy.	<mark>6)</mark> 4 x 25m. BS kick - board. RI 20s. Easy.
	7) 4 x 25m. FS sprints on 60 sec. Hard!!	7) 4 x 25m. FS sprints on 50 sec. Hard!!	7) 4 x 50m. FS sprints on 1m 10s. Hard.
	(850)	(1000)	(1200)
Cool	OC - BK, walk, slow BR. Your choice.	OC - BK, walk, slow BR. Your choice.	OC - BK, walk, slow BR. Your choice.
Down.	(100)	(100)	(100)
Total	1350	1550	1800

	LEVEL 1
Warm up.	5 minute continuous easy swim.
NH/	Alternate between;
Ū	100m FS kick, 100m OC swim.
	(hopefully 200m)
Drills.	1) BREATHING. HEAD LOCKED, CHIN IN. 4 x
	25m. RI 15 sec. Keep head in line with
	straight upper torso. Don't lift head up to
	breathe. The arm-pull lifts the shoulders &
	<u>head up to breathe</u> .
	2) THE GLIDE. 1 pull/2 kicks. 4 x 25m. RI 15
	sec. Pause for 1-2 sec glide at end of each
	kick. <u>Don't hurry it, feel the glide</u> !!
	(200)
Main set	1) 3 X 100m FS. RI 20s. Med. Count SPL. Is it
	consistent with past?
	2) 1 x 50m OC, not FS. Recovery.
	3) 2 x 100m. BS. RI 20s. Easy until last lap
	then harder to end. <u>Practice drills!!!</u>
	4) 1 x 50m. OC, not FS. Recovery. Easy,
	stretch out, relax.
	<mark>5)</mark> 4 x 25m. FS kick - board. RI 20s. Med.
	<mark>6)</mark> 2 x 25m. BS kick - board. RI 20s. Easy.
	7) 4 x 25m. FS sprints on 60 sec. Hard!!
	(850)
Cool	OC - BK, walk, slow BR. Your choice.
Down.	(100)
Total	1350

	LEVEL 2
Warm up.	5 minute continuous easy swim.
NH/	Alternate between;
Ū	100m FS kick, 100m OC swim.
	(hopefully 250m)
Drills.	1) BREATHING. HEAD LOCKED, CHIN IN. 4 x
	25m. RI 15 sec. Keep head in line with
	straight upper torso. Don't lift head up to
	breathe. <u>The arm-pull lifts the shoulders &</u>
	<u>head up to breathe</u> .
	2) THE GLIDE. 1 pull/2 kicks. 4 x 25m. RI 15
	sec. Pause for 1-2 sec glide at end of each
	kick. <u>Don't hurry it, feel the glide</u> !!
	(200)
Main set	1) 4 X 100m FS. RI 20s. Med. Count SPL. Is it
	consistent with past?
	2) 1 x 50m OC, not FS. Recovery.
	3) 2 x 100m. BS. RI 20s. Easy until last lap
	then harder to end. Practice drills!!!
	4) 1 x 50m. OC, not FS. Recovery. Easy,
	stretch out, relax.
	<mark>5)</mark> 4 x 25m. FS kick - board. RI 20s. Med.
	<mark>6)</mark> 4 x 25m. BS kick - board. RI 20s. Easy.
	7) 4 x 25m. FS sprints on 50 sec. Hard!!
	(1000)
Cool	OC - BK, walk, slow BR. Your choice.
Down.	(100)
Total	1550

	LEVEL 3
Warm up.	5 minute continuous easy swim.
NH/	Alternate between;
Ū.	100m FS kick, 100m OC swim.
	(hopefully 300m)
Drills.	1) BREATHING. HEAD LOCKED, CHIN IN. 4 x
	25m. RI 15 sec. Keep head in line with
	straight upper torso. Don't lift head up to
	breathe. The arm-pull lifts the shoulders &
	<u>head up to breathe</u> .
	2) THE GLIDE. 1 pull/2 kicks. 4 x 25m. RI 15
	sec. Pause for 1-2 sec glide at end of each
	kick. <u>Don't hurry it, feel the glide</u> !!
	(200)
Main set	1) 4 X 100m FS. RI 20s. Med. Count SPL. Is it
	consistent with past?
	2) 1 x 50m OC, not FS. Recovery.
	3) 2 x 100m. BS. RI 20s. Easy until last lap
	then harder to end. Practice drills!!!
	4) 1 x 50m. OC, not FS. Recovery. Easy,
	stretch out, relax.
	<mark>5)</mark> 4 x 50m. FS kick - board. RI 20s. Med.
	<mark>6)</mark> 4 x 25m. BS kick - board. RI 20s. Easy.
	7) 4 x 50m. FS sprints on 1m 10s. Hard.
	(1200)
Cool	OC - BK, walk, slow BR. Your choice.
Down.	(100)
Total	1800

	DISTANCE PEOPLE
Warm up.	5 minute continuous easy swim.
₩¥	Alternate between;
Ū	100m FS kick, 100m OC swim.
	(hopefully 300m)
Drills.	1) BREATHING. HEAD LOCKED, CHIN IN. 4
	x 25m. RI 15 sec. Keep head in line with
	straight upper torso. Don't lift head up to
	breathe. The arm-pull lifts the shoulders &
	<u>head up to breathe</u> .
	2) THE GLIDE. 1 pull/2 kicks. 4 x 25m. RI
	15 sec . Pause for 1-2 sec glide at end of
	each kick. <u>Don't hurry it, feel the glide</u> !!
	(200)
Main set	1) 2 X 200m FS. RI 20s. Med. Count SPL. Is
	it consistent with past?
	2) 1 x 50m OC, not FS. Recovery.
	3) 4 x 100m. FS. RI 20s. Easy until last lap
	then hard to end. <u>Practice the finish.</u>
	4) 1 x 50m. OC, not FS. Recovery. Easy,
	stretch out, relax.
	<mark>5)</mark> 4 x 50m. FS kick - board. RI 20s. Med.
	<mark>6)</mark> 4 x 25m. BS kick - board. RI 20s. Easy.
	7) 4 x 50m. FS sprints on 1m 10s. Hard.
	(1400)
Cool Down.	OC - BK, walk, slow BR. Your choice.
	(100)
Total	2000