











Tuesday March 19<sup>th</sup> 2024 – Breaststroke. Breathing/Gliding.

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

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

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

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

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