











Sunday March 3rd 2024 – Freestyle. General Endurance, technique.

	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. 	1) BREATHE LEAST FAVOURED SIDE. 4 x 25m. RI 15 sec. Normal FS but breathe on least favoured side. <u>Turn head – don't lift.</u> 2) 2/2 CATCH-UP. 4 x 25m. RI 15 sec. Normal catch-up but 2 strokes Left then 2 strokes Right. <u>Focus on body rotation.</u> (200)	1) BREATHE LEAST FAVOURED SIDE. 4 x 25m. RI 15 sec. Normal FS but breathe on least favoured side. <u>Turn head – don't lift.</u> 2) 2/2 CATCH-UP. 4 x 25m. RI 15 sec. Normal catch-up but 2 strokes Left then 2 strokes Right. <u>Focus on body rotation.</u> (200)	1) BREATHE LEAST FAVOURED SIDE. 4 x 25m. RI 15 sec. Normal FS but breathe on least favoured side. <u>Turn head – don't lift.</u> 2) 2/2 CATCH-UP. 4 x 25m. RI 15 sec. Normal catch-up but 2 strokes Left then 2 strokes Right. <u>Focus on body rotation.</u> (200)
Main set	1) 10 mins continuous FS. Easy. How far can you go? Count laps. Report to coach. 2) 2 x 50m OC, not FS. RI 20s. Recovery. 3) 8 x 25m. FS. RI 20s. Med pace. Increase your pace from the 1 st set. 4) 2 x 50m. OC, not FS. Recovery. Easy, stretch out, relax. 5) 4 x 25m. FS kick with board. Med. 6) 2 x 100m. OC, not FS. Easy. (700 + 10mins)	1) 10 mins continuous FS. Easy. How far can you go? Count laps. Report to coach. 2) 2 x 50m OC, not FS. RI 20s. Recovery. 3) 10 x 25m. FS. RI 20s. Med pace. Increase your pace from the 1 st set. 4) 2 x 50m. OC, not FS. Recovery. Easy, stretch out, relax. 5) 6 x 25m. FS kick with board. Med. 6) 3 x 100m. OC/FS/OC. Easy. (900 + 10mins)	1) 10 mins continuous FS. Easy. How far can you go? Count laps. Report to coach. 2) 2 x 50m OC, not FS. RI 20s. Recovery. 3) 6 x 50m. FS. RI 20s. Med pace. Increase your pace from the 1 st set. 4) 2 x 50m. OC, not FS. Recovery. Easy, stretch out, relax. 5) 4 x 50m. FS kick with board. Med. 6) 3 x 100m. OC/FS/OC. Easy. (1000 + 10mins)
Cool Down.	OC - Back scull, walk, slow BR. (100)	OC - Back scull, walk, slow BR. (100)	OC - Back scull, walk, slow BR. (100)
Total	1200 + 10 mins	1450 + 10 mins	1600 + 10 mins

	LEVEL 1
Warm up. 	5 minute continuous easy swim. Alternate between; 100m FS kick, 100m OC swim. (hopefully 200m)
Drills. 	<p>1) BREATHE LEAST FAVOURED SIDE. 4 x 25m. RI 15 sec. Normal FS but breathe on least favoured side. <u>Turn head – don't lift.</u></p> <p>2) 2/2 CATCH-UP. 4 x 25m. RI 15 sec. Normal catch-up but 2 strokes Left then 2 strokes Right. <u>Focus on body rotation.</u> (200)</p>
Main set	<p>1) 10 mins continuous FS. Easy. How far can you go? Count laps. Report to coach.</p> <p>2) 2 x 50m OC, not FS. RI 20s. Recovery.</p> <p>3) 8 x 25m. FS. RI 20s. Med pace. Increase your pace from the 1st set.</p> <p>4) 2 x 50m. OC, not FS. Recovery. Easy, stretch out, relax.</p> <p>5) 4 x 25m. FS kick with board. Med.</p> <p>6) 2 x 100m. OC, not FS. Easy. (700 + 10mins)</p>
Cool Down.	OC - Back scull, walk, slow BR. (100)
Total	1200 + 10 mins

	LEVEL 2
Warm up. 	5 minute continuous easy swim. Alternate between; 100m FS kick, 100m OC swim. (hopefully 250m)
Drills. 	<p>1) BREATHE LEAST FAVOURED SIDE. 4 x 25m. RI 15 sec. Normal FS but breathe on least favoured side. <u>Turn head – don't lift.</u></p> <p>2) 2/2 CATCH-UP. 4 x 25m. RI 15 sec. Normal catch-up but 2 strokes Left then 2 strokes Right. <u>Focus on body rotation.</u> (200)</p>
Main set	<p>1) 10 mins continuous FS. Easy. How far can you go? Count laps. Report to coach.</p> <p>2) 2 x 50m OC, not FS. RI 20s. Recovery.</p> <p>3) 10 x 25m. FS. RI 20s. Med pace. Increase your pace from the 1st set.</p> <p>4) 2 x 50m. OC, not FS. Recovery. Easy, stretch out, relax.</p> <p>5) 6 x 25m. FS kick with board. Med.</p> <p>6) 3 x 100m. OC/FS/OC. Easy. (900 + 10mins)</p>
Cool Down.	OC - Back scull, walk, slow BR. (100)
Total	1450 + 10 mins

	LEVEL 3
Warm up. 	5 minute continuous easy swim. Alternate between; 100m FS kick, 100m OC swim. (hopefully 300m)
Drills. 	<p>1) BREATHE LEAST FAVOURED SIDE. 4 x 25m. RI 15 sec. Normal FS but breathe on least favoured side. <u>Turn head – don't lift.</u></p> <p>2) 2/2 CATCH-UP. 4 x 25m. RI 15 sec. Normal catch-up but 2 strokes Left then 2 strokes Right. <u>Focus on body rotation.</u> (200)</p>
Main set	<p>1) 10 mins continuous FS. Easy. How far can you go? Count laps. Report to coach.</p> <p>2) 2 x 50m OC, not FS. RI 20s. Recovery.</p> <p>3) 6 x 50m. FS. RI 20s. Med pace. Increase your pace from the 1st set.</p> <p>4) 2 x 50m. OC, not FS. Recovery. Easy, stretch out, relax.</p> <p>5) 4 x 50m. FS kick with board. Med.</p> <p>6) 3 x 100m. OC/FS/OC. Easy. (1000 + 10mins)</p>
Cool Down.	OC - Back scull, walk, slow BR. (100)
Total	1600 + 10 mins

	DISTANCE PEOPLE
Warm up. 	5 minute continuous easy swim. Alternate between; 100m FS kick, 100m OC swim. (hopefully 300m)
Drills. 	1) BREATHE LEAST FAVOURED SIDE. 4 x 25m. RI 15 sec. Normal FS but breathe on least favoured side. <u>Turn head – don't lift.</u> 2) 2/2 CATCH-UP. 4 x 25m. RI 15 sec. Normal catch-up but 2 strokes Left then 2 strokes Right. <u>Focus on body rotation.</u> (200)
Main set	1) 10 mins continuous FS. Easy. How far can you go? Count laps. Report to coach. 2) 2 x 50m OC, not FS. RI 20s. Recovery. 3) 6 x 50m. FS. RI 20s. Med pace. Increase your pace from the 1 st set. 4) 2 x 50m. OC, not FS. RI 15s. Recovery. Easy, stretch out, relax. 5) 6 x 100m. Alternate between 100 Kick & 100 FS. RI 20 secs. Easy, but make those legs work! (1100 + 10mins)
Cool Down.	OC - Back scull, walk, slow BR. (100)
Total	1700 + 10 mins