Sunday March 3rd 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.
9	(hopefully 200m)	(hopefully 250m)	(hopefully 300m)
Drills.	1) BREATHE LEAST FAVOURED SIDE.	1) BREATHE LEAST FAVOURED SIDE.	1) BREATHE LEAST FAVOURED SIDE.
	4 x 25m. RI 15 sec.	4 x 25m. RI 15 sec.	4 x 25m. RI 15 sec.
AR.	Normal FS but breathe on least favoured	Normal FS but breathe on least favoured	Normal FS but breathe on least favoured
9	side. Turn head – don't lift.	side. <u>Turn head – don't lift.</u>	side. <u>Turn head – don't lift.</u>
	2) 2/2 CATCH-UP.	2) 2/2 CATCH-UP.	<mark>2)</mark> 2/2 CATCH-UP.
	4 x 25m. RI 15 sec.	4 x 25m. RI 15 sec.	4 x 25m. RI 15 sec.
	Normal catch-up but 2 strokes Left then	Normal catch-up but 2 strokes Left then	Normal catch-up but 2 strokes Left then
	2 strokes Right. Focus on body rotation.	2 strokes Right. <u>Focus on body rotation.</u>	2 strokes Right. <u>Focus on body rotation.</u>
	(200)	(200)	(200)
Main set	1) 10 mins continuous FS. Easy. How far	1) 10 mins continuous FS. Easy. How far	1) 10 mins continuous FS. Easy. How far
	can you go? Count laps. Report to coach.	can you go? Count laps. Report to coach.	can you go? Count laps. Report to coach.
	2) 2 x 50m OC, not FS. RI 20s. Recovery.	2) 2 x 50m OC, not FS. RI 20s. Recovery.	2) 2 x 50m OC, not FS. RI 20s. Recovery.
	3) 8 x 25m. FS. RI 20s. Med pace.	3) 10 x 25m. FS. RI 20s. Med pace.	3) 6 x 50m. FS. RI 20s. Med pace.
	Increase your pace from the 1st set.	Increase your pace from the 1st set.	Increase your pace from the 1st set.
	4) 2 x 50m. OC, not FS. Recovery. Easy,	4) 2 x 50m. OC, not FS. Recovery. Easy,	4) 2 x 50m. OC, not FS. Recovery. Easy,
	stretch out, relax.	stretch out, relax.	stretch out, relax.
	5) 4 x 25m. FS kick with board. Med.	5) 6 x 25m. FS kick with board. Med.	5) 4 x 50m. FS kick with board. Med.
	6) 2 x 100m. OC, not FS. Easy.	6) 3 x 100m. OC/FS/OC. Easy.	6) 3 x 100m. OC/FS/OC. Easy.
	(700 + 10mins)	(900 + 10mins)	(1000 + 10mins)
Cool	OC - Back scull, walk, slow BR.	OC - Back scull, walk, slow BR.	OC - Back scull, walk, slow BR.
Down.	(100)	(100)	(100)
Total	1200 + 10 mins	1450 + 10 mins	1600 + 10 mins

	LEVEL 1	
Warm up.	5 minute continuous easy swim.	
AR	Alternate between;	
	100m FS kick, 100m OC swim.	
	(hopefully 200m)	
Drills.	1) BREATHE LEAST FAVOURED SIDE.	
	4 x 25m. RI 15 sec.	
AR.	Normal FS but breathe on least favoured side.	
_	Turn head – don't lift.	
	2) 2/2 CATCH-UP.	
	4 x 25m. RI 15 sec.	
	Normal catch-up but 2 strokes Left then 2	
	strokes Right. Focus on body rotation.	
	(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)	
Cool	OC - Back scull, walk, slow BR.	
Down.	(100)	
Total	1200 + 10 mins	

	LEVEL 2	
Warm up.	5 minute continuous easy swim.	
AR.	Alternate between;	
	100m FS kick, 100m OC swim.	
	(hopefully 250m)	
Drills.	1) BREATHE LEAST FAVOURED SIDE.	
	4 x 25m. RI 15 sec.	
AR.	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. Focus on body rotation.	
	(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) 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)	
Cool	OC - Back scull, walk, slow BR.	
Down.	(100)	
Total	1450 + 10 mins	

	LEVEL 3	
Warm up.	5 minute continuous easy swim.	
AR.	Alternate between;	
	100m FS kick, 100m OC swim.	
	(hopefully 300m)	
Drills.	1) BREATHE LEAST FAVOURED SIDE.	
	4 x 25m. RI 15 sec.	
Wy .	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. Focus on body rotation.	
	(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. 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	OC - Back scull, walk, slow BR.	
Down.	(100)	
Total	1600 + 10 mins	

	DISTANCE PEOPLE
Warm up.	5 minute continuous easy swim.
AR.	Alternate between;
	100m FS kick, 100m OC swim.
	(hopefully 300m)
Drills.	1) BREATHE LEAST FAVOURED SIDE.
	4 x 25m. RI 15 sec.
MA	Normal FS but breathe on least favoured
	side. Turn head – don't lift.
	2) 2/2 CATCH-UP.
	4 x 25m. RI 15 sec.
	Normal catch-up but 2 strokes Left then 2
	strokes Right. Focus on body rotation.
	(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