	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) MASTERING LEAST FAVOURED	1) MASTERING LEAST FAVOURED	1) MASTERING LEAST FAVOURED
	BREATHING OPTION. 3 x 50m. RI 15 sec.	BREATHING OPTION. 4 x 50m. RI 15 sec.	BREATHING OPTION. 4 x 50m. RI 15 sec.
¥¥	If you breathe to the Left, in this set	If you breathe to the Left, in this set	If you breathe to the Left, in this set
00	breathe to Right. If you breathe 1-sided,	breathe to Right. If you breathe 1-sided,	breathe to Right. If you breathe 1-sided,
	then in this set breathe bi-lateral.	then in this set breathe bi-lateral.	then in this set breathe bi-lateral.
	2/2 CATCH-UP. 4 x 25m. RI 15 sec.	2) 2/2 CATCH-UP. 4 x 25m. RI 15 sec.	2) 2/2 CATCH-UP. 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. Focus on body rotation.	2 strokes Right. Focus on body rotation.
	(250)	(300)	(300)
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) 1 x 50m OC, not FS. RI 20s. Recovery.	2) 1 x 100m OC, not FS. RI 20s. Recovery.	2) 1 x 100m OC, not FS. RI 20s. Recovery.
	3) 2 x 100m. FS. RI 20s. Easy until last lap	3) 3 x 100m. FS. RI 20s. Easy until last lap	3) 4 x 100m. FS. RI 20s. Easy until last lap
	then harder to end.	then harder to end.	then harder to end.
	4) 1 x 50m. OC, not FS. Recovery. Easy,	4) 1 x 50m. OC, not FS. Recovery. Easy,	4) 1 x 100m. OC, not FS. Recovery. Easy,
	stretch out, relax.	stretch out, relax.	stretch out, relax.
	5) 4 x 25m. FS kick with board. Med.	5) 4 x 25m. FS kick w board. RI 15s. Med.	5) 4 x 50m. FS kick w board. RI 15s. Med.
	6) 2 x 25m. BS kick with board. Easy.	<mark>6)</mark> 4 x 25m. BK kick, board optional.	<mark>6)</mark> 4 x 25m. BK dolphin kick, board
	7) 1 x 100m. OC, not FS. Easy recovery.	<b>RI 15s.</b> Easy.	optional. RI 15s. Med.
	(550 + 10mins)	7) 1 x 100m. OC, not FS. Easy recovery.	7) 1 x 100m. OC, not FS. Easy recovery.
		(750 + 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	1000 + 10 mins	1400 + 10 mins	1700 + 10 mins

Friday March 8<sup>th</sup> 2024 – Freestyle. General Endurance, technique.

	LEVEL 1	
Warm up.	5 minute continuous easy swim.	
₩¥	Alternate between;	
Ũ	100m FS kick, 100m OC swim.	
	(hopefully 200m)	
Drills.	1) MASTERING LEAST FAVOURED	
	BREATHING OPTION. 3 x 50m. RI 15 sec.	
NW.	If you breathe to the Left, in this set breathe	
Ū	to Right. If you breathe 1-sided, then in this	
	set breathe bi-lateral.	
	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.	
	(250)	
Main set	1) 10 mins continuous FS. Easy. How far can	
	you go? Count laps. Report to coach.	
	2) 1 x 50m OC, not FS. RI 20s. Recovery.	
	3) 2 x 100m. FS. RI 20s. Easy until last lap	
	then harder to end.	
	4) 1 x 50m. OC, not FS. Recovery. Easy,	
	stretch out, relax.	
	5) 4 x 25m. FS kick with board. Med.	
	<mark>6)</mark> 2 x 25m. BS kick with board. Easy.	
	7) 1 x 100m. OC, not FS. Easy recovery.	
	(550 + 10mins)	
Cool	OC - Back scull, walk, slow BR.	
Down.	(100)	
Total	1000 + 10 mins	

	LEVEL 2
Warm up.	5 minute continuous easy swim.
₩ø	Alternate between;
-	100m FS kick, 100m OC swim.
	(hopefully 250m)
Drills.	1) MASTERING LEAST FAVOURED
	BREATHING OPTION. 4 x 50m. RI 15 sec.
₩ø	If you breathe to the Left, in this set breathe
-	to Right. If you breathe 1-sided, then in this
	set breathe bi-lateral.
	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.
	(300)
Main set	<ol> <li>10 mins continuous FS. Easy. How far can</li> </ol>
	you go? Count laps. Report to coach.
	2) 1 x 100m OC, not FS. RI 20s. Recovery.
	3) 3 x 100m. FS. RI 20s. Easy until last lap
	then harder to end.
	4) 1 x 50m. OC, not FS. Recovery. Easy,
	stretch out, relax.
	5) 4 x 25m. FS kick w board. RI 15s. Med.
	6) 4 x 25m. BK kick, board optional.
	<b>RI 15s.</b> Easy.
	7) 1 x 100m. OC, not FS. Easy recovery.
	(750 + 10mins)
Cool	OC - Back scull, walk, slow BR.
Down.	(100)
Total	1400 + 10 mins

	LEVEL 3	
Warm up.	5 minute continuous easy swim.	
AR.	Alternate between;	
-	100m FS kick, 100m OC swim.	
	(hopefully 300m)	
Drills.	1) MASTERING LEAST FAVOURED	
	BREATHING OPTION. 4 x 50m. RI 15 sec.	
AR.	If you breathe to the Left, in this set breathe	
Ū	to Right. If you breathe 1-sided, then in this	
	set breathe bi-lateral.	
	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.	
	(300)	
Main set	1) 10 mins continuous FS. Easy. How far can	
	you go? Count laps. Report to coach.	
	2) 1 x 100m OC, not FS. RI 20s. Recovery.	
	3) 4 x 100m. FS. RI 20s. Easy until last lap	
	then harder to end.	
	4) 1 x 100m. OC, not FS. Recovery. Easy,	
	stretch out, relax.	
	5) 4 x 50m. FS kick w board. RI 15s. Med.	
	6) 4 x 25m. BK dolphin kick, board optional.	
	<b>RI 15s.</b> Med.	
	7) 1 x 100m. OC, not FS. Easy recovery.	
	(1000 + 10mins)	
Cool	OC - Back scull, walk, slow BR.	
Down.	(100)	
Total	1700 + 10 mins	

	DISTANCE PEOPLE	
Warm up.	5 minute continuous easy swim.	
₩¥	Alternate between;	
-	100m FS kick, 100m OC swim.	
	(hopefully 300m)	
Drills.	. 1) MASTERING LEAST FAVOURED	
	BREATHING OPTION. 4 x 50m. RI 15 sec.	
₩¥	If you breathe to the Left, in this set	
	breathe to Right. If you breathe 1-sided,	
	then in this set breathe bi-lateral.	
	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.	
	(300)	
Main set	<ol> <li>10 mins continuous FS. Easy. How far</li> </ol>	
	can you go? Count laps. Report to coach.	
	2) 1 x 50m OC, not FS. RI 20s. Recovery.	
	<mark>3)</mark> 4 x 200m. FS. RI 20s. Easy until last lap	
	then harder to end.	
	4) 1 x 50m. OC, not FS. Recovery. Easy,	
	stretch out, relax.	
	5) 4 x 50m. FS kick w board. RI 15s. Med.	
	6) 1 x 100m. OC, not FS. Easy recovery.	
	(1200 + 10mins)	
Cool Down.	OC - Back scull, walk, slow BR.	
	(100)	
Total	1900 + 10 mins	