











Friday March 8th 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) MASTERING LEAST FAVOURED BREATHING OPTION. 3 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) 2/2 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> (250) | 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) 2/2 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> (300) | 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) 2/2 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> (300) |
| 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. 6) 2 x 25m. BS kick with board. Easy. 7) 1 x 100m. OC, not FS. Easy recovery. (550 + 10mins) | 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) 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. RI 15s. Easy. 7) 1 x 100m. OC, not FS. Easy recovery. (750 + 10mins) | 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. RI 15s. Med. 7) 1 x 100m. OC, not FS. Easy recovery. (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 | 1000 + 10 mins | 1400 + 10 mins | 1700 + 10 mins |

| | LEVEL 1 |
|---|--|
| Warm up.  | 5 minute continuous easy swim. Alternate between; 100m FS kick, 100m OC swim. (hopefully 200m) |
| Drills.  | 1) MASTERING LEAST FAVOURED BREATHING OPTION. 3 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) 2/2 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> (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. 6) 2 x 25m. BS kick with board. Easy. 7) 1 x 100m. OC, not FS. Easy recovery. (550 + 10mins) |
| Cool Down. | OC - Back scull, walk, slow BR. (100) |
| Total | 1000 + 10 mins |

| | LEVEL 2 |
|---|---|
| Warm up.  | 5 minute continuous easy swim. Alternate between; 100m FS kick, 100m OC swim. (hopefully 250m) |
| Drills.  | <p>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.</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> (300)</p> |
| Main set | <p>1) 10 mins continuous FS. Easy. How far can you go? Count laps. Report to coach.</p> <p>2) 1 x 100m OC, not FS. RI 20s. Recovery.</p> <p>3) 3 x 100m. FS. RI 20s. Easy until last lap then harder to end.</p> <p>4) 1 x 50m. OC, not FS. Recovery. Easy, stretch out, relax.</p> <p>5) 4 x 25m. FS kick w board. RI 15s. Med.</p> <p>6) 4 x 25m. BK kick, board optional. RI 15s. Easy.</p> <p>7) 1 x 100m. OC, not FS. Easy recovery. (750 + 10mins)</p> |
| Cool Down. | OC - Back scull, walk, slow BR. (100) |
| Total | 1400 + 10 mins |

| | LEVEL 3 |
|---|--|
| 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) 2/2 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> (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. RI 15s. Med. 7) 1 x 100m. OC, not FS. Easy recovery. (1000 + 10mins) |
| Cool Down. | OC - Back scull, walk, slow BR. (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) 2/2 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> (300) |
| 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) 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 |