Friday May 24th 2024 – IM, all strokes. Have-a-go prep.

	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	50 FS kick/100 FS/50 BK kick/100 BK.	50 FS kick/100 FS/50 BK kick/100 BK.	50 FS kick/100 FS/50 BK kick/100 BK.
∪0	(hopefully 300m)	(hopefully 350m)	(hopefully 400m)
Drills.	Reinforcing wall disciplines for PB's.	Reinforcing wall disciplines for PB's. Reinforcing wall disciplines for PB's. Reinforcing wall disciplines	
	1) 4 x 25m. FS off wall & into wall. RI 15.	1) 4 x 25m. FS off wall & into wall. RI 15.	1) 4 x 25m. FS off wall & into wall. RI 15.
AB.	Race start & finish. SOTW, 2 strokes	Race start & finish. SOTW, 2 strokes	Race start & finish. SOTW, 2 strokes
-	before breath. Finish from flags to wall	before breath. Finish from flags to wall	before breath. Finish from flags to wall
Except if	HARD and no breath, no lazy touch.	HARD and no breath, no lazy touch.	HARD and no breath, no lazy touch.
BS is OC	2) 4 x 25m. OC not FS. RI 15. Same as	2) 4 x 25m. OC not FS. RI 15. Same as	2) 4 x 25m. OC not FS. RI 15. Same as
	above, correct stroke discipline at start &	above, correct stroke discipline at start &	above, correct stroke discipline at start &
	finish in the stroke you choose.	finish in the stroke you choose.	finish in the stroke you choose.
	(200)	(200)	(200)
Main set.	1) 4 x 25m. IM order. RI 20s. When fly	1) 2 x 100m. IM. RI 30s. When fly gets	1) 2 x 100m. IM. RI 30s. When fly gets
	gets too hard, do FS to end. Wait till all	too hard, do FS to end. Wait till all flyers	too hard, do FS to end. Wait till all flyers
ATT-A	flyers are in before going next lap.	are in before going next lap.	are in before going next lap.
	2) 2 x 100m FS, RI 30s. Build the race.	2) 3 x 100m FS, RI 30s. Build the race.	2) 3 x 100m FS, RI 30s. Build the race.
	E/M/M/H. Remember wall disciplines.	E/E/M/H. Remember wall disciplines.	E/E/M/H. Remember wall disciplines.
	3) 4 x 50m. OC – <u>not FS</u> . RI 30s. Build the	3) 4 x 50m. OC – <u>not FS</u> . RI 30s. Build the	3) 4 x 50m. OC – <u>not FS</u> . RI 30s. Build the
	race. Progressively increase pace Easy to	race. Progressively increase pace Easy to	race. Progressively increase pace Easy to
	Hard at end. Remember wall disciplines.	Hard at end. Remember wall disciplines.	Hard at end. Remember wall disciplines.
	4) 4 x 25m. OS any stroke on 1.30s. Med	4) 6 x 25m. OS any stroke on 1.30s. Med	4) 8 x 25m. OS any stroke on 1.30s. Med
	pace 1st ½ lap then extra hard to end.	pace 1st ½ lap then extra hard to end.	pace 1st ½ lap then extra hard to end.
	5) 4 x 25m. FS kick - board. RI 30s. Hard.	5) 4 x 25m. FS kick - board. RI 30s. Hard.	5) 4 x 25m. IM kick - board. RI 30s. Hard.
	(700)	(950)	(1000)
Cool	OC - BK, walk, slow BR. Your choice.	OC - BK, walk, slow BR. Your choice.	OC - BK, walk, slow BR. Your choice.
Down.	(100)	(100)	(100)
Total	1300	1600	1700

	LEVEL 1	
Warm up.	5 minute continuous easy swim.	
WID	Alternate between;	
0	50 FS kick/100 FS/50 BK kick/100 BK.	
	(hopefully 300m)	
Drills.	Reinforcing wall disciplines for PB's.	
	1) 4 x 25m. FS off wall & into wall. RI 15.	
WID	Race start & finish. SOTW, 2 strokes before	
00	breath. Finish from flags to wall HARD and no	
Except if	breath, no lazy touch.	
BS is OC.	2) 4 x 25m. OC not FS. RI 15. Same as above,	
	correct stroke discipline at start & finish in	
	the stroke you choose.	
	(200)	
Main set	1) 4 x 25m. IM order. RI 20s. When fly gets	
	too hard, do FS to end. Wait till all flyers are	
	in before going next lap.	
ALL SALES	2) 2 x 100m FS, RI 30s. Build the race.	
(SW)	E/M/M/H. Remember wall disciplines.	
	3) 4 x 50m. OC – <u>not FS</u> . RI 30s. Build the	
	race. Progressively increase pace Easy to Hard	
	at end. Remember wall disciplines.	
	4) 4 x 25m. OS any stroke on 1.30s. Med	
	pace 1st ½ lap then extra hard to end.	
	5) 4 x 25m. FS kick - board. RI 30s. Hard.	
	(700)	
Cool	OC - BK, walk, slow BR. Your choice.	
Down.	(100)	
Total	1300	

	LEVEL 2	
Warm up.	5 minute continuous easy swim.	
WID	Alternate between;	
0	50 FS kick/100 FS/50 BK kick/100 BK.	
	(hopefully 350m)	
Drills.	Reinforcing wall disciplines for PB's.	
	1) 4 x 25m. FS off wall & into wall. RI 15.	
WID	Race start & finish. SOTW, 2 strokes before	
00	breath. Finish from flags to wall HARD and no	
Except if	breath, no lazy touch.	
BS is OC.	2) 4 x 25m. OC not FS. RI 15. Same as above,	
	correct stroke discipline at start & finish in	
	the stroke you choose.	
	(200)	
Main set	1) 2 x 100m. IM. RI 30s. When fly gets too	
THE STATE OF THE S	hard, do FS to end. Wait till all flyers are in	
(SH)	before going next lap.	
	2) 3 x 100m FS, RI 30s. Build the race.	
	E/E/M/H. Remember wall disciplines.	
	3) 4 x 50m. OC – <u>not FS</u> . RI 30s. Build the	
	race. Progressively increase pace Easy to Hard	
	at end. Remember wall disciplines.	
	4) 6 x 25m. OS any stroke on 1.30s. Med	
	pace 1st ½ lap then extra hard to end.	
	5) 4 x 25m. FS kick - board. RI 30s. Hard.	
	(950)	
Cool	OC - BK, walk, slow BR. Your choice.	
Down.	(100)	
Total	1600	

	LEVEL 3	
Warm up.	5 minute continuous easy swim.	
WID	Alternate between;	
0	50 FS kick/100 FS/50 BK kick/100 BK.	
	(hopefully 400m)	
Drills.	Reinforcing wall disciplines for PB's.	
	1) 4 x 25m. FS off wall & into wall. RI 15.	
WID	Race start & finish. SOTW, 2 strokes before	
00	breath. Finish from flags to wall HARD and no	
Except if	breath, no lazy touch.	
BS is OC.	2) 4 x 25m. OC not FS. RI 15. Same as above,	
	correct stroke discipline at start & finish in	
	the stroke you choose.	
	(200)	
Main set	1) 2 x 100m. IM. RI 30s. When fly gets too	
THE STATE OF THE S	hard, do FS to end. Wait till all flyers are in	
(SH)	before going next lap.	
	2) 3 x 100m FS, RI 30s. Build the race.	
	E/E/M/H. Remember wall disciplines.	
	3) 4 x 50m. OC – <u>not FS</u> . RI 30s. Build the	
	race. Progressively increase pace Easy to Hard	
	at end. Remember wall disciplines.	
	4) 8 x 25m. OS any stroke on 1.30s. Med	
	pace 1st ½ lap then extra hard to end.	
	5) 4 x 25m. IM kick - board. RI 30s. Hard.	
	(1000)	
Cool	OC - BK, walk, slow BR. Your choice.	
Down.	(100)	
Total	1700	

	DISTANCE PEOPLE
Warm up.	5 minute continuous easy swim.
WID	Alternate between;
0	50 FS kick/100 FS/50 BK kick/100 BK.
	(hopefully 400m)
Drills.	Reinforcing wall disciplines for PB's.
	1) 4 x 25m. FS off wall & into wall. RI 15.
WID	Race start & finish. SOTW, 2 strokes before
Everet if DC	breath. Finish from flags to wall HARD and
Except if BS	no breath, no lazy touch.
is OC.	2) 4 x 25m. OC not FS. RI 15. Same as
	above, correct stroke discipline at start &
	finish in the stroke you choose.
	(200)
Main set	1) 1 x 100m. IM. RI 30s. When fly gets too
THE STATE OF THE S	hard, do FS to end. Wait till all flyers are in
SH	before going next lap.
	2) 6 x 50m FS, RI 30s. Build the race.
	25m-M/25m-H. Remember walls!!!!
	3) 1 x 400m FS. Negative split 1 st 200m.
	Progressively increase pace from Easy to
	Hard at the end. Remember walls!!!
	4) 4 x 25m. OS any stroke on 1.30s. Med
	pace 1st ½ lap then extra hard to end.
	5) 4 x 50m. FS kick - board. RI 30s. E/H.
	(1100)
Cool Down.	OC - BK, walk, slow BR. Your choice.
	(100)
Total	1800