
















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

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

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

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

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

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