Date: 17th March '24. Notices: Easter No swims Fri 29th /Sun 31st. Training Cycle # 2, week 3. Weekly Skills Emphasis: BS Breathing and gliding. learn the correct timing of the BS breathing & unify the head/body into a single action. Caution: Knee issue swap out for dolphin kicks. Equipment: Fins, KB, PB

Warm up	100 FS, 50 kick BK -Hands by side – body rotation, 50 Pull OC, 100 FS SKiPS (300)		
Drill/Skill	Breaststroke Breathing and gliding. Reminder – tip sheet for '24 – Standing arms practice /Lane rope- Whip Kick. BS stroke cycle Arm the		
Α	legs, expect at the start/turn if doing full pulldowns. SOTW, 1 x dolphin kick, full arm pulldown, leg kick and reach for surface in streamline,		
	head break surface for arm/leg cycle.		
	2 x 25 each drill RI 20-30		
	#16 – breathing – inhale point. Normal BS – Focus on accelerating arm pull around corners, quick in-sweep, as upper body rises it's time to		
	inhale. Don't lift head/chin. Quick arms push forward and kick into glide & hold it for 2 secs. Repeat.		
	#17 – Eyes on the water breathing – Maintaining a stable head position – No nodding Donkeys!		
	#21 – Stroke up to breathe, kick down to glide – Need a productive rocking motion, don't be flat!		
	#25 – How long, narrow & streamlined can you get – rest during the glide! Stroke Coord forward motion, Max streamlined & rest in glide		
	Tip sheet – pick any 2 items – swim 2 x 25 focus on those things. (250)		
Main set	Tech swims: FS – 2 x 100 Ck # SPL /effort 75-80%, 100 BK - Ck body rotation, 100 BS Ck # SPL/Gliding,		
L1	200 OC 75-80% effort -be SOTW, 4 x 25 FS Sprints every 60 secs		
WW	2 x 50 BS – Pick a tip , 4 x 100 or 8 x 50 "A" RI 20-30 (1200)		
Main set	Tech swims: FS – 2 x 100 Ck # SPL /effort 75-80%, 100 BK - Ck body rotation, 100 BS Ck # SPL/Gliding, (400)		
L2	200 OC 75-80% effort -be SOTW, 4 x 25 FS Sprints every 60 secs 2 x 50 BS – Pick a tip (400)		
WW	4 x 100 "A" focus stroke rhythm - 80% effort RI 20-30 (400)		
8	100 FS long strokes – almost catch ups #SPL vs # during tech swim? (1300)		
Main set	Tech swims: FS – 2 x 100 Ck # SPL /effort 75-80%, 100 BK - Ck body rotation, 100 BS Ck # SPL/Gliding, (400)		
Wan	2 x 200 FS use TT @ SR -be SOTW with Tumbles turns, 8 x 25 FS Sprints every 50 secs, (600)		
L3	2 x 100 IM focus stroke rhythm RI 30, 2 x 100 OC – Focus on Back end speed RI 30 (400)		
L5 -	100 FS long strokes – almost catch ups #SPL vs # during tech swim? 2 x 50 BS – Pick a tip. (200)/ 1600		
Main set	Tech swims: FS – 2 x 200 Ck # SPL /TT @ SR -Sprint last 15M, 100 BK - Ck body rotation, (500)		
L3Dist	400 FS use TT @ SR -be SOTW, 8 x 25 FS Sprints every 50 secs, (600)		
	4 x 100 - focus stroke rhythm & Back-end speed during last 10M RI 30 (400)		
	100 FS long strokes – almost catch ups #SPL vs # during tech swim? 2 x 50 BS – Pick a tip. (200)/1700		
Skills B	If time – BS Dives into underwater pulldowns etc vs into normal arm/leg cycle.		
C/Down	100 – side stroke, BK finning, single arm FS, walking and yes chat time!		
Total	L1 = 1850, L2 = 1950, L3 = 2250, L3D = 2250		

Level 1	Training Cycle # 2, week 3. Weekly Skills Emphasis: BS Breathing and gliding. learn the correct timing of the BS breathing & unify the head/body into a single action.
Warm up 300	100 FS, 50 kick BK -Hands by side – body rotation, 50 Pull OC, 100 FS SKiPS
Drills/Skills 250	Breaststroke Breathing and gliding. Reminder – tip sheet '24 2 x 25 each drill RI 20-30 #16 – breathing – inhale point. Normal BS – Focus on accelerating arm pull around corners, quick in-sweep, as upper body rises it's time to inhale. Don't lift head/chin. Quick arms push forward and kick into glide & hold it for 2 secs. Repeat. #17 – Eyes on the water breathing – Maintaining a stable head position – No nodding Donkeys! #21 – Stroke up to breathe, kick down to glide – Need a productive rocking motion, don't be flat! #25 – How long, narrow & streamlined can you get – rest during the glide! Stroke Coord forward motion, Max streamlined & rest in glide. Tip sheet – pick any 2 items – swim 2 x 25 focus on those things.
Main Set 1200	Tech swims RI 30: FS – 2 x 100 Ck # SPL /effort 75-80%, 100 BK - Ck body rotation, 100 BS Ck # SPL/Gliding, 200 OC 75-80% effort - be SOTW, 4 x 25 FS Sprints every 60 secs 2 x 50 BS – Pick a tip, RI 20 4 x 100 or 8 x 50 "A" RI 20-30
Skill B	If time – BS Dives into underwater pulldowns etc vs into normal arm/leg cycle.
Cool Down	100 – side stroke, BK finning, single arm FS, walking and yes chat time!
Total	1850

Level 2	Training Cycle # 2, week 3. Weekly Skills Emphasis: BS Breathing and gliding.
	learn the correct timing of the BS breathing & unify the head/body into a
	single action.
Warm up	100 FS, 50 kick BK -Hands by side – body rotation, 50
	Pull OC, 100 FS SKiPS (300)
Drills/Skills 250	Breaststroke Breathing and gliding. Reminder – tip sheet '24 2 x 25 each drill RI 20-30 #16 – breathing – inhale point. Normal BS – Focus on accelerating arm pull around corners, quick in-sweep, as upper body rises it's time to inhale. Don't lift head/chin. Quick arms push forward and kick into glide & hold it for 2 secs. Repeat. #17 – Eyes on the water breathing – Maintaining a stable head position – No nodding Donkeys! #21 – Stroke up to breathe, kick down to glide – Need a productive rocking motion, don't be flat! #25 – How long, narrow & streamlined can you get – rest during the glide! Stroke Coord forward motion, Max streamlined & rest in glide
	Tip sheet – pick any 2 items – swim 2 x 25 focus on those things.
Main Set	Tech swims: RI 20-30
(War)	FS – 2 x 100 Ck # SPL /effort 75-80%, 100 BK - Ck body
1222	rotation, 100 BS Ck # SPL/Gliding,
1300	200 OC 75-80% effort -be SOTW,
	4 x 25 FS Sprints every 60 secs
	2 x 50 BS – Pick a tip RI 20-30
	4 x 100 "A" focus stroke rhythm - 80% effort RI 20-30
	100 FS long strokes – almost catch ups #SPL vs # during tech
	swim?
Skill B	If time – BS Dives into underwater pulldowns etc vs into normal
	arm/leg cycle.
Cool Down	100 – side stroke, BK finning, single arm FS, walking and yes chat
	time!
Total	1950
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Training Cycle # 2, week 3. Weekly Skills Emphasis: BS Breathing and gliding. learn the correct timing of the BS breathing & unify the head/body into a single action. Warm up 300 100 FS, 50 kick BK -Hands by side – body rotation, 50 Pull OC, 100 FS SKiPS Breaststroke Breathing and gliding. Reminder – tip sheet '24 2 x 25 each drill RI 20-30 #16 – breathing – inhale point. Normal BS – Focus on accelerating arm pull around corners, quick in-sweep, as upper body rises it's time to inhale. Don't lift head/chin. Quick arms push forward and kick into glide & hold it for 2 secs. Repeat. #17 – Eyes on the water breathing – Maintaining a stable head position – No nodding Donkeys! #21 – Stroke up to breathe, kick down to glide – Need a productive rocking motion, don't be flat! #25 – How long, narrow & streamlined can you get – rest during the glide! Stroke Coord forward motion, Max streamlined & rest in glide Tip sheet – pick any 2 items – swim 2 x 25 focus on those things. Main Set Tech swims: RI 20 FS – 2 x 100 Ck # SPL /effort 75-80%, 100 BK - Ck body rotation, 100 BS Ck # SPL/Gliding, 2 x 200 FS use TT @ SR -be SOTW with Tumbles turns RI 30 8 x 25 FS Sprints every 50 secs, 2 x 100 IM - focus stroke rhythm RI 30, 2 x 100 OC – Focus on Backend speed RI 30 100 FS long strokes – almost catch ups #SPL vs # during tech swim? 2 x 50 BS – Pick a tip. If time – BS Dives into underwater pulldowns etc vs into normal arm/leg cycle. Cool Down 100 – side stroke, BK finning, single arm FS, walking and yes chat time!		
warm up 300 Drills/Skills Breaststroke Breathing and gliding. Reminder − tip sheet ′24 2 x 25 each drill RI 20-30 #16 − breathing − inhale point. Normal BS − Focus on accelerating arm pull around corners, quick in-sweep, as upper body rises it′s time to inhale. Don't lift head/chin. Quick arms push forward and kick into glide & hold it for 2 secs. Repeat. #17 − Eyes on the water breathing − Maintaining a stable head position − No nodding Donkeys! #21 − Stroke up to breathe, kick down to glide − Need a productive rocking motion, don't be flat! #25 − How long, narrow & streamlined can you get − rest during the glide! Stroke Coord forward motion, Max streamlined & rest in glide Tip sheet − pick any 2 items − swim 2 x 25 focus on those things. Main Set Tech swims: RI 20 FS − 2 x 100 Ck # SPL /effort 75-80%, 100 BK − Ck body rotation, 100 BS Ck # SPL/Gliding, 2 x 200 FS use TT @ SR -be SOTW with Tumbles turns RI 30 8 x 25 FS Sprints every 50 secs, 2 x 100 IM − focus stroke rhythm RI 30, 2 x 100 CC − Focus on Backend speed RI 30 100 FS long strokes − almost catch ups #SPL vs # during tech swim? 2 x 50 BS − Pick a tip. Skill B If time − BS Dives into underwater pulldowns etc vs into normal arm/leg cycle. Cool Down 100 − side stroke, BK finning, single arm FS, walking and yes chat time!	Level 3	
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100 FS long strokes – almost catch ups #SPL vs # during tech swim? 2 x 50 BS – Pick a tip. Skill B If time – BS Dives into underwater pulldowns etc vs into normal arm/leg cycle. Cool Down 100 – side stroke, BK finning, single arm FS, walking and yes chat time!		2 x 100 IM - focus stroke rhythm RI 30,
swim? 2 x 50 BS — Pick a tip. Skill B If time — BS Dives into underwater pulldowns etc vs into normal arm/leg cycle. Cool Down 100 — side stroke, BK finning, single arm FS, walking and yes chat time!		2 x 100 OC – Focus on Backend speed RI 30
swim? 2 x 50 BS — Pick a tip. Skill B If time — BS Dives into underwater pulldowns etc vs into normal arm/leg cycle. Cool Down 100 — side stroke, BK finning, single arm FS, walking and yes chat time!		100 FS long strokes — almost catch ups #SPL vs # during tech
Skill B If time – BS Dives into underwater pulldowns etc vs into normal arm/leg cycle. Cool Down 100 – side stroke, BK finning, single arm FS, walking and yes chat time!		·
arm/leg cycle. Cool Down 100 — side stroke, BK finning, single arm FS, walking and yes chat time!		2 x 50 BS – Pick a tip.
Cool Down 100 – side stroke, BK finning, single arm FS, walking and yes chat time!	Skill B	·
time!		arm/leg cycle.
	Cool Down	100 – side stroke, BK finning, single arm FS, walking and yes chat
Total 2250		time!
	Total	2250

Level 3 Distance/ Triathlon	Training Cycle # 2, week 3. Weekly Skills Emphasis: BS Breathing and gliding. learn the correct timing of the BS breathing & unify the head/body into a single action.
Warm up	100 FS, 50 kick BK -Hands by side – body rotation, 50 Pull OC,
(300)	100 FS SKiPS
Drills/Skills (250)	Breaststroke Breathing and gliding. Reminder – tip sheet 2 x 25 each drill RI 20-30 #16 – breathing – inhale point. Normal BS – Focus on accelerating arm pull around corners, quick in-sweep, as upper body rises it's time to inhale. Don't lift head/chin. Quick arms push forward and kick into glide & hold it for 2 secs. Repeat. #17 – Eyes on the water breathing – Maintaining a stable head position – No nodding Donkeys! #21 – Stroke up to breathe, kick down to glide – Need a productive rocking motion, don't be flat! #25 – How long, narrow & streamlined can you get – rest during the glide! Stroke Coord forward motion, streamlined & rest in glide. Tip sheet – pick any 2 items – swim 2 x 25 focus on those things.
Main Set	Tech swims: FS – 2 x 200 Ck # SPL /TT @ SR -Sprint last 15M,
WW	100 BK - Ck body rotation,
1700	400 FS use TT @ SR -be SOTW,
1700	8 x 25 FS Sprints every 50 secs,
	4 x 100 FS RI 30
	focus stroke rhythm & Back-end speed during last 10M
	100 FS long strokes – almost catch ups #SPL vs # during tech
	swim?
	2 x 50 BS – Pick a tip.
Skill B	If time – BS Dives into underwater pulldowns etc vs into normal
010	arm/leg cycle.
Cool Down	100 – side stroke, BK finning, single arm FS, walking and yes chat time!
Total	2250