



















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 A 	Breaststroke Breathing and gliding. Reminder – tip sheet for '24 – Standing arms practice /Lane rope- Whip Kick. BS stroke cycle Arm then 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 L1 	Tech swims: 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 , 4 x 100 or 8 x 50 “A” RI 20-30 (1200)
Main set L2 	Tech swims: FS – 2 x 100 Ck # SPL /effort 75-80%, 100 BK - Ck body rotation, 100 BS Ck # SPL/Gliding, (400) 200 OC 75-80% effort -be SOTW, 4 x 25 FS Sprints every 60 secs 2 x 50 BS – Pick a tip (400) 4 x 100 “A” focus stroke rhythm - 80% effort RI 20-30 (400) 100 FS long strokes – almost catch ups #SPL vs # during tech swim? (1300)
Main set L3 	Tech swims: FS – 2 x 100 Ck # SPL /effort 75-80%, 100 BK - Ck body rotation, 100 BS Ck # SPL/Gliding, (400) 2 x 200 FS use TT @ SR -be SOTW with Tumbles turns, 8 x 25 FS Sprints every 50 secs, (600) 2 x 100 IM focus stroke rhythm RI 30, 2 x 100 OC – Focus on Back end speed RI 30 (400) 100 FS long strokes – almost catch ups #SPL vs # during tech swim? 2 x 50 BS – Pick a tip. (200)/ 1600
Main set L3Dist 	Tech swims: FS – 2 x 200 Ck # SPL /TT @ SR -Sprint last 15M, 100 BK - Ck body rotation, (500) 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  1300	Tech swims: RI 20-30 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 20-30 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

Level 3	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  1600	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.
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	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 (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 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  1700	Tech swims: FS – 2 x 200 Ck # SPL /TT @ SR -Sprint last 15M, 100 BK - Ck body rotation, 400 FS use TT @ SR -be SOTW, 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 arm/leg cycle.
Cool Down	100 – side stroke, BK finning, single arm FS, walking and yes chat time!
Total	2250