













Date: Sunday 26th March 2023. Notices: AGM day! HAG Sunday 16th April – nomination form on desk (pls fill in now if going away at Easter)

Training Emphasis: Cycle #2, Week #4 – Aerobic base for Level 2 & 3 (some higher intensity sets over longer distances) **Level 1 = increasing volume of 2 best strokes. Today = Breathing skills for FS and BK, Streamlining and Tumble turns/open turns for BK/FS. Caution:** lower backs /shoulders. **Equipment: Fins/KB**

Level	Level 1	Level 2	Level 3
W/ up	 10 mins = 50 Kick FS, 50 swim FS, 50 Kick BK, 50 swim BK, 100 OC Kick, 100 OC swim. Target L1 = 250 L2 = 300, L3= 400		
Drill/Skill items	 FS Breathing – when and how? Experiments, early, mid & late breathing & Gulping, Mouth only breathing, in mouth/out nose. Inhale vs exhale velocity 4 x 25 RI 15 Superman position, body rotate BTN look down to 90 degrees, single arm experiments, early, mid & late breathing etc. LA↓RA 2 x 50 Breathing when preferred – body rotation - Hip roll leads shoulder (just) 4 x 50 Breathing pattern changes 2, 4, 6 , own pref vs 3, 5, 7,own pref BK Breathing - when to do it? Superman position, body rotation (hip and shoulder together), single arm experiments, early, mid & late breathing with the arm movement. ↑LA↓RA – 4 x 25 RI 15 2 x 50 Breathing pattern changes – every arm vs same arm (in on one out on the other). Streamlined push of wall. When to get the kick going, when to breath after streamlined push off. (FS vs BK) Open turns for FS Vs tumble turn for FS/BK – go to lane 5, Open turns for BK to lane 6 (30 mins) (600)		
Main set	 4 x 50 A RI 20-30 Use the walls, # SPL. Lane Situ awareness. 2 x 100 A RI 30 – even pace swims 8 x 25 B RI 30 - Use the walls, # SPL. Lane Situ awareness. (600)	4 x 100 A – RI 30 ↑M↓E↑M↓F 4 x 50 B - RI 30 Even pace, work the turns. 8 x 25 in pairs – (4 x FS, 4 x BK) RI = lane clear/30 Streamlined push, 1 st stroke = when, who get to finish 1 st ? (800)	2 x 200 FS set TT @ SR. RI 30 400 FS set TT @ SR (-2) – aim even pace the whole way. Use hip to drive arm forward – don't overreach! Walk recovery 2 mins 4 x 100 (2 x A, 2 x B) RI 20-30 ↑M↓E↑M↓F (1200)
C/Down	100 OC		
Total	1550	1800	2350

Level 1	Training Emphasis: Cycle #2, Week #4 –Level 1 = increasing volume of your 2 best strokes. Today = Breathing skills for FS and BK, Streamlining and Tumble turns/open turns for BK/FS
Warm up	 10 mins = 50 Kick FS, 50 swim FS, 50 Kick BK, 50 swim BK, 100 OC Kick, 100 OC swim. Target = minimum 250
Drills/Skills 	<p>FS Breathing – when and how? Experiments, early, mid & late breathing & Gulping, Mouth only breathing, in mouth/out nose. Inhale vs exhale velocity 4 x 25 RI 15 Superman position, body rotate BTN look down to 90 degrees, single arm experiments, early, mid & late breathing etc. LA↓RA</p> <p>2 x 50 FS Breathing when preferred – body rotation. 4 x 50 Breathing pattern changes 2, 4, 6 own preference vs 3, 5, 7, own preference</p> <p>BK Breathing - when to do it? Superman position, body rotation (hip and shoulder together), single arm experiments, early, mid & late breathing with the arm movement. ↑LA↓RA – 4 x 25 RI 15</p> <p>2 x 50 BK Breathing pattern changes – every arm vs same arm (in on one out on the other).</p> <p>Streamlined push of wall / When to get the kick going, when to breath after streamlined push off. (FS vs BK)</p> <p>Open turns for FS Vs tumble turn for FS/BK – go to lane 5, Open turns for BK to lane 6 (30 mins) (600)</p>
Main Set 	<p>4 x 50 A - RI 20-30 Use the walls, # SPL. Lane Situ awareness.</p> <p>2 x 100 A - RI 30 – even pace swims</p> <p>8 x 25 B - RI 30 - Use the walls, # SPL. Lane Situ awareness. (600)</p>
Cool Down	100 OC
Total	1550

Level 2	Training Emphasis: Cycle #2, Week #4 – Aerobic base for Level 2 (some higher intensity sets) Today = Breathing skills for FS and BK, Streamlining and Tumble turns/open turns for BK/FS.
Warm up	 10 mins = 50 Kick FS, 50 swim FS, 50 Kick BK, 50 swim BK, 100 OC Kick, 100 OC swim. Target L2 = 300.
Drills/Skills 	<p>FS Breathing – when and how? Experiments, early, mid & late breathing. Gulping, Mouth only breathing, in mouth/out nose. Inhale vs exhale velocity 4 x 25 FS LA↓RA RI 15 Superman position, body rotate BTN look down to 90 degrees, single arm experiments, early, mid & late breathing etc.</p> <p>2 x 50 FS Breathing when preferred – body rotation</p> <p>4 x 50 Breathing pattern changes 2, 4, 6 , own pref vs 3, 5, 7, own pref</p> <p>BK Breathing - when to do it? ↑LA↓RA – 4 x 25 RI 15 Superman position, body rotation, single arm experiments, early, mid & late breathing with the arm movement.</p> <p>2 x 50 Breathing pattern changes – every arm vs same arm (in on one out on the other).</p> <p>Streamlined push of wall. When to get the kick going, when to breath after streamlined push off. (FS vs BK) Open turns for FS Vs tumble turn for FS/BK – go to lane 5, Open turns for BK to lane 6 (30 mins) (600)</p>
Main Set 	<p>4 x 100 A – RI 30 ↑M↓E↑M↓F 4 x 50 B - RI 30 Even pace, work the turns. 8 x 25 in pairs – (4 x FS, 4 x BK) RI = lane clear/30 Streamlined push, 1st stroke = when, who get to finish 1st? (800)</p>
Cool Down	100 OC
Total	1800

Level 3	Training Emphasis: Cycle #2, Week #4 – Aerobic base for Level 3 (some higher intensity sets over longer distances) Today = Breathing skills for FS and BK, Streamlining and Tumble turns/open turns for BK/FS.
Warm up	 10 mins = 50 Kick FS, 50 swim FS, 50 Kick BK, 50 swim BK, 100 OC Kick, 100 OC swim. Target L3 = 400
Drills/Skills  (30 mins) (600)	<p>FS Breathing – when and how? Experiments, early, mid & late breathing & Gulping, Mouth only breathing, in mouth/out nose. Inhale vs exhale velocity</p> <p>4 x 25 FS RI 15 LA↓RA - Superman position, body rotate BTN look down to 90 degrees, single arm experiments, early, mid & late breathing etc. 2 x 50 Breathing when preferred – body rotation 4 x 50 Breathing pattern changes 2, 4, 6, own pref vs 3, 5, 7, own pref</p> <p>BK Breathing - when to do it? ↑LA↓RA – 4 x 25 RI 15 - Superman position, body rotation, single arm experiments, early, mid & late breathing with the arm movement.</p> <p>2 x 50 BK Breathing pattern changes – every arm vs same arm (in on one out on the other). Streamlined push of wall. When to get the kick going, when to breath after streamlined push off. (FS vs BK) Open turns for FS Vs tumble turn for FS/BK – go to lane 5, Open turns for BK to lane 6</p>
Main Set  (1200)	2 x 200 FS set TT @ SR. RI 30 400 FS set TT @ SR (-2) – aim even pace the whole way. Use hip to drive arm forward – don't overreach! Walk recovery 2 mins 4 x 100 (2 x A, 2 x B) RI 20-30 ↑M↓E↑M↓F
Cool Down	100 OC
Total	2300