







**Date: Sunday 27 Nov 2022. Notices: HAG Sunday 11<sup>th</sup> Dec & Tues 13<sup>th</sup> Dec – nomination forms ready. Last HAG for the year. Swim and compare your times (start & end of year). Training Emphasis:** IMs – (All strokes – Sub strokes if necessary) – *Why swim them? Improve feel for the water, Burn more calories, Prevent injuries, more fun to mix it up!* Pace work in main set. Tips - Streamlined off the wall, proper touch e.g., two hands for Fly and BS. **Caution** – Lane space. Swimmers with shoulder/back/knee issues swap out problem stroke of arms/leg strokes. Equipment Fins, kick board, centre snorkels..

Level	Level 1	Level 2	Level 3
<b>W/ up</b>	200 ↑FS↓BK↑FS↓BS (no fins) Drills RI 15 BS – 2 x 25 - K, K, stroke <b>FINS ON.</b> Fly 2 x 25 - 2LA, 2RA, 2Fly BK 2 x 25 – BK with KB slaps FS 100 SKPS [450] FUN # 1- Body dolphin skimmers -2 mins Fun #2 - Streamlining off the wall- 2mins	300 ↑FS↓BK↑FS↓BS (no fins) Drills RI 15 BS – 2 x 25 - K, K, stroke <b>FINS ON</b> Fly 2 x 25 - 2LA, 2RA, 2Fly BK 2 x 25 – BK with KB slaps FS 100 SKPS (250) [550] FUN # 1- Body dolphin skimmers with KB -2 mins Fun #2 - Streamlining off the wall (Various positions)- 2mins	
<b>Main set</b> 	Transition IMs RI 30 every 50m 1 <sup>st</sup> 50: 25 fly, 25 BK 2 <sup>nd</sup> 50: 25 BK, 25 BS 3 <sup>rd</sup> 50: 25 BS, 25 FS (150)  4 x 100 or 8 x 50 RI 20-30 “A” stroke building 70-80% (400)  8 x 25 ↑ A↓B - Sprints every 60 Secs (200) [750] Fun # 3 & Fun #4 + Coaches Challenges	Transition IMs RI 30 every 50m 1 <sup>st</sup> 50: 25 fly, 25 BK 2 <sup>nd</sup> 50: 25 BK, 25 BS 3 <sup>rd</sup> 50: 25 BS, 25 FS (150)  3 x 100 FS RI 30 1= 70%, 2= 75%, 3 = 80% (300)  100 IM (100) 4 x 50 “A” stroke RI 30 8 x 25 “A” stroke sprints every 50 Secs (400) [950]  FUN #3 & #4 & Coaches Challenges	200 B-IM ↑BK or BS ↓IM order Rest 60 Secs 200 IM-F↑ IM order ↓FS (400)  4 x 100 “A” stroke 70-85% building. RI 30-45 (400) 16 x 25 ↑ “A” ↓ “B” every 45 Secs (400)  2 x 100 IM RI 30-45 (200) [1400] Fun # 3 Positional change BK streamlined - Sit spins (use core) to change direction& back to BK streamline position Fun #4 Positional change FS streamlined - (use core) to change direction into FS streamline position + Coaches Challenges
<b>C/Down</b>	100 – including - BK fining, Side stroke, Superman sculling		
<b>Total</b>	1300+	1600+	2050+

<b>Level 1</b>	<b>Training Emphasis: Work on all strokes #7</b> Streamlined position off the wall, proper touch e.g. two hands for Fly and BS
<b>Warm up</b>  (450)	200 ↑FS↓BK↑FS↓BS (no fins)  Drills RI 15-20  BS – 2 x 25 - K, K, stroke  <b>FINS ON.</b> Fly 2 x 25 - 2LA, 2RA, 2Fly  BK 2 x 25 – BK with KB slaps  FS 100 SKPS  FUN # 1- Body dolphin skimmers -2 mins  Fun #2 - Streamlining off the wall- 2mins
<b>Main Set</b>  (750)	Transition IMs RI 30 every 50m 1 <sup>st</sup> 50: 25 fly, 25 BK 2 <sup>nd</sup> 50: 25 BK, 25 BS 3 <sup>rd</sup> 50: 25 BS, 25 FS  4 x 100 or 8 x 50 RI 20-30 “A” stroke building 70-80%  8 x 25 ↑ A ↓ B - Sprints going every 60 Secs  Fun # 3 BK streamlining reverse position Fun #4 FS streamlining reverse position + Coaches Challenges
<b>Cool Down</b>	100 – including - BK fining, Side stroke, Superman sculling
<b>Total</b>	1300+

<b>Level 2</b>	<b>Training Emphasis: Work on all strokes #7</b> Streamlined position off the wall, proper touch e.g. two hands for Fly and BS
<b>Warm up</b>  (550)	300 ↑FS↓BK↑FS↓BS (no fins)  Drills RI 15 BS – 2 x 25 - K, K, stroke  <b>FINS ON</b> Fly 2 x 25 - 2LA, 2RA, 2Fly BK 2 x 25 – BK with KB slaps FS 100 SKPS  FUN # 1- Body dolphin skimmers with KB -2 mins  Fun #2 - Streamlining off the wall (Various positions)- 2mins
<b>Main Set</b>  [950]	Transition IMs RI 30 every 50m 1 <sup>st</sup> 50: 25 fly, 25 BK 2 <sup>nd</sup> 50: 25 BK, 25 BS 3 <sup>rd</sup> 50: 25 BS, 25 FS  3 x 100 FS RI 30 1= 70%, 2= 75%, 3 = 80%  100 IM  4 x 50 “A” stroke RI 30  8 x 25 “A” stroke sprints every 50 Secs  Fun # 3 BK streamlining reverse position Fun #4 FS streamlining reverse position + Coaches Challenges
<b>Cool Down</b>	100 – including - BK fining, Side stroke, Superman sculling
<b>Total</b>	1600+

<b>Level 3</b>	<b>Training Emphasis: Work on all strokes #7</b> Streamlined position off the wall, proper touch e.g. two hands for Fly and BS
<b>Warm up Drills</b> (550)	300 ↑FS↓BK↑FS↓BS (no fins)  Drills RI 15 BS – 2 x 25 - K, K, stroke  <b>FINS ON</b> Fly 2 x 25 - 2LA, 2RA, 2Fly BK 2 x 25 – BK with KB slaps FS 100 SKPS  FUN # 1- Body dolphin skimmers with KB -2 mins  Fun #2 - Streamlining off the wall (Various positions)- 2mins
<b>Main Set</b>  [1400]	200 B-IM ↑BK or BS ↓IM order Rest 60 Secs 200 IM-F ↑ IM order ↓FS  4 x 100 “A” stroke 70-85% building. RI 30-45  16 x 25 ↑ “A” ↓ “B” every 45 Secs  2 x 100 IM RI 30-45  Fun # 3 Positional change BK streamlined - Sit spins (use core) to change direction& back to BK streamline position  Fun #4 Positional change FS streamlined - (use core) to change direction into FS streamline position  + Coaches Challenges
<b>Cool Down</b>	100 – including - BK fining, Side stroke, Superman sculling
<b>Total</b>	2050+