














**Date: Tuesday 21<sup>st</sup> March 2023. Notices: AGM Sun 26<sup>th</sup> March. Bega House Relay Sat 25<sup>th</sup> March Meet @1515. Last chase entry see Coach ASAP. Video analysis underway 5 done, feedback underway. ATP Cycle # 2, Wk # 3 increasing volume & intensity, Reps 25/50/100 "A" , FS/BK Consolidation on Rotation technique and BS body position. Training Emphasis this week: Fly Body position (for seniors) on short axis eyes down /high hips / sweeping arms (?) with a flat recovery. Caution: shoulder / lower back - Swap out for FS arms. Equipment: KBs/Fins/TTs**

Level	Level 1	Level 2	Level 3
<b>W/ up</b>	200 = 100 FS, 50 kick OC, 50 swim OC 	200 = 100 FS, 50 kick OC, 50 swim OC 	300 = 100 FS, 10 kick OC, 100 swim OC 
<b>Drill/Skill items</b> 	Fly (basic body float and tilt position) L1 =2 x 25M RI 30, L2 = 4 x 25 RI 30, L3 = 4 x 25 RI 20 on each. Fly arms – standing drill (unders/overs) # 14 "Y" arm start position. #11 – Arm round off /blast out. #10 – LA/RA, both. L1 = 150, L2 = 250, L3 = 250		
	RI 20-30 4 x 100 or 8 x 50 RI 30 ↑ A stroke ↓ B stroke (400) 8 x 25 RI 20 do as: 2 x FS # SPL – Rotation Hip then shoulder 2 x BK – Rotation - Hip/shoulder as one 2 x BS – S, B,K,G 2 x Fly ½ lap finish FS (200)  2 x 50 ↑BK↓BS RI 20 2 x 50 ↑BS↓FS RI 20 (200)  [800]  <b>Bega house relays use lane 5 and 6 Other swimmers to Lane 4 &amp; swim OC</b>	8 x 50 = RI 15-30 2 x 50 BK – Rotation Hip/shoulders 2 x 50 BS - Tilt on short axis – grow stroke. 2 x 50 FS – #SPL Rotation 4 x 25 Fly – Body position – chest press, Sweep arms wide to narrow & Sweep deep to shallow. Or do as ½ lap Fly/1/2 lap FS (400) 4 x 25 RI 20 do as: # SPL @ even pace 2 x FS, 2 x BK, 4 x 25 RI 20 2 x BS extn glide, 2 x Fly - chest press (200) 2 x 100 A stroke building speed sprint last lap RI 20-30 (200) [800]  <b>Bega house relays use lane 5 and 6 Other swimmers to Lane 4 &amp; swim OC</b>	RI 15-30 4 x 100 FS TT Even pace. "Rotation" 1 x 100 or 2 x 50 "B" Stroke 75-75% (500)  4 x 25 FS sprints every 45 secs 100 easy OC Recovery (200)  2 x 100 FS TT SR +2 or 75% effort and sprint last lap 100 easy OC recovery (300)  [1000]  <b>Bega house relays use lane 5 and 6 Other swimmers to Lane 4 &amp; swim OC</b>
<b>C/Down</b>	100 - OC		
<b>Total</b>	1350 + relays	1450 + relays	1650+ relays

<b>Level 1</b>	<b>Training Emphasis: Fly Body position. Consolidation on FS/BK Rotation/ BS Body Position</b>
<b>Warm up</b>	200 = 100 FS, 50 kick OC, 50 swim OC 
<b>Drills/Skills</b> <b>150</b> 	<p>Fly (basic body float and tilt position) L1 = 2 x 25M RI 30 Fly arms – standing drill (unders/overs)</p> <p># 14 “Y” arm start position.</p> <p>#11 – Arm round off /blast out.</p> <p>#10 – 1 x LA, 1 x RA, then use both arms repeat to the of lap.</p>
<b>Main Set</b>  <b>800</b>	<p>4 x 100 or 8 x 50 RI 30 ↑ A stroke ↓ B stroke</p> <p>8 x 25 RI 20 do as: 2 x FS # SPL – Rotation Hip then shoulder 2 x BK – Rotation - Hip/shoulder as one 2 x BS – S, B,K,G 2 x Fly – 1<sup>st</sup> ½ lap = Fly, then FS to the end</p> <p>2 x 50 ↑BK ↓BS RI 20 2 x 50 ↑BS ↓FS RI 20</p> <p>Bega house relays use lane 5 and 6</p> <p>Other swimmers to Lane 4 and swim OC distance and stroke</p>
<b>Cool Down</b>	100 OC
<b>Total</b>	1350 + relays

<b>Level 2</b>	<b>Training Emphasis = Fly Body position. Consolidation on FS/BK Rotation and BS Body Position</b>
<b>Warm up</b>	200 = 100 FS, 50 kick OC, 50 swim OC 
<b>Drills/Skills</b> <b>250</b> 	Fly (basic body float and tilt position) L2 = 4 x 25 RI 30 Fly arms – standing drill (unders/overs)  # 14 “Y” arm start position.  #11 – Arm round off /blast out.  #10 – 1 x LA, 1 x RA, then do both arms - repeat.
<b>Main Set</b>  <b>800</b>	8 x 50 = RI 15-30 2 x 50 BK – Rotation Hip/shoulders 2 x 50 BS - Tilt on short axis – grow stroke. 2 x 50 FS – #SPL Rotation 4 x 25 Fly – Body position – chest press, Sweep arms wide to narrow & Sweep deep to shallow. Or do as ½ lap Fly/1/2 lap FS  4 x 25 RI 20 do as: 2 x FS, 2 x BK, # SPL @ even pace 4 x 25 RI 20 2 x BS extn glide, 2 x Fly - chest press  2 x 100 A stroke building speed sprint last lap RI 20-30  <b>Bega house relays use lane 5 and 6</b> <b>Other swimmers to Lane 4 &amp; swim OC</b>
<b>Cool Down</b>	100 OC
<b>Total</b>	1450+ relays

<b>Level 3</b>	<b>Training Emphasis = Fly Body position. Consolidation on FS/BK Rotation and BS Body Position</b>
<b>Warm up</b>	300 = 100 FS, 10 kick OC, 100 swim OC 
<b>Drills/Skills</b>  <b>250</b>	<p>Fly (basic body float and tilt position)  L3 = 4 x 25 RI 20 on each.  Fly arms – standing drill (unders/overs)</p> <p># 14 “Y” arm start position.</p> <p>#11 – Arm round off /blast out.</p> <p>#10 – LA/RA, both.</p>
<b>Main Set</b>  <b>1000</b>	<p>RI 15-30  4 x 100 FS TT Even pace. “Rotation”  1 x 100 or 2 x 50 “B” Stroke 75-75%</p> <p>4 x 25 FS sprints every 45 secs  100 easy OC Recovery</p> <p>2 x 100 FS TT SR +2 or 75% effort and sprint last lap  100 easy OC recovery</p> <p><b>Bega house relays use lane 5 and 6</b>  <b>Other swimmers to Lane 4 &amp; swim OC</b></p>
<b>Cool Down</b>	100 OC
<b>Total</b>	1650+ relays