




Date: Tuesday 27th Nov 2022. Notices: HAG Sunday 11th Dec & Tues 13th Dec – nomination. Please fill in entry. Last HAG for the year. Swim and compare your times (start & end of year). 2023 Masters/club membership fees now due. 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. **Caution** – only 2 Lanes available L1 and slower L2 combo, L3 and faster L2 combo. 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 2 /Level 3
W/ up	<p>200 ↑FS↓BK↑FS↓BS (no fins) (200)</p> <p>Drills RI 15 – 20 : #1 = BS – 2 x 25 – P, K, K, etc.. #2 FINS ON. Fly 2 x 25 - 2LA, 2RA, 2Fly, #3 =BK 2 x 25 – BK 6 kick switch. #4 FS 100 Kick (250)</p> <p>Fun # 1- Body dolphin skimmers -2 mins</p> <p>Fun #2 - Streamlining off the wall- 2mins[450]</p>	
Main set 	<p>Transition IMs RI 30 every 50m</p> <p>1st 50: 25 fly, 25 BK</p> <p>2nd 50: 25 BK, 25 BS</p> <p>3rd 50: 25 BS, 25 FS (150)</p> <p>8 x 50 RI 20-30 . Altn 50s A/B stroke Building 70-80% (400)</p> <p>8 x 25 ↑ A↓B - Sprints every 60 Secs (200) [750]</p> <p>Coaches Challenges</p>	<p>200 IM-F↑ IM order ↓FS (200)</p> <p>4 x 100 “A” stroke RI 30-45 70-85% building. (400)</p> <p>16 x 25 ↑ “A”↓ “B” every 45 Secs (400)</p> <p>200 B-IM ↑(BK or BS) ↓IM order (200) [1200]</p> <p>Coaches Challenges</p>
C/Down	100 – including - BK fining, Side stroke, Superman sculling	
Total	1300+	1750+

Level 1/ level 2 combo	Training Emphasis: Work on all strokes #7 Streamlined position off the wall, proper touch e.g. two hands for Fly and BS
Warm up (450)	200 ↑FS↓BK↑FS↓BS (no fins) Drills RI 15 – 20 : #1 = BS – 2 x 25 – P, K, K, etc.. #2 FINS ON. Fly 2 x 25 - 2LA, 2RA, 2Fly, #3 =BK 2 x 25 – BK 6 kick switch. #4 FS 100 Kick Fun # 1- Body dolphin skimmers -2 mins Fins and KB Fun #2 - Streamlining off the wall- 2 mins Fins off
Main Set  (750)	Transition IMs RI 30 every 50m 1 st 50: 25 fly, 25 BK 2 nd 50: 25 BK, 25 BS 3 rd 50: 25 BS, 25 FS (150) 8 x 50 RI 20-30. Alternate 50s A then B stroke Building 70-80% 8 x 25 ↑ A↓B - Sprints every 60 Secs Coaches Challenges
Cool Down	100 – including - BK fining, Side stroke, Superman sculling
Total	1300+

Level 2/ Lever 3 Combo	Training Emphasis: Work on all strokes #7 Streamlined position off the wall, proper touch e.g., two hands for Fly and BS
Warm up (450)	200 ↑FS↓BK↑FS↓BS (no fins) Drills RI 15 – 20: #1 = BS – 2 x 25 – P, K, K, etc. #2 FINS ON. Fly 2 x 25 - 2LA, 2RA, 2Fly, #3 =BK 2 x 25 – BK 6 kick switch. #4 FS 100 Kick Fun # 1- Body dolphin skimmers -2 mins Fins and KB Fun #2 - Streamlining off the wall- 2 mins Fins off
Main Set  [1200]	200 IM-F↑ IM order ↓FS 4 x 100 “A” stroke RI 30-45 70-85% building. Be streamlined off the walls 16 x 25 ↑ “A” ↓ “B” Sprints - every 45-50 Secs 200 B-IM ↑(BK or BS) ↓IM order Coaches Challenges
Cool Down	100 – including - BK fining, Side stroke, Superman sculling
Total	1750+