








Date: Tues 5th March 24. Notices: AGM Sunday after Training. Commenced Cycle #2-week # 1 FS includes ↑Volume on “A” stroke, & General endurance. Sets distance between 25-200m L1-3. Still focus on technique. **Training Weekly Theme** = FS Breathing & Body Rotation.



Caution: Shoulders/Neck/Lung issues. **Equipment:** Fins/KB

Warm up	50 swim OC, 50 Kick FS, 50 Swim OC, 50 Kick BK, L3 +100 FS (long easy strokes) = L1/2 = 200 . L3 = 300.
Drill/Skill A 	<p>Reminder – breathing rhythm = rotate body not just turn head/neck, breathe in, Very short hold, then slowly out of mouth, then slowly out of nose as you rotate body till head/mouth clear to beath in again.</p> <p>Rotation/roll = How much? – The Coach needs to see your OPEN armpit.</p> <p>L1 = 4 x 25, L2/3 = 2 x 50 RI 15-20</p> <p>Drill #3 – 12 kick Switch. Be in a long position on side @ 45-90 degrees,12 kicks, rotate by underwater pull to other side, 12 kicks repeat. Roll up to breath as needed.</p> <p>Swim 50-100 FS easy. L1/2 = 50, L3 = 100</p> <p>Drill # 13 – Rotating position. Hip-2-Hip. 1 side balances the other applying force, mastering the hip 2 hip switching.</p> <p>Swim 50-100 FS easy. 1/2 = 50, L3 = 100</p> <p>Drill # 14 – Bi-lat Breathing. Start 2 x 25 - single side ↑L↓R then 2 x 25 breathing every 3 strokes. Symmetrical stroke/rotation/kick</p> <p>Swim 50-100 FS easy. 1/2 = 50, L3 = 100</p> <p>Drill # 15 – Pendulum – arm relationship, acceleration, balance after the rotation.</p> <p>Swim 50-100 FS easy 1/2 = 50, L3 = 100</p> <p>[L1/L2 = 600, L3/L3D = 800]</p>
Skills B	FS - SOTW, when to start kicking (Dolphin/FS), When to get the Arm stroke going, When to Breath? 3 mins with coach
Main set L1 No Fins	200 “A” stroke, 2 x 50 “B” RI 20, 2 x 25 Drill #13 RI 10, 2 x 50 FS RI 20, 2 x 25 Drill #14 RI 10, 2 x 50 FS RI 20, 2 x 25 Drill #15 RI 10, 2 x 50 FS RI 20-30, 4x 50 “A” ↑M↓F RI 30 (950)
Main set L2 No Fins	200 “A” stroke, 100 “B” stroke, 2 x 25 Drill #13 RI 10, 2 x 50 FS RI 20, 2 x 25 Drill #14 RI 10, 2 x 50 FS RI 20, 2 x 25 Drill #15 RI 10, 2 x 50 FS RI 20-30, 4x 50 “A” ↑M↓F RI 30 (950)
Main set L3 No Fins	2 x 200 “A” stroke, 4 x 100 “B” RI 20-30, 50 Drill #13, 2 x 50 FS↑M↓F RI 20, 50 Drill #14, 2 x 50 ↑F↓M FS RI 20, 50 Drill #15, 2 x 50 FS even pace, RI 20-30, 4x 50 “A” ↑M↓F RI 30 (1350)
Main set L3Dist No Fins	2 x 200 FS stroke @SR RI 30, 200 Not FS, 400 FS @SR +1or #SPL. 50 Drill #13, 100 FS↑M↓F RI 20, 50 Drill #14, 100 FS ↑F↓M FS, 50 Drill #15, 100 FS even pace, 200 FS ↑M↓F RI 30 (1650)
C/Down	50 = SOTW with ease into OC strokes- long and slow, 25 Kick OC, 25 floppy FS, walk/talk = 100
Total	L1 = 1850, L2 = 1850, L3 = 2550, L3D= 2750

Level 1	Training Weekly Theme: FS Breathing & Body Rotation
Warm up 200	50 swim OC, 50 Kick FS, 50 Swim OC, 50 Kick BK
Drills/Skills  600	<p>Reminder – breathing rhythm = rotate body not just turn head/neck, breathe in, very short hold, then slowly out of mouth, then slowly out of nose as you rotate body till head/mouth clear to beath in again. Rotation/roll = How much? – The Coach needs to see your OPEN armpit.</p> <p>L1 = 4 x 25 on each drill - RI 10-15</p> <p>Drill #3 – 12 kick Switch. Be in a long position on side @ 45-90 degrees,12 kicks, rotate by underwater pull to other side, 12 kicks repeat. Roll up to breath as needed.</p> <p>Swim 50 FS easy.</p> <p>Drill # 13 – Rotating position. Hip-2-Hip. 1 side balances the other applying force, mastering the hip 2 hip switching.</p> <p>Swim 50 FS easy.</p> <p>Drill # 14 – Bi-lat Breathing. Start 2 x 25 - single side ↑L↓R then 2 x 25 breathing every 3 strokes. Aim = Symmetrical stroke/rotation/kick.</p> <p>Swim 50</p> <p>Drill # 15 – Pendulum – arm relationship, acceleration, balance after the rotation.</p> <p>Swim 50 FS easy</p>
Skill B	FS - SOTW, when to start kicking (Dolphin/FS), When to get the Arm stroke going, When to Breath? 3 mins with coach
Main Set  950	<p>200 “A” stroke,2 x 50 “B” RI 20,</p> <p>2 x 25 Drill #13 RI 10, 2 x 50 FS RI 20,</p> <p>2 x 25 Drill #14 RI 10, 2 x 50 FS RI 20,</p> <p>2 x 25 Drill #15 RI 10, 2 x 50 FS RI 20-30,</p> <p>4x 50 “A” ↑M↓F RI 30</p>
Cool Down	50 = SOTW with ease into OC strokes- long and slow, 25 Kick OC, 25 floppy FS, walk/talk = 100
Total	1850

Level 2	Training Weekly Theme: FS Breathing & Body Rotation
Warm up	50 swim OC, 50 Kick FS, 50 Swim OC, 50 Kick BK, L3 +100 FS (long easy strokes) = 200.
Drills/Skills  600	<p>Reminder – breathing rhythm = rotate body not just turn head/neck, breathe in, very short hold, then slowly out of mouth, then slowly out of nose as you rotate body till head/mouth clear to beath in again.</p> <p>Rotation/roll = How much? – The Coach needs to see your OPEN armpit.</p> <p>L2 = 2 x 50 on each drill RI 15-20</p> <p>Drill #3 – 12 kick Switch. Be in a long position on side @ 45-90 degrees,12 kicks, rotate by underwater pull to other side, 12 kicks repeat. Roll up to breath as needed.</p> <p>Swim 50-FS easy.</p> <p>Drill # 13 – Rotating position. Hip-2-Hip. 1 side balances the other applying force, mastering the hip 2 hip switching.</p> <p>Swim 50 FS easy.</p> <p>Drill # 14 – Bi-lat Breathing. single side ↑↓Bi-lat breathing Symmetrical stroke/rotation/kick</p> <p>Swim 50-FS easy.</p> <p>Drill # 15 – Pendulum – arm relationship, acceleration, balance after the rotation.</p> <p>Swim 50 FS easy</p>
Skill B	FS - SOTW, when to start kicking (Dolphin/FS), When to get the Arm stroke going, When to Breath? 3 mins with coach
Main Set  950	<p>200 “A” stroke,</p> <p>100 “B” stroke,</p> <p>50 Drill #13, 2 x 50 FS RI 20,</p> <p>50 Drill #14, 2 x 50 FS RI 20,</p> <p>50 Drill #15, 2 x 50 FS RI 20-30,</p> <p>4x 50 “A” ↑M↓F RI 30</p>
Cool Down	50 = SOTW with ease into OC strokes- long and slow, 25 Kick OC, 25 floppy FS, walk/talk = 100
Total	1850

Level 3	Training Weekly Theme: FS Breathing & Body Rotation
Warm up	50 swim OC, 50 Kick FS, 50 Swim OC, 50 Kick BK, 100 FS (long easy strokes) = 300.
Drills/Skills  800	<p>Reminder – breathing rhythm = rotate body not just turn head/neck, breathe in, very short hold, then slowly out of mouth, then slowly out of nose as you rotate body till head/mouth clear to beath in again.</p> <p>Rotation/roll = How much? – The Coach needs to see your OPEN armpit.</p> <p>2 x 50 on each drill - RI 15-20</p> <p>Drill #3 – 12 kick Switch. Be in a long position on side @ 45-90 degrees,12 kicks, rotate by underwater pull to other side, 12 kicks repeat. Roll up to breath as needed.</p> <p>100 FS easy.</p> <p>Drill # 13 – Rotating position. Hip-2-Hip. 1 side balances the other applying force, mastering the hip 2 hip switching.</p> <p>100 FS easy.</p> <p>Drill # 14 – Bi-lat Breathing. Start single side ↑ ↓Bi-lat. Aim Symmetrical stroke/rotation/kick</p> <p>100 FS easy.</p> <p>Drill # 15 – Pendulum – arm relationship, acceleration, balance after the rotation.</p> <p>100 FS easy</p>
Skill B	FS - SOTW, when to start kicking (Dolphin/FS), When to get the Arm stroke going, When to Breath? 3 mins with coach
Main Set  1350	<p>2 x 200 “A” stroke</p> <p>4 x 100 “B” RI 20-30</p> <p>50 Drill #13,</p> <p>2 x 50 FS↑M↓F RI 20,</p> <p>50 Drill #14</p> <p>2 x 50 ↑F↓M FS RI 20,</p> <p>50 Drill #15</p> <p>2 x 50 FS even pace, RI 20-30,</p> <p>4x 50 “A” ↑M↓F RI 30</p>
Cool Down	50 = SOTW with ease into OC strokes- long and slow, 25 Kick OC, 25 floppy FS, walk/talk = 100
Total	2550

Level 3 Dist/Tri	Training Weekly Theme: FS Breathing & Body Rotation
Warm up	50 swim OC, 50 Kick FS, 50 Swim OC, 50 Kick BK, 100 FS (long easy strokes) = 300.
Drills/Skills  800	<p>Reminder – breathing rhythm = rotate body not just turn head/neck, breathe in, very short hold, then slowly out of mouth, then slowly out of nose as you rotate body till head/mouth clear to beath in again.</p> <p>Rotation/roll = How much? – The Coach needs to see your OPEN armpit.</p> <p>2 x 50 on each drill - RI 15-20</p> <p>Drill #3 – 12 kick Switch. Be in a long position on side @ 45-90 degrees,12 kicks, rotate by underwater pull to other side, 12 kicks repeat. Roll up to breath as needed. 100 FS easy.</p> <p>Drill # 13 – Rotating position. Hip-2-Hip. 1 side balances the other applying force, mastering the hip 2 hip switching. 100 FS easy.</p> <p>Drill # 14 – Bi-lat Breathing. Start single side ↑ ↓Bi-lat. Aim Symmetrical stroke/rotation/kick 100 FS easy.</p> <p>Drill # 15 – Pendulum – arm relationship, acceleration, balance after the rotation. 100 FS easy</p>
Skill B	FS - SOTW, when to start kicking (Dolphin/FS), When to get the Arm stroke going, When to Breath? 3 mins with coach
Main Set  1650	<p>2 x 200 FS stroke @SR RI 30, 200 Not FS 400 FS @SR +1or #SPL. 50 Drill #13 100 FS ↑M ↓F RI 20 50 Drill #14 100 FS ↑F ↓M FS, 50 Drill #15 100 FS even pace, 200 FS ↑M ↓F RI 30</p>
Cool Down	50 = SOTW with ease into OC strokes- long and slow, 25 Kick OC, 25 floppy FS, walk/talk = 100
Total	2850