

Level	One	Two	Three
Warm up (with fins) Dry land stretching with Thera-bands	10 min warm up swim including 2 x 100 of focus freestyle drill. @500m	10 min warm up swim including 2 x 100 of focus freestyle drill. @500m	10 min warm up swim including 2 x 100 of focus freestyle drill. @500m
Main Set Focus/Tips: <i>Breaststroke clip – see above for link for great tips and drills</i> Active recovery set: After sprint check time, Then immediately swim Recovery laps Temp Trainer may be used for stroke rate Or pacing	MAIN SET: Breaststroke Drills <ul style="list-style-type: none"> • 4 X 25 Kick: focus on speed, completion, and no drag recovery • 4 X 25 Pull: with pull buoy; focus on outswEEP to elbows up insweep • 4 X 25 Pull: hold tennis ball in each hand; focus on quick recovery of hands • 2 X 25 Pull: as above (no tennis balls); focus on quick recovery with power on sweeps • 2x 25 head position - ball under chin • 4 X 25 Separation Drill: Put it together with good timing; finish the pull THEN whip kick; focus on head/body position and streamline; stroke count • 4 X 50 Swim R30: quality 700 Sprint Set <ul style="list-style-type: none"> • Freestyle 3 x - 100 freestyle 90-95% 10 sec interval Followed straight by - 100 freestyle recover 1 minute R 600 • Form Choice 5 X - 50 hard Followed straight by - 50 recovery 1 minute R 500 	MAIN SET: Breaststroke Drills <ul style="list-style-type: none"> • 4 X 25 Kick: focus on speed, completion, and no drag recovery • 4 X 25 Pull: with pull buoy; focus on outswEEP to elbows up insweep • 4 X 25 Pull: hold tennis ball in each hand; focus on quick recovery of hands • 2 X 25 Pull: as above (no tennis balls); focus on quick recovery with power on sweeps • 2x 25 head position - ball under chin • 4 X 25 Separation Drill: Put it together with good timing; finish the pull THEN whip kick; focus on head/body position and streamline; stroke count • 4 X 50 Swim R30: quality 700 Sprint Set <ul style="list-style-type: none"> • Freestyle 4 x - 100 freestyle 90-95% 10 sec interval Followed straight by - 100 freestyle recover 1 minute R 800 • Form Choice 6 X - 50 hard Followed straight by - 50 recovery 1 minute R 600 	MAIN SET: Breaststroke Drills <ul style="list-style-type: none"> • 4 X 25 Kick: focus on speed, completion, and no drag recovery • 4 X 25 Pull: with pull buoy; focus on outswEEP to elbows up insweep • 4 X 25 Pull: hold tennis ball in each hand; focus on quick recovery of hands • 2 X 25 Pull: as above (no tennis balls); focus on quick recovery with power on sweeps • 2x 25 head position - ball under chin • 4 X 25 Separation Drill: Put it together with good timing; finish the pull THEN whip kick; focus on head/body position and streamline; stroke count • 4 X 50 Swim R30: quality 700 Sprint Set <ul style="list-style-type: none"> • Freestyle 6 x - 100 freestyle 90-95% 10 sec interval Followed straight by - 100 freestyle recover On 4 min 1200 • Form Choice 6 X - 50 hard Followed straight by - 50 recovery On 2 mins 600
Cool Down	200 choice @ 2600	200 choice @ 2900	200 choice @ 3200