




Coach: Greg G	Date: 19/01/20 AM & PM	Length: 60 + 90 Mins Long Course	Focus: Getting race ready
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Level	One	Two - Three	Four - Five
Warm Up (with Fins)	300 Choice (300)	400 Choice (400)	400 Choice (400)
Drills with Fins/ Snorkel 	50 BA focusing on body rotation, shoulder to chin 50 FR as doggie paddle 50 FR as YMC Accelerate – change arms at 25 50 FR as YMC Accelerate + 1 50 BU as 3 strokes BR, 3 strokes BU – focus on keeping hips high in the water 50 BR focusing on getting head down between the straight arms before you kick. (300)	50 BA focusing on body rotation, shoulder to chin 50 FR as doggie paddle 50 FR as YMC Accelerate – change arms at 25 50 FR as YMC Accelerate + 1 50 BU as 3 strokes BR, 3 strokes BU – focus on keeping hips high in the water 50 BR focusing on getting head down between the straight arms before you kick. (300)	50 BA focusing on body rotation, shoulder to chin 50 FR as doggie paddle 50 FR as YMC Accelerate – change arms at 25 50 FR as YMC Accelerate + 1 50 BU as 3 strokes BR, 3 strokes BU – focus on keeping hips high in the water 50 BR focusing on getting head down between the straight arms before you kick. (300)
Pre-Set Without fins 	100 FR as 25 hard, 25 easy, 25 hard, 25 easy 100 FR as 25 easy, 25 hard, 25 easy, 25 hard 4 x 25 FR sprints: R:15 in pairs 4 x 50 FR build in pairs R: 30 (each 50 getting faster) (400)	100 FR as 25 hard, 25 easy, 25 hard, 25 easy 100 FR as 25 easy, 25 hard, 25 easy, 25 hard 8 x 25 FR sprints: R:15 in pairs 4 x 50 FR build in pairs R: 20 (each 50 getting faster) (600)	100 FR as 25 hard, 25 easy, 25 hard, 25 easy 100 FR as 25 easy, 25 hard, 25 easy, 25 hard 8 x 25 FR sprints: R:15 in pairs 4 x 50 FR build in pairs R: 20 (each 50 getting faster) (600)
Main Set Use beeper if you have one and know your CSS - Mode 2 for pacing 	2 x 200 FR descending 1 – 2 (getting quicker) R:30 (optional: 1 choice toys, 2 no toys) Tell coach your time at the end of each 200. 2 x 200 No 1 Form descending 1 – 2 R:30 2 x 100 No 2 Form / CH descending 1 – 2 R:30 (1000) 150 easy choice Full squad 10 x 25's on the whistle (with fins)	3 x 200 FR descending 1 – 3 (getting quicker) R:30 (optional 1 pull buoy, 2 paddles, 3 no toys) Tell coach your time at the end of each 200. 3 x 100 FR descending 1 – 3 (getting quicker) R:30 (Optional 1 pull buoy, 2 paddles, 3 no toys) 2 x 200 No 1 Form descending 1 – 2 R:30 2 x 100 No 2 Form / CH descending 1 – 2 R:30 (1500) 150 easy choice Full Squad 10 x 25's on the whistle (with fins)	3 x 200 FR descending 1 – 3 (getting quicker) R:30 (optional 1 pull buoy, 2 paddles, 3 no toys) Tell coach your time at the end of each 200. 3 x 100 FR descending 1 – 3 (getting quicker) R:30 (Optional 1 pull buoy, 2 paddles, 3 no toys) 2 x 200 No 1 Form descending 1 – 2 R:30 2 x 100 No 2 Form / CH descending 1 – 2 R:30 (1500) 150 easy choice Squad 10 x 25's on the whistle (without fins)
Cool Down	200 Choice (200)	200 Choice	200 Choice