

**Coach:** Anne Smyth Leisa Cass | **Date:** 11/7/2021 | **Length:** 90 Mins | **Focus:** Breaststroke

Level	One	Two	Three
<b>Warm Up</b> (with Fins)	300 choice 300	400 choice 400	500 choice 500
<b>Drills</b>	Breaststroke Drills: 100 of each <ul style="list-style-type: none"> <li>Kick 50 with board/50 no board – focus narrow whip kick</li> <li>Arm focus – pull buoy between legs</li> <li>Head focus – tennis ball</li> <li>2 kicks /pull – focus timing</li> <li>Separation Drill – focus timing -at the end of each 25, move stroke into normal timing</li> <li>Perfect technique 600</li> </ul>	Breaststroke Drills: 100 of each <ul style="list-style-type: none"> <li>Kick 50 with board/50 no board – focus narrow whip kick</li> <li>Arm focus – pull buoy between legs</li> <li>Head focus – tennis ball</li> <li>2 kicks /pull – focus timing</li> <li>Separation Drill – focus timing -at the end of each 25, move stroke into normal timing</li> <li>Perfect technique 600</li> </ul>	Breaststroke Drills: 100 of each <ul style="list-style-type: none"> <li>Kick 50 with board/50 no board – focus narrow whip kick</li> <li>Arm focus – pull buoy between legs</li> <li>Head focus – tennis ball</li> <li>2 kicks /pull – focus timing</li> <li>Separation Drill – focus timing -at the end of each 25, move stroke into normal timing</li> <li>Perfect technique 600</li> </ul>
<b>Backstroke Set</b> Can use TT Set CSS/25 mode 2	Breaststroke Set: quality good pace <ul style="list-style-type: none"> <li>2 x 25 15 sec R</li> <li>1 x 50 30 sec R</li> <li>1 x 100 200</li> </ul>	Breaststroke Set: quality good pace <ul style="list-style-type: none"> <li>4 x 25 15 sec R</li> <li>2 x 50 20 sec R</li> <li>1 x 100 300</li> </ul>	BRS Set: quality good pace <ul style="list-style-type: none"> <li>4 x 25 15 sec R</li> <li>2 x 50 20 sec R</li> <li>2 x 100 30 sec 400</li> </ul>
<b>Main Set</b> Focus/Tips:  Can use TT Set CSS/25 m Mode 2	<b>Sprint Set: max effort choice stroke</b> <ul style="list-style-type: none"> <li>4 x 25 30 sec R</li> <li>2 x 50 1 min R</li> <li>100 easy 300</li> </ul> <b>Freestyle Set:</b> <i>Focus: negative split -working 2<sup>nd</sup> 50 in 100 m</i> 4 x 100 mod 50/ hard 50 on 2.30 400  Freestyle Pull/Paddles easy 200 <b>IM Switches</b> 4 x 50 as BA/BRS and BRS/FS 200	<b>Sprint Set: max effort choice stroke</b> <ul style="list-style-type: none"> <li>4 x 25 30 sec R</li> <li>2 x 50 1 min R</li> <li>100 easy 300</li> </ul> <b>Freestyle Set:</b> <i>Focus: negative split -working 2<sup>nd</sup> 50 in 100 m</i> 6 x 100 mod 50/hard 50 on 2.15 600  Freestyle Pull/Paddles easy 200 <b>IM Switches</b> 8 x 50 as BA/BRS and BRS/FS 400	<b>Sprint Set: max effort choice stroke</b> <ul style="list-style-type: none"> <li>4 x 25 30 sec R</li> <li>2 x 50 1 min R</li> <li>100 easy 300</li> </ul> <b>Freestyle Set:</b> <i>Focus: negative split -working 2<sup>nd</sup> 50 in 100 m</i> 8 x 100 mod 50/hard 50 on 2.00 min 800  Freestyle Pull/Paddles easy 200 <b>IM Switches</b> 8 x 50 as BA/BRS and BRS/FS 400
<b>Cool Down</b>	200 Choice 2400	200 Choice 3000	200 Choice 3400