

**BEGINERS - 6/10/2025**

200 200m FS (Can stop at the end of each 50m or as otherwise needed)  
400 200m BK (Can stop at the end of each 50m or as otherwise needed)

**KICKING DRILLS 1<sup>st</sup> GOES WHEN LAST ONE IS IN (NO FLIPPERS)**

2 x 12.5m FS Kick on back with board over knees  
2 x 12.5m FS torpedo kick on front (no board)  
2 x 12.5m BRS kick as ankle touch drill  
2 x 12.5m BRS Kick on front with board  
600 2 x 12.5m Dolphin or Fly Kick (if no flippers)  
\*\* 2 x 50m Dolphin or Fly Kick with flippers if you have them

**DIVES OR STARTS**

2 off FS torpedo starts shallow end pool then head to dive blocks  
2 x 25m FS start with walk back  
2 x 25m BK start with walk back  
750 2 x 25m BRS start with walk back  
950m 200m Swim Down if time YOUR CHOICE