

BEGINERS - 27/10/2025

| | | |
|------------|-----------------------|--|
| <u>200</u> | 200m | FS (Can stop at the end of each 50m or as otherwise needed) |
| | <u>KICKING DRILLS</u> | <u>1st GOES WHEN LAST ONE IS IN (NO FLIPPERS)</u> |
| | 4 x 12.5m | FS Kick on back with board over knees |
| <u>300</u> | 4 x 12.5m | FS torpedo kick on back (no board) |
| | 2 x 12.5m | BRS kick as ankle touch drill on back |
| <u>350</u> | 2 x 12.5m | BRS Kick on front with board |
| <u>450</u> | 2 x 50m | Dolphin or Fly Kick with flippers if you have them |
| | ** 2 x 12.5m | Dolphin or Fly Kick if NO flippers |
| <u>500</u> | 4 x 12.5m | FS ONE ARM TORPEDO DRILL (Wall arm only) |
| | 5 off | FS WALL STARTS to limit of one breath |
| <u>550</u> | 4 x 12,5n | IBE ARN BJ (Lane Rope arm only) |
| | 2 x 12.5m | BRS PULL (with board between legs NO KICK) |
| <u>650</u> | 2 x 12.5m | FULL BRS |
| | 5 off | BRS starts from wall |
| <u>850</u> | 200m | Swim Down if time YOUR CHOICE |