

BEGINERS - 16/11/2025

<u>200</u>	200m	FS (Can stop at the end of each 50m or as otherwise needed)
<u>300</u>	100m	BK (with Fins)

KICKING DRILLS

	2 x 25m	FS Kick on back with board over knees
<u>400</u>	2 x 25m	FS torpedo kick on back (no board)
	2 x 25m	BRS kick as ankle touch drill on back
<u>500</u>	2 x 25m	BRS Kick on front with board
<u>550</u>	2 x 25m	BRS PULL (with board between legs NO KICK)
<u>600</u>	2 x 25m	FULL BRS
<u>700</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>750</u>	2 x 25m	FS ONE ARM TORPEDO DRILL (Wall arm only)

WALL FINISHES

2 off each FS, BK AND BRS. (6 TOTAL FROM OUT PASS FLAGS)

TOUCH TURN PACTICE

2 off each FS, BK AND BRS. (6 TOTAL FROM OUT PASS FLAGS)

<u>950</u>	200m	Swim Down if time YOUR CHOICE
------------	------	-------------------------------