











Date: 4th Feb 2024. Notices: Video analysis, please sign the sheet. Hope to commence soon. ATP long/short version on web page. HAG Sun 25th & Tues 27th Feb Nomination Sheets on desk. Training Emphasis: Pre- season (Fitness/intensity). Weekly Stroke theme = Butterfly Basics – Most powerful of the strokes (over short distance). Consolidation on FS/BK/BS basics. Caution: Wide stroke so swim on the black line. Single file. Shoulders – swap out for FS, still due Fly legs. Equipment: KB, Fins, PB, CS

	Warm up. All Lanes 5 mins = FS 50 swim, FS 50 Kick, 100 OC, repeat till the whistle goes. Target L1 = 200, L2 = 250, L3/3D = 300 -
Drill/Skill 200M RI = Clear lane	<p>Fly Basic: Body position – slight bow with minimal chest press. – Pay homage to the black line!</p> <p>Drill #2 in water float with Chest body press & then a leg flick/ high hip position.</p> <p>2 x 25 Fly Flow kick drill with CS – SOTW & slowly initiate kick from chest press, thru core to high hips and whip ankles.</p> <p>No CS= Low forward chin clear to get a breath.</p> <p>2 x 25 Fly Kick with KB – Skimmers – quick chest press, high hips, knee flex and flicks from ankles.</p> <p>Arms – Drill#7 Standing drill Pitch to Press (2 x “?”) movements, wide to narrow, deep to shallow.</p> <p>2 x 25 Drill#9: Single arm with 2 kicks. Kick hand in/out.</p> <p>2 x 25 Drill #10 1LA -1RA -2 x both arms</p>
Main set 	<p>L1 = 3 x 100 FS –# SPL RI 20-30. 1 x 100 FORM (not FS) Tech swims ↑E↓M RI 20-30, 2 x 100 BS or BK RI 30, 4 x 25 ½ lap Fly, ½ lap FS, 2 x 100 “A” stroke RI 20-30. (800) – May swap 100 for 2 x 50.</p> <p>L2 = 3 x 100 FS – SR/#SPL even pace RI 20-30, 2 x 100 FORM (not FS) Tech swims RI 20 ↑E↓M, 4 x 50 RI 20 - 2 x FS Kick, 2 x BK Pull, 1 x 100 “A”, 4 x 25 Fly, or ½ lap Fly/ ½ lap FS RI 30 /(clear lane). (900)</p> <p>L3= 3 x 100 FS @SR/# SPL RI 20-30, 2 x 100 FORM (not FS) Tech swims RI 20-30, 2 x 100 BS or BK RI 30, 2 x 100 “A” stroke @ SR +2/ SPL# -1, RI 20-30, 4 x 25 FLY RI 30, 100 IM Tech swims – treat as 4 x25. (1100)</p> <p>L3D = 3 x 100 FS @SR/# SPL RI 20-30, 2 x 200 FS @ SR +1 RI 30, 4 x 50 RI 20 - 2 x ↑FS Kick/↓ BK Pul & 2 x Fly/FS, 400 FS – DPS – Hip driven style #SPL Aim for negative (-1) each 4th lap, 3 x 100 FS @SR +2/# SPL (-2 per lap) RI 20-30 (1600)</p>
Relays	If time – FS/Medley
C/Down	FLY deep dives with body dolphins, BS side kick, BK double arms, FS long easy strokes – 200M
Total	L1 = 1400+, L2= 1550+, L3 = 1800+, L3D = 2300+

Level 1	Training Emphasis: Butterfly Basics, Main set consolidation on FS/BK/BS basics
Warm up	Warm up. 5 mins = FS 50 swim, FS 50 Kick, 100 OC, repeat till the whistle goes. Target L1 = 200
Drills  200 RI = Clear Lane	<p>Fly Basic: Body position – slight bow with minimal chest press. – Pay homage to the black line!</p> <p>Drill #2 in water float with Chest press with high hips then a leg kick bend knees and ankles flick. 2 beat kick</p> <p>2 x 25 Fly Flow kick drill with CS – SOTW & slowly initiate kick from chest press, thru core to high hips and whip ankles. No CS= Low forward chin clear to get a breath.</p> <p>2 x 25 Fly Kick with KB – Skimmers – quick chest press, high hips, knee flex and flicks from ankles.</p> <p>Standing drill - Arms – Drill#7 Pitch to Press (2 x “?”) movements, wide to narrow, deep to shallow.</p> <p>2 x 25 Drill#9: Single arm with 2 kicks. Kick hand in/out. 2 x 25 Drill #10 - 1LA, 1RA, 2 x both arms</p>
Main Set  (800)	<p>3 x 100 FS –# SPL RI 20-30.</p> <p>1 x 100 FORM (not FS) Tech swims ↑E↓M RI 20-30,</p> <p>2 x 100 BS or BK RI 30,</p> <p>4 x 25 ½ lap Fly, ½ lap FS,</p> <p>2 x 100 “A” stroke RI 20-30.</p>
Skill	If time – FS/Medley
Cool Down	FLY deep dives with body dolphins, BS side kick, BK double arms, FS long easy strokes – 200M
Total	1400+

Level 2	Training Emphasis: Butterfly Basics, Main set consolidation on FS/BK/BS basics
Warm up	Warm up. 5 mins = FS 50 swim, FS 50 Kick, 100 OC, repeat till the whistle goes. Target = 250
Drills/Skills  200 RI = Clear Lane	<p>Fly Basic: Body position – slight bow with minimal chest press. – Pay homage to the black line!</p> <p>Drill #2 in water float with Chest press with high hips then a leg kick (bend knees) and ankles flick. 2 beat kick rhythm</p> <p>2 x 25 Fly Flow kick drill with CS – SOTW & slowly initiate kick from chest press, thru core to high hips and whip ankles. No CS= Low forward chin clear to get a breath.</p> <p>2 x 25 Fly Kick with KB – Skimmers – quick chest press, high hips, knee flex and flicks from ankles.</p> <p>Standing drill - Arms – Drill#7 Pitch to Press (2 x “?”) movements, wide to narrow, deep to shallow.</p> <p>2 x 25 Drill#9: Single arm with 2 kicks. Kick hand in/out. 2 x 25 Drill #10 - 1LA, 1RA, 2 x both arms</p>
Main Set  900	<p>3 x 100 FS – SR/#SPL even pace RI 20-30,</p> <p>2 x 100 FORM (not FS) Tech swims RI 20 ↑E↓M,</p> <p>4 x 50 RI 20 - 2 x FS Kick, 2 x BK Pull,</p> <p>1 x 100 “A”,</p> <p>4 x 25 Fly, or ½ lap Fly/ ½ lap FS RI = lane clear</p>
Relays	If Time - Relays
Cool Down	FLY deep dives with body dolphins, BS side kick, BK double arms, FS long easy strokes – 200M
Total	1550+

Level 3	Training Emphasis: Butterfly Basics, Main set consolidation on FS/BK/BS basics
Warm up	Warm up. 5 mins = FS 50 swim, FS 50 Kick, 100 OC, repeat till the whistle goes. Target = 300
Drills/Skills  200 RI = Clear Lane	<p>Fly Basic: Body position – slight bow with minimal chest press. – Pay homage to the black line!</p> <p>Drill #2 in water float with Chest press with high hips then a leg kick (bend knees) and ankles flick. 2 beat kick rhythm</p> <p>2 x 25 Fly Flow kick drill with CS – SOTW & slowly initiate kick from chest press, thru core to high hips and whip ankles. No CS= Low forward chin clear to get a breath.</p> <p>2 x 25 Fly Kick with KB – Skimmers – quick chest press, high hips, knee flex and flicks from ankles.</p> <p>Standing drill - Arms – Drill#7 Pitch to Press (2 x “?”) movements, wide to narrow, deep to shallow.</p> <p>2 x 25 Drill#9: Single arm with 2 kicks. Kick hand in/out.</p> <p>2 x 25 Drill #10 - 1LA, 1RA, 2 x both arms or Normal Fly</p>
Main Set  (1100)	<p>3 x 100 FS @SR/# SPL RI 20-30,</p> <p>2 x 100 FORM (not FS) Tech swims RI 20-30,</p> <p>2 x 100 BS or BK RI 30,</p> <p>2 x 100 “A” stroke @ SR +2/ SPL# -1, RI 20-30,</p> <p>4 x 25 FLY RI 30,</p> <p>100 IM Tech swim – treat as 4 x25.</p>
Relays	If time – Relay fun
Cool Down	FLY deep dives with body dolphins, BS side kick, BK double arms, FS long easy strokes – 200M
Total	1800+

Level 3D	Training Emphasis: Butterfly Basics, Main set consolidation on FS/BK/BS basics
Warm up	Warm up. 5 mins = FS 50 swim, FS 50 Kick, 100 OC, repeat till the whistle goes. Target = 300
Drills/Skills  200 RI = Clear Lane	<p>Fly Basic: Body position – slight bow with minimal chest press. – Pay homage to the black line!</p> <p>Drill #2 in water float with Chest press with high hips then a leg kick (bend knees) and ankles flick. 2 beat kick rhythm</p> <p>2 x 25 Fly Flow kick drill with CS – SOTW & slowly initiate kick from chest press, thru core to high hips and whip ankles. No CS= Low forward chin clear to get a breath.</p> <p>2 x 25 Fly Kick with KB – Skimmers – quick chest press, high hips, knee flex and flicks from ankles.</p> <p>Standing drill - Arms – Drill#7 Pitch to Press (2 x “?”) movements, wide to narrow, deep to shallow.</p> <p>2 x 25 Drill#9: Single arm with 2 kicks. Kick hand in/out.</p> <p>2 x 25 Drill #10 - 1LA, 1RA, 2 x both arms or Normal Fly</p>
Main Set  (1600)	<p>3 x 100 FS @SR/# SPL RI 20-30,</p> <p>2 x 200 FS @ SR +1 RI 30,</p> <p>4 x 50 RI 20 - 2 x ↑FS Kick/↓ BK Pul & 2 x Fly/FS,</p> <p>400 FS – DPS = Hip driven FS e #SPL Aim for negative (-1) each 4th lap,</p> <p>3 x 100 FS @SR +2/or # SPL (-2 from 1st FS in main set) RI 20-30</p>
Relays	Optional
Cool Down	FLY deep dives with body dolphins, BS side kick, BK double arms, FS long easy strokes – 200M
Total	2300+