












Date: 9th Feb 2024. Notices: Change to swim times commences Sun 18th Feb. Sun = 1030 -1200, Tues = 1100-1230, GoPro camera – general filming. 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 all strokes. Caution: Fly Wide arm stroke so swim on the black line. Single file. Shoulders issues – 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, repeat till the whistle goes. Target = 200 -300 M
Drill/Skill 200M RI = Clear lane 	<p>Fly Basic: Body position – slight bow with slight forward chest press. – Pay homage to the black line!</p> <p>Drill – streamlined position - in water float, then Chest press forward & then a leg flick/ high hip position.</p> <p>2 x 25 Fly slow flow kick drill with Snorkel – SOTW & slowly initiate kick with 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>Arms – Standing drill Pitch to Press (2 x “?”) movements, wide to narrow, deep to shallow/ Or Y-M-C. Blast arms out, thumb down low arm recovery elbows clear of water.</p> <p>2 x 25 Drill 1LA -1RA -2 x both arms (kick hands in and bigger kick to kick hands out)</p> <p>2 x 25 Fly – L1/2 = target ½ laps fly – finish with FS if need to.</p>
Main set 	<p>L1 = 2 x 100 FS –# SPL RI 20-30. 1 x 100 FORM (not FS) Tech swim, 2 x 100 “A” RI 30, 4 x 25 ½ lap Fly, ½ lap FS (600)</p> <p>L2 = 2 x 100 FS – SR/#SPL even pace RI 20-30, 1 x 100 FORM (not FS) Tech swims, 4 x 50 RI 20 - ↑FS Kick ↓BK, 1 x 100 “A”, 4 x 25 Fly, or ½ lap Fly/ ½ lap FS RI 30. (700)</p> <p>L3= 3 x 100 FS @SR/# SPL RI 20-30, 3 x 100 FORM (not FS) Tech swims RI 20-30, 1 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. (900)</p> <p>L3D = 2 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 Pull & 2 x Fly/FS, 400 FS – DPS – Hip driven style #SPL Aim for negative (-1) each 4th lap, 2 x 100 FS @SR +2/# SPL (-2 per lap) RI 20-30 (1200)</p>
Relays	If time – FS/Medley
C/Down	Any combos -FLY deep dives with body dolphins, BS side kick, BK double arms, FS long easy strokes =100M
Total	L1 = 1100+, L2= 1200+, L3 = 1500+, L3D = 1800+

Level 1	Training Emphasis: Butterfly Basics, Main set consolidation on FS/BK/BS basics
Warm up	Warm up. All Lanes 5 mins = FS 50 swim, FS 50 Kick, repeat till the whistle goes. Target = 200 -300 M
Drills  200 RI = Clear Lane	<p>Fly Basic: Body position – slight bow with slight forward chest press. – Pay homage to the black line!</p> <p>Drill – streamlined position - in water float, then Chest press forward & then a leg flick/ high hip position.</p> <p>2 x 25 Fly slow flow kick drill with Snorkel – SOTW & slowly initiate kick with 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>Arms – Standing drill Pitch to Press (2 x “?”) movements, wide to narrow, deep to shallow/ Or Y-M-C. Blast arms out, thumb down low arm recovery elbows clear of water.</p> <p>2 x 25 Drill 1LA -1RA -2 x both arms (kick hands in and bigger kick to kick hands out)</p> <p>2 x 25 Fly – L1/2 = target ½ laps fly – finish with FS if need to.</p>
Main Set  (600)	<p>2 x 100 FS –# SPL RI 20-30.</p> <p>1 x 100 FORM (not FS) Tech swim</p> <p>2 x 100 “A” RI 30,</p> <p>4 x 25 ½ lap Fly, ½ lap FS - Drill consolidation</p>
Relays	If time – FS/Medley
Cool Down	Combo- FLY deep dives with body dolphins, BS side kick, BK double arms, FS long easy strokes – 100M
Total	1100+

Level 2	Training Emphasis: Butterfly Basics, Main set consolidation on FS/BK/BS basics
Warm up	Warm up. All Lanes 5 mins = FS 50 swim, FS 50 Kick, repeat till the whistle goes. Target = 200 -300 M
Drills/Skills  200 RI = Clear Lane	<p>Fly Basic: Body position – slight bow with slight forward chest press. – Pay homage to the black line!</p> <p>Drill – streamlined position - in water float, then Chest press forward & then a leg flick/ high hip position.</p> <p>2 x 25 Fly slow flow kick drill with Snorkel – SOTW & slowly initiate kick with 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>Arms – Standing drill Pitch to Press (2 x “?”) movements, wide to narrow, deep to shallow/ Or Y-M-C. Blast arms out, thumb down low arm recovery elbows clear of water.</p> <p>2 x 25 Drill 1LA -1RA -2 x both arms (kick hands in and bigger kick to kick hands out)</p> <p>2 x 25 Fly – target ½ laps fly – finish with FS if need to.</p>
Main Set  700	2 x 100 FS – SR/#SPL even pace RI 20-30, 1 x 100 FORM (not FS) Tech swims, 4 x 50 RI 20 - ↑FS Kick ↓BK, 1 x 100 “A”, 4 x 25 Fly, or ½ lap Fly/ ½ lap FS RI 30.
Skill	If Time - Relays
Cool Down	Combo- FLY deep dives with body dolphins, BS side kick, BK double arms, FS long easy strokes – 100M
Total	1200+

Level 3	Training Emphasis: Butterfly Basics, Main set consolidation on FS/BK/BS basics
Warm up	Warm up. All Lanes 5 mins = FS 50 swim, FS 50 Kick, repeat till the whistle goes. Target = 200 -300 M
Drills/Skills  200 RI = Clear Lane	<p>Fly Basic: Body position – slight bow with slight forward chest press. – Pay homage to the black line!</p> <p>Drill – streamlined position - in water float, then Chest press forward & then a leg flick/ high hip position.</p> <p>2 x 25 Fly slow flow kick drill with Snorkel – SOTW & slowly initiate kick with 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>Arms – Standing drill Pitch to Press (2 x “?”) movements, wide to narrow, deep to shallow/ Or Y-M-C. Blast arms out, thumb down low arm recovery elbows clear of water.</p> <p>2 x 25 Drill 1LA -1RA -2 x both arms (kick hands in and bigger kick to kick hands out)</p> <p>2 x 25 Fly – target ½ laps fly – finish with FS if need to.</p>
Main Set  (900)	<p>3 x 100 FS @SR/# SPL RI 20-30,</p> <p>3 x 100 FORM (not FS) Tech swims RI 20-30,</p> <p>1 x 100 “A” stroke @ SR +2/ SPL# -1,</p> <p>4 x 25 FLY RI 30,</p> <p>100 IM Tech swims</p>
Relays	If time – Relay fun
Cool Down	Combo- FLY deep dives with body dolphins, BS side kick, BK double arms, FS long easy strokes – 100M
Total	1500+

Level 3D	Training Emphasis: Butterfly Basics, Main set consolidation on FS/BK/BS basics
Warm up	Warm up. All Lanes 5 mins = FS 50 swim, FS 50 Kick, repeat till the whistle goes. Target = 200 -300 M
Drills/Skills  200 RI = Clear Lane	<p>Fly Basic: Body position – slight bow with forward chest press. – Pay homage to the black line!</p> <p>Drill – streamlined position - in water float, then Chest press forward & then a leg flick/ high hip position.</p> <p>2 x 25 Fly slow flow kick drill with Snorkel – SOTW & slowly initiate kick with 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>Arms – Standing drill Pitch to Press (2 x “?”) movements, wide to narrow, deep to shallow/ Or Y-M-C.</p> <p>Blast arms out, thumb down low arm recovery elbows clear of water.</p> <p>2 x 25 Drill 1LA -1RA -2 x both arms (kick hands in and bigger kick to kick hands out)</p> <p>2 x 25 Fly – target ½ laps fly – finish with FS if need to.</p>
Main Set  (1200)	<p>2 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 Pull & 2 x Fly/FS,</p> <p>400 FS – DPS – Hip driven style -</p> <p>#SPL Aim for negative (-1) every 4th lap,</p> <p>2 x 100 FS @SR +2/# SPL (-1 per lap) RI 20-30</p>
Relays	Optional
Cool Down	Combo- FLY deep dives with body dolphins, BS side kick, BK double arms, FS long easy strokes – 100M
Total	1800+