












Date: 24th March 24. Notices: No easters swims. Coaches Newsletter for March. Weekly stroke theme = Fly short dist 25/50M. Training cycle = #2 week 4.



Work on A & B stroke 50-200M aerobics Base **Caution:** Shoulders – swap out Fly for FS. Swim down black line only 25M. **Equipment: Fins, PBs/KB**

Warm up	50 FS kick, 50 BK Pull, 100 FS, 50 BK kick, 100 OC. Target L1/2 = 250, L3/L3D = 350.
Drill/Skill A 	Fly 2 x 25 Kick drill - RI 10– SOTW first 2 kicks from hips down, then initiating from chest down. Fly Standing drill – Butterfly Stroke Phases - reminders. Check Breathing timing. 2 x 25 RI 15-20 Drill # 8 – Sweeping question marks, Catch, pull, and push phase. Drill # 13 – Recovery phase - The flop with shoulder roll. Drill 1/1/2 – 1 x LA – breathe, 1 x RA – breathe, 2 x full stroke no breathing. Repeat. L3 = 2 x 25 normal fly. L1/2 = aim ½ lap Fly - finish FS. (L1/2 = 225. L3 = 250)
Main set L1 	3 x 100 “A” stroke – 80% even pace RI 30. 6 x 50 “B” stroke ↑M↓F RI20-30. 2 x 25 Fly/FS RI 30 (650) 8 x 25 sprints – in pairs Every 60 secs (200) [850]
Main set L2 	3 x 100 “A” stroke – 80% even pace RI 30. 6 x 50 “B” stroke ↑M↓F RI20-30. 2 x 25 Fly/FS RI 30 (650) 2 x 100 IM as 4 x 25 sprints. RI 10 (200) [850]
Main set L3 	6 x 100 “A” stroke – ALTN swims even pace Vs↑M↓F -RI 30. 6 x 50 “B” stroke ↑M↓F RI20-30. 2 x 25 Fly/FS RI 30 (950) 2 x 100 IM as 4 x 25 sprints. RI 10 (200) [1150]
Main set L3Dist 	2 x 400 FS - even pace RI 30, 6 x 100 ALTN swims “B” then “A” stroke – Front-end speed on “B” and Back-end speed on “A”. RI 30. (1400) 2 x 400 FS – Altn 100 E/M. (800) [2200} Option for relays if time.
Skills B	Relays – FS & Medley 4 x 50M. x 4 +
C/Down	100 Sloppy OC.
Total	L1 = 1625+, L2 = 1650+, L3 =1950+ L3D = 2900+

Level 1	Weekly Stroke Theme = Fly
Warm up	50 FS kick, 50 BK Pull, 100 FS, 50 BK kick, 100 OC. Target = 250,.
Drills/Skills  225	<p>Fly 2 x 25 Kick drill - RI 10– SOTW first 2 kicks from hips down, then initiating from chest down.</p> <p>Fly Standing drill – Butterfly Stroke Phases - reminders. Check Breathing timing.</p> <p>2 x 25 on each drill RI 30 /clear lane Drill # 8 – Sweeping question marks, Catch, pull, and push phase.</p> <p>Drill # 13 – Recovery phase - The flop incl shoulder roll.</p> <p>Drill 1/1/2 – 1 x LA – breathe, 1 x RA – breathe, 2 x full stroke no breathing. Repeat.</p> <p>2 x 25 aim ½ lap Fly - finish FS.</p>
Main Set  850	<p>3 x 100 “A” stroke – 80% even pace RI 30.</p> <p>6 x 50 “B” stroke ↑M↓F RI20-30.</p> <p>2 x 25 Fly/FS RI 30</p> <p>8 x 25 sprints – in pairs - Every 60 secs</p>
Skill B	Relays FS and Medley – min. 2 on each
Cool Down	100 Sloppy OC.
Total	1625+

Level 2	Weekly Stroke Theme = Fly
Warm up	50 FS kick, 50 BK Pull, 100 FS, 50 BK kick, 100 OC. Target = 250
Drills/Skills  225	<p>Fly 2 x 25 Kick drill - RI 10– SOTW first 2 kicks from hips down, then initiating from chest down.</p> <p>Fly Standing drill – Butterfly Stroke Phases - reminders. Check Breathing timing.</p> <p>2 x 25 on each drill RI 30 /clear lane Drill # 8 – Sweeping question marks, Catch, pull, and push phase.</p> <p>Drill # 13 – Recovery phase - The flop incl shoulder roll.</p> <p>Drill 1/1/2 – 1 x LA – breathe, 1 x RA – breathe, 2 x full stroke no breathing. Repeat.</p> <p>2 x 25 aim ½ lap Fly - finish FS.</p>
Main Set  850	<p>3 x 100 “A” stroke – 80% even pace RI 30.</p> <p>6 x 50 “B” stroke ↑M↓F RI20-30.</p> <p>2 x 25 Fly/FS RI 30</p> <p>2 x 100 IM as 4 x 25 sprints. RI 10</p>
Skill B	Relays FS and Medley – min. 2 on each
Cool Down	100 Sloppy OC.
Total	1625+

Level 3	Weekly Stroke Theme = Fly
Warm up	50 FS kick, 50 BK Pull, 100 FS, 50 BK kick, 100 OC. Target = 350
Drills/Skills  250	<p>Fly 2 x 25 Kick drill - RI 10– SOTW first 2 kicks from hips down, then initiating from chest down.</p> <p>Fly Standing drill – Butterfly Stroke Phases - reminders. Check Breathing timing.</p> <p>2 x 25 on each drill RI 30 /clear lane Drill # 8 – Sweeping question marks, Catch, pull, and push phase.</p> <p>Drill # 13 – Recovery phase - The flop incl shoulder roll.</p> <p>Drill 1/1/2 – 1 x LA – breathe, 1 x RA – breathe, 2 x full stroke no breathing. Repeat.</p> <p>2 x 25 Fly RI 10/clear lane</p>
Main Set  1150	<p>6 x 100 “A” stroke – ALTN swims even pace Vs↑M↓F -RI 30</p> <p>6 x 50 “B” stroke ↑M↓F RI20-30.</p> <p>2 x 25 Fly RI 30</p> <p>2 x 100 IM as 4 x 25 sprints. RI 10 each 25M.</p>
Skill B	Relays FS and Medley – min. 2 on each
Cool Down	100 Sloppy OC.
Total	1950+

Level 3 Distance/ Triathlon	Weekly Stroke Theme = Fly
Warm up	50 FS kick, 50 BK Pull, 100 FS, 50 BK kick, 100 OC. Target = 350
Drills/Skills  250	<p>Fly 2 x 25 Kick drill - RI 10– SOTW first 2 kicks from hips down, then initiating from chest down.</p> <p>Fly Standing drill – Butterfly Stroke Phases - reminders. Check Breathing timing.</p> <p>2 x 25 on each drill RI 30 /clear lane Drill # 8 – Sweeping question marks, Catch, pull, and push phase.</p> <p>Drill # 13 – Recovery phase - The flop incl shoulder roll.</p> <p>Drill 1/1/2 – 1 x LA – breathe, 1 x RA – breathe, 2 x full stroke no breathing. Repeat.</p> <p>2 x 25 Fly RI 10</p>
Main Set  2200	<p>2 x 400 FS - even pace RI 30,</p> <p>6 x 100 - RI 30 ALTN swims “B” then “A” stroke Front-end speed on “B” and Back-end speed on “A”.</p> <p>2 x 400 FS – Altn 100 E/M. Option for relays if time.</p>
Cool Down	100 Sloppy OC.
Total	2900+