














Date: Tuesday 26th March 24. Notices: No easters swims. Coaches Newsletter for March. Weekly stroke theme = Fly short dist 25/50M and relays to help team going to Nats in DN. Training cycle = #2 week 4. Work on A & B stroke 50-200M aerobics Base Caution: Shoulders/Neck – swap out Fly for FS. Swim down black line only 25M Fly. Equipment: Fins, PBs/KB

Warm up	50 BK kick, 50 FS Pull, 150 OC, repeat till the whistle goes. Target L1/2 = 250, L3/L3D = 350.
Drill/Skill A 	Fly 2 x 25 Skimmer Kick drill - RI 10– SOTW first 2 kicks from hips down, then initiating from chest down. Fly Standing drill – Butterfly Stroke Phases - Sweeping question marks, Catch, pull, and push phase reminders. Check Breathing - chin forward & down. ↑ 1x 25 Fly drill, ↓ FS easy RI 15-20 Drill 1/1/21– 1 x LA – LS breathe, 1 x RA – RS breathe, 1 x full stroke – breathing forward. Drill fly Blast arm out – chin forward to breath. Underwater recovery 2 x 25 Fly (roll shoulder and flop arms in) or ½ lap fly , ½ lap FS – L1/2 only. (200)
Main set L1 	3 x 100 “A” stroke – ↑M↓F repeat. RI 30. 4 x 50 “B” stroke ↑E↓F RI20-30. Relays - 4 x 50M mix FS and Medley 2 x 50 ↑Fly ↓FS (1/2 lap Fly ok) RI 30 8 x 25 sprints – in pairs Every 60 secs [950]
Main set L2 	3 x 100 “A” stroke – ↑M↓F repeat. RI 30. 4 x 50 “B” stroke ↑E↓F RI20-30. Relays - 4 x 50M mix FS and Medley 2 x 50 ↑Fly ↓FS (1/2 lap Fly ok) RI 30 8 x 25 sprints – in pairs Every 55 secs [950]
Main set L3 	3 x 100 “A” stroke – ↑M↓F repeat. RI 30. 4 x 50 “B” stroke ↑E↓F RI20-30. Relays - 4 x 50M mix FS and Medley 2 x 50 ↑Fly ↓FS RI 30 2 x 100 IM (as 25M sprints) RI 10-15 each 25. 8 x 25 sprints – in pairs Every 50 secs [1200]
Main set L3Dist 	2 x 400 FS - even pace RI 30, Option for relays? 6 x 100 ALTN swims “B” then “A” stroke – Front-end speed on “B” and Back-end speed on “A”. RI 30. 2 x 200 FS – Altn 100 E/M-F. RI 30 [1800]
Skill B	If time – More relays for HO/TO practice
C/Down	100 Sloppy OC.
Total	L1 = 1450+, L2 = 1450+, L3 =1850+ L3D = 2450+

Level 1	Weekly Stroke Theme = Fly
Warm up	50 BK kick, 50 FS Pull, 150 OC, repeat till the whistle goes. Target L1/2 = 250, L3/L3D = 350.
Drills/Skills  200	<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 - Sweeping question marks, Catch, pull, and push phase reminders. Check Breathing - chin forward & down.</p> <p>↑1x 25 Fly drill, ↓ FS easy RI 15-20 Drill 1/1/21– 1 x LA /LS breathe, 1 x RA /RS breathe, 1 x full stroke – breathing forward. Drill fly Blast arm out – chin forward to breath. Underwater recovery 2 x 25 Fly (roll shoulder and flop arms in) or ½ lap fly, ½ lap FS.</p>
Main Set  950	<p>3 x 100 “A” stroke – ↑M↓F repeat. RI 30.</p> <p>4 x 50 “B” stroke ↑E↓F RI20-30.</p> <p>Relays - 4 x 50M mix FS and Medley</p> <p>2 x 50 ↑Fly ↓FS (1/2 lap Fly ok) RI 30</p> <p>8 x 25 sprints – in pairs Every 60 secs</p>
Skill B	If time – More Relays HO/TO practice
Cool Down	100 Sloppy OC.
Total	1450+

Level 2	Weekly Stroke Theme = Fly
Warm up	50 BK kick, 50 FS Pull, 150 OC, repeat till the whistle goes. Target L1/2 = 250, L3/L3D = 350.
Drills/Skills  200	<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 - Sweeping question marks, Catch, pull, and push phase reminders. Check Breathing - chin forward & down.</p> <p>↑1x 25 Fly drill, ↓ FS easy RI 15-20 Drill 1/1/21– 1 x LA /LS breathe, 1 x RA /RS breathe, 1 x full stroke – breathing forward. Drill fly Blast arm out – chin forward to breath. Underwater recovery 2 x 25 Fly (roll shoulder and flop arms in) or ½ lap fly, ½ lap FS.</p>
Main Set  950	<p>3 x 100 “A” stroke – ↑M↓F repeat. RI 30.</p> <p>4 x 50 “B” stroke ↑E↓F RI20-30.</p> <p>Relays - 4 x 50M mix FS and Medley</p> <p>2 x 50 ↑Fly ↓FS (1/2 lap Fly ok) RI 30</p> <p>8 x 25 sprints – in pairs Every 60 secs</p>
Skill B	If time – More Relays HO/TO practice
Cool Down	100 Sloppy OC.
Total	1425+

Level 3	Weekly Stroke Theme = Fly
Warm up	50 BK kick, 50 FS Pull, 150 OC, repeat till the whistle goes. Target L1/2 = 250, L3/L3D = 350.
Drills/Skills  200	<p>Fly 2 x 25 Skimmers Kick drill - RI 10– SOTW first 2 kicks from hips down, then initiating from chest down.</p> <p>Fly Standing drill – Butterfly Stroke Phases - Sweeping question marks, Catch, pull, and push phase reminders. Check Breathing - chin forward & down.</p> <p>↑1x 25 Fly drill, ↓ FS easy RI 15-20 Drill 1/1/21– 1 x LA /LS breathe, 1 x RA /RS breathe, 1 x full stroke – breathing forward. Drill fly Blast arm out – chin forward to breath. Underwater recovery 2 x 25 Fly (roll shoulder and flop arms in) or ½ lap fly, ½ lap FS.</p>
Main Set  1200	<p>3 x 100 “A” stroke – ↑M↓F repeat. RI 30.</p> <p>4 x 50 “B” stroke ↑E↓F RI20-30.</p> <p>Relays - 4 x 50M mix FS and Medley</p> <p>2 x 50 ↑Fly ↓FS RI 30</p> <p>2 x 100 IM (as 25M sprints) RI 10-15 each 25.</p> <p>8 x 25 sprints – in pairs - Every 50 secs</p>
Skill B	If time – More Relays HO/TO practice
Cool Down	100 Sloppy OC.
Total	1850+

Level 3 Dist/Tri	Weekly Stroke Theme = Fly
Warm up	50 BK kick, 50 FS Pull, 150 OC, repeat till the whistle goes. Target L1/2 = 250, L3/L3D = 350.
Drills/Skills  200	<p>Fly 2 x 25 Skimmers Kick drill - RI 10– SOTW first 2 kicks from hips down, then initiating from chest down.</p> <p>Fly Standing drill – Butterfly Stroke Phases - Sweeping question marks, Catch, pull, and push phase reminders. Check Breathing - chin forward & down.</p> <p>↑1x 25 Fly drill, ↓ FS easy RI 15-20 Drill 1/1/21– 1 x LA /LS breathe, 1 x RA /RS breathe, 1 x full stroke – breathing forward. Drill fly Blast arm out – chin forward to breath. Underwater recovery 2 x 25 Fly (roll shoulder and flop arms in) or ½ lap fly, ½ lap FS.</p>
Main Set  1800	<p>2 x 400 FS - even pace RI 30</p> <p>Relay Option?</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 200 FS – Altn 100 E/M-F.</p>
Cool Down	100 Sloppy OC.
Total	2450+