












Sunday June 30th 2024 – Fly. Power and various intensity.

	LEVEL 1	LEVEL 2	LEVEL 3
Warm up 	Alternate; 100m OC swim, 100m OC kick, (hopefully 300m)	Alternate; 100m OC swim, 100m OC kick, (hopefully 350m)	Alternate; 100m OC swim, 100m OC kick, (hopefully 400m)
Drills. 	1) 4 x 25m. Dolphin kick. RI 20s. Focus every 2 nd kick has more power 2) 4 x 25m. 1 arm Fly, 2strokes/1breath. ↑ R ↓ L. RI 20s. Focus on 'kick hand in', 'kick hand out'. Make 'hand out' the bigger kick. (200)	1) 4 x 25m. Dolphin kick. RI 20s. Focus every 2 nd kick has more power 2) 4 x 25m. 1 arm Fly, 2strokes/1breath. ↑ R ↓ L. RI 20s. Focus on 'kick hand in', 'kick hand out'. Make 'hand out' the bigger kick. (200)	1) 4 x 25m. Dolphin kick. RI 20s. Focus every 2 nd kick has more power 2) 4 x 25m. 1 arm Fly, 2strokes/1breath. ↑ R ↓ L. RI 20s. Focus on 'kick hand in', 'kick hand out'. Make 'hand out' the bigger kick. (200)
Main set 	1) 4 x 25m Fly. RI 20s. Take your rests. Revert to 1 arm or FS if getting sloppy. 2) 50m. OC (not FS). Recovery. Easy. 3) 2 x 100m IM. Easy. RI 20s. Wait for all flyers at end of 1 st lap before continuing. 4) 50m. OC (not FS). Recovery. Easy. 5) 4 x broken 100m FS. RI 20s. <u>M/H</u> <u>pace.</u> Note: within the 100m, stop at wall each 25m for 5 sec then off again. 6) 50m. OC (not FS). Recovery. Easy. 7) 4 x 25m. FS kick. RI 20s. Hard. 8) Timed 25m FS session with coach. All swimmers work together with coach. (950+)	1) 4 x 25m Fly. RI 20s. Take your rests. Revert to 1 arm or FS if getting sloppy. 2) 50m. OC (not FS). Recovery. Easy. 3) 2 x 100m IM. Easy. RI 20s. Wait for all flyers at end of 1 st lap before continuing. 4) 50m. OC (not FS). Recovery. Easy. 5) 6 x broken 100m FS. RI 20s. <u>M/H</u> <u>pace.</u> Note: within the 100m, stop at wall each 25m for 5 sec then off again. 6) 50m. OC (not FS). Recovery. Easy. 7) 4 x 25m. FS kick. RI 20s. Hard. 8) Timed 25m FS session with coach. All swimmers work together with coach. (1150+)	1) 4 x 25m Fly. RI 20s. Take your rests. Revert to 1 arm or FS if getting sloppy. 2) 50m. OC (not FS). Recovery. Easy. 3) 2 x 100m IM. Easy. RI 20s. Wait for all flyers at end of 1 st lap before continuing. 4) 50m. OC (not FS). Recovery. Easy. 5) 6 x broken 100m FS. RI 20s. <u>M/H</u> <u>pace.</u> Note: within the 100m, stop at wall each 25m for 5 sec then off again. 6) 100m. OC (not FS). Recovery. Easy. 7) 4 x 50m. FS kick. RI 20s. Hard. 8) Timed 25m FS session with coach. All swimmers work together with coach. (1300+)
Cool Down.	OC - Back scull, walk, slow BR. (100)	OC - Back scull, walk, slow BR. (100)	OC - Back scull, walk, slow BR. (100)
Total	1550 (+ approx 100)	1800 (+ approx 100)	2000 (+ approx 100)

	LEVEL 1
Warm up. 	Alternate; 100m OC swim, 100m OC kick, (hopefully 300m)
Drills. 	<p>1) 4 x 25m. Dolphin kick. RI 20s. Focus every 2nd kick has more power</p> <p>2) 4 x 25m. 1 arm Fly, 2 strokes/1 breath. ↑ R ↓ L. RI 20s. Focus on 'kick hand in', 'kick hand out'. Make 'hand out' the bigger kick. (200)</p>
Main set	<p>1) 4 x 25m Fly. RI 20s. Take your rests. Revert to 1 arm or FS if getting sloppy.</p> <p>2) 50m. OC (not FS). Recovery. Easy.</p> <p>3) 2 x 100m IM. Easy. RI 20s. Wait for all flyers at end of 1st lap before continuing.</p> <p>4) 50m. OC (not FS). Recovery. Easy.</p> <p>5) 4 x broken 100m FS. RI 20s. <u>M/H pace.</u> Note: within the 100m, stop at wall each 25m for 5 sec then off again.</p> <p>6) 50m. OC (not FS). Recovery. Easy.</p> <p>7) 4 x 25m. FS kick. RI 20s. Hard.</p> <p>8) Timed 25m FS session with coach. All swimmers work together with coach. (950+)</p>
Cool Down.	OC - Back scull, walk, slow BR. (100)
Total	1550 (+ approx 100)

	LEVEL 2
Warm up. 	Alternate; 100m OC swim, 100m OC kick, (hopefully 350m)
Drills. 	<p>1) 4 x 25m. Dolphin kick. RI 20s. Focus every 2nd kick has more power</p> <p>2) 4 x 25m. 1 arm Fly, 2 strokes/1 breath. ↑ R ↓ L. RI 20s. Focus on 'kick hand in', 'kick hand out'. Make 'hand out' the bigger kick. (200)</p>
Main set	<p>1) 4 x 25m Fly. RI 20s. Take your rests. Revert to 1 arm or FS if getting sloppy.</p> <p>2) 50m. OC (not FS). Recovery. Easy.</p> <p>3) 2 x 100m IM. Easy. RI 20s. Wait for all flyers at end of 1st lap before continuing.</p> <p>4) 50m. OC (not FS). Recovery. Easy.</p> <p>5) 6 x broken 100m FS. RI 20s. <u>M/H pace.</u> Note: within the 100m, stop at wall each 25m for 5 sec then off again.</p> <p>6) 50m. OC (not FS). Recovery. Easy.</p> <p>7) 4 x 25m. FS kick. RI 20s. Hard.</p> <p>8) Timed 25m FS session with coach. All swimmers work together with coach. (1150+)</p>
Cool Down.	OC - Back scull, walk, slow BR. (100)
Total	1800 (+ approx 100)

	LEVEL 3
Warm up. 	Alternate; 100m OC swim, 100m OC kick, (hopefully 400m)
Drills. 	<p>1) 4 x 25m. Dolphin kick. RI 20s. Focus every 2nd kick has more power</p> <p>2) 4 x 25m. 1 arm Fly, 2strokes/1breath. ↑ R ↓ L. RI 20s. Focus on 'kick hand in', 'kick hand out'. Make 'hand out' the bigger kick. (200)</p>
Main set	<p>1) 4 x 25m Fly. RI 20s. Take your rests. Revert to 1 arm or FS if getting sloppy.</p> <p>2) 50m. OC (not FS). Recovery. Easy.</p> <p>3) 2 x 100m IM. Easy. RI 20s. Wait for all flyers at end of 1st lap before continuing.</p> <p>4) 50m. OC (not FS). Recovery. Easy.</p> <p>5) 6 x broken 100m FS. RI 20s. <u>M/H pace.</u> Note: within the 100m, stop at wall each 25m for 5 sec then off again.</p> <p>6) 100m. OC (not FS). Recovery. Easy.</p> <p>7) 4 x 50m. FS kick. RI 20s. Hard.</p> <p>8) Timed 25m FS session with coach. All swimmers work together with coach. (1300+)</p>
Cool Down.	OC - Back scull, walk, slow BR. (100)
Total	2000 (+ approx 100)

	DISTANCE PEOPLE
Warm up. 	Alternate; 100m OC swim, 100m OC kick, (hopefully 400m)
Drills. 	1) 4 x 25m. Dolphin kick. RI 20s. Focus every 2 nd kick has more power 2) 4 x 25m. 1 arm Fly, 2strokes/1breath. ↑ R ↓ L. RI 20s. Focus on 'kick hand in', 'kick hand out'. Make 'hand out' the bigger kick. (200)
Main set	1) 4 x 25m Fly. RI 20s. Take your rests. Revert to 1 arm or FS if getting sloppy. 2) 50m. OC (not FS). Recovery. Easy. 3) 400m FS. RI 20s. Easy on 1 st 200 then harder on last 200. Negative split. 4) 50m. OC (not FS). Recovery. Easy. 5) 6 x broken 100m FS. RI 20s. <u>M/H pace.</u> Note: within the 100m, stop at wall each 25m for 5 sec then off again. 6) 50m. OC (not FS). Recovery. Easy. 7) 4 x 50m. Kick RI 20s. Hard, x2 FS, x2 BK. 8) Timed 25m FS session with coach. All swimmers work together with coach. (1450+)
Cool Down.	OC - Back scull, walk, slow BR. (100)
Total	2150 (+ approx 100)