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

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

	LEVEL 1
Warm up.	Alternate;
WW	100m OC swim, 100m OC kick,
~0	(hopefully 300m)
Drills.	1) 4 x 25m. Dolphin kick. RI 20s.
	Focus every 2 nd kick has more power
WW	2) 4 x 25m. 1 arm Fly, 2strokes/1breath.
00	↑ 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. M/H pace.
	Note: within the 100m, stop at wall each 25m
	for 5 sec then off again.
	6) 50m. OC (not FS). Recovery. Easy.
	<mark>7)</mark> 4 x 25m. FS kick. RI 20s. Hard.
	8) Timed 25m FS session with coach. All
	swimmers work together with coach.
	(950+)
Cool	OC - Back scull, walk, slow BR.
Down.	(100)
Total	1550 (+ approx 100)

	LEVEL 2
Warm up.	Alternate;
WID	100m OC swim, 100m OC kick,
00	(hopefully 350m)
Drills.	1) 4 x 25m. Dolphin kick. RI 20s.
	Focus every 2 nd kick has more power
WW	2) 4 x 25m. 1 arm Fly, 2strokes/1breath.
00	↑ 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) 6 x broken 100m FS. RI 20s. M/H pace.
	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+)
Cool	OC - Back scull, walk, slow BR.
Down.	(100)
Total	1800 (+ approx 100)

	LEVEL 3
Warm up.	Alternate;
WID	100m OC swim, 100m OC kick,
∪ <i>0</i>	(hopefully 400m)
Drills.	1) 4 x 25m. Dolphin kick. RI 20s.
	Focus every 2 nd kick has more power
WW	2) 4 x 25m. 1 arm Fly, 2strokes/1breath.
00	↑ 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) 6 x broken 100m FS. RI 20s. M/H pace.
	Note: within the 100m, stop at wall each 25m
	for 5 sec then off again.
	6) 100m. OC (not FS). Recovery. Easy.
	<mark>7)</mark> 4 x 50m. FS kick. RI 20s. Hard.
	8) Timed 25m FS session with coach. All
	swimmers work together with coach.
	(1300+)
Cool	OC - Back scull, walk, slow BR.
Down.	(100)
Total	2000 (+ approx 100)

	DISTANCE PEOPLE
Warm up.	Alternate;
WID	100m OC swim, 100m OC kick,
9	(hopefully 400m)
Drills.	1) 4 x 25m. Dolphin kick. RI 20s.
	Focus every 2 nd kick has more power
WW	2) 4 x 25m. 1 arm Fly, 2strokes/1breath.
00	↑ 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 1st 200 then
	harder on last 200. Negative split.
	4) 50m. OC (not FS). Recovery. Easy.
	5) 6 x broken 100m FS. RI 20s. M/H pace.
	Note: within the 100m, stop at wall each
	25m for 5 sec then off again.
	6) 50m. OC (not FS). Recovery. Easy.
	<mark>7)</mark> 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)