












Tuesday July 2<sup>nd</sup> 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. 	<b>1) 4 x 25m. Dolphin kick. RI 20s.</b> Focus every 2 <sup>nd</sup> kick has more power <b>2) 4 x 25m. Fly 2/2/2. RI 20s.</b> 2 left arm, 2 right arm, 2 both arms. Remember bigger kick on 'hands out'. (200)	<b>1) 4 x 25m. Dolphin kick. RI 20s.</b> Focus every 2 <sup>nd</sup> kick has more power <b>2) 4 x 25m. Fly 2/2/2. RI 20s.</b> 2 left arm, 2 right arm, 2 both arms. Remember bigger kick on 'hands out'. (200)	<b>1) 4 x 25m. Dolphin kick. RI 20s.</b> Focus every 2 <sup>nd</sup> kick has more power <b>2) 4 x 25m. Fly 2/2/2. RI 20s.</b> 2 left arm, 2 right arm, 2 both arms. Remember bigger kick on 'hands out'. (200)
Main set 	<b>1) 4 x 25m Fly. RI 20s.</b> Take your rests. Revert to 1 arm or FS if getting sloppy. <b>2) Recovery,</b> walk half way & back. <b>3) 2 x 100m IM. Easy. RI 20s.</b> Wait for all flyers at end of 1 <sup>st</sup> lap before continuing. <b>4) Recovery,</b> walk half way & back. <b>5) 4 x broken 100m FS. RI 20s. M/H</b> <u>pace.</u> Note: within the 100m, stop at wall each 25m for 5 sec then off again. <b>6) 50m. OC (not FS). Recovery. Easy.</b> <b>7) 4 x 25m. BK kick. RI 20s. Med effort.</b> <b>8) Timed 25m FS session with coach.</b> All swimmers work together with coach. (850+)	<b>1) 4 x 25m Fly. RI 20s.</b> Take your rests. Revert to 1 arm or FS if getting sloppy. <b>2) Recovery,</b> walk half way & back. <b>3) 2 x 100m IM. Easy. RI 20s.</b> Wait for all flyers at end of 1 <sup>st</sup> lap before continuing. <b>4) Recovery,</b> walk half way & back. <b>5) 6 x broken 100m FS. RI 20s. M/H</b> <u>pace.</u> Note: within the 100m, stop at wall each 25m for 5 sec then off again. <b>6) 50m. OC (not FS). Recovery. Easy.</b> <b>7) 4 x 25m. BK kick. RI 20s. Med effort.</b> <b>8) Timed 25m FS session with coach.</b> All swimmers work together with coach. (1050+)	<b>1) 4 x 25m Fly. RI 20s.</b> Take your rests. Revert to 1 arm or FS if getting sloppy. <b>2) Recovery,</b> walk half way & back. <b>3) 2 x 100m IM. Easy. RI 20s.</b> Wait for all flyers at end of 1 <sup>st</sup> lap before continuing. <b>4) Recovery,</b> walk half way & back. <b>5) 6 x broken 100m FS. RI 20s. M/H</b> <u>pace.</u> Note: within the 100m, stop at wall each 25m for 5 sec then off again. <b>6) 50m. OC (not FS). Recovery. Easy.</b> <b>7) 4 x 50m. BK kick. RI 20s. Med effort.</b> <b>8) Timed 25m FS session with coach.</b> All swimmers work together with coach. (1150+)
Cool Down.	OC - Back scull, walk, slow BR. (100)	OC - Back scull, walk, slow BR. (100)	OC - Back scull, walk, slow BR. (100)
Total	1450 (+ approx 100)	1700 (+ approx 100)	1850 (+ approx 100)

	<b>LEVEL 1</b>
Warm up. 	Alternate; 100m OC swim, 100m OC kick, (hopefully 300m)
Drills. 	<p><b>1) 4 x 25m. Dolphin kick. RI 20s.</b> Focus every 2<sup>nd</sup> kick has more power</p> <p><b>2) 4 x 25m. Fly 2/2/2. RI 20s.</b> 2 left arm, 2 right arm, 2 both arms. Remember bigger kick on 'hands out'. (200)</p>
Main set	<p><b>1) 4 x 25m Fly. RI 20s.</b> Take your rests. Revert to 1 arm or FS if getting sloppy.</p> <p><b>2) Recovery,</b> walk half way &amp; back.</p> <p><b>3) 2 x 100m IM. Easy. RI 20s.</b> Wait for all flyers at end of 1<sup>st</sup> lap before continuing.</p> <p><b>4) Recovery,</b> walk half way &amp; back.</p> <p><b>5) 4 x broken 100m FS. RI 20s. <u>M/H</u> pace.</b> Note: within the 100m, stop at wall each 25m for 5 sec then off again.</p> <p><b>6) 50m. OC (not FS). Recovery. Easy.</b></p> <p><b>7) 4 x 25m. BK kick. RI 20s. Med effort.</b></p> <p><b>8) Timed 25m FS session with coach.</b> All swimmers work together with coach. (850+)</p>
Cool Down.	OC - Back scull, walk, slow BR. (100)
Total	1450 (+ approx 100)

	<b>LEVEL 2</b>
Warm up. 	Alternate; 100m OC swim, 100m OC kick, (hopefully 350m)
Drills. 	<p><b>1) 4 x 25m. Dolphin kick. RI 20s.</b> Focus every 2<sup>nd</sup> kick has more power</p> <p><b>2) 4 x 25m. Fly 2/2/2. RI 20s.</b> 2 left arm, 2 right arm, 2 both arms. Remember bigger kick on 'hands out'. (200)</p>
Main set	<p><b>1) 4 x 25m Fly. RI 20s.</b> Take your rests. Revert to 1 arm or FS if getting sloppy.</p> <p><b>2) Recovery,</b> walk half way &amp; back.</p> <p><b>3) 2 x 100m IM. Easy. RI 20s.</b> Wait for all flyers at end of 1<sup>st</sup> lap before continuing.</p> <p><b>4) Recovery,</b> walk half way &amp; back.</p> <p><b>5) 6 x broken 100m FS. RI 20s. <u>M/H</u> pace.</b> Note: within the 100m, stop at wall each 25m for 5 sec then off again.</p> <p><b>6) 50m. OC (not FS). Recovery. Easy.</b></p> <p><b>7) 4 x 25m. BK kick. RI 20s. Med effort.</b></p> <p><b>8) Timed 25m FS session with coach.</b> All swimmers work together with coach. (1050+)</p>
Cool Down.	OC - Back scull, walk, slow BR. (100)
Total	1700 (+ approx 100)

	<b>LEVEL 3</b>
Warm up. 	Alternate; 100m OC swim, 100m OC kick, (hopefully 400m)
Drills. 	<b>1) 4 x 25m. Dolphin kick. RI 20s.</b> Focus every 2 <sup>nd</sup> kick has more power <b>2) 4 x 25m. Fly 2/2/2. RI 20s.</b> 2 left arm, 2 right arm, 2 both arms. Remember bigger kick on 'hands out'. (200)
Main set	<b>1) 4 x 25m Fly. RI 20s.</b> Take your rests. Revert to 1 arm or FS if getting sloppy. <b>2) Recovery,</b> walk half way & back. <b>3) 2 x 100m IM. Easy. RI 20s.</b> Wait for all flyers at end of 1 <sup>st</sup> lap before continuing. <b>4) Recovery,</b> walk half way & back. <b>5) 6 x broken 100m FS. RI 20s. <u>M/H</u> pace.</b> Note: within the 100m, stop at wall each 25m for 5 sec then off again. <b>6) 50m. OC (not FS). Recovery. Easy.</b> <b>7) 4 x 50m. BK kick. RI 20s. Med effort.</b> <b>8) Timed 25m FS session with coach.</b> All swimmers work together with coach. (1150+)
Cool Down.	OC - Back scull, walk, slow BR. (100)
Total	1850 (+ approx 100)

	<b>DISTANCE PEOPLE</b>
Warm up. 	Alternate; 100m OC swim, 100m OC kick, (hopefully 400m)
Drills. 	<b>1) 4 x 25m. Dolphin kick. RI 20s.</b> Focus every 2 <sup>nd</sup> kick has more power <b>2) 4 x 25m. Fly 2/2/2. RI 20s.</b> 2 left arm, 2 right arm, 2 both arms. Remember bigger kick on 'hands out'. (200)
Main set	<b>1) 4 x 25m Fly. RI 20s.</b> Take your rests. Revert to 1 arm or FS if getting sloppy. <b>2) Recovery,</b> walk half way & back. <b>3) 2 x 200m FS. Med. RI 20s.</b> Use the clock/watch, try negative split each 200. <b>4) Recovery,</b> walk half way & back. <b>5) 6 x broken 100m FS. RI 20s. <u>M/H pace.</u></b> Note: within the 100m, stop at wall each 25m for 5 sec then off again. <b>6) 50m. OC (not FS). Recovery.</b> Easy. <b>7) 4 x 50m. BK kick. RI 20s.</b> Med effort. <b>8) Timed 25m FS session with coach.</b> All swimmers work together with coach. (1350+)
Cool Down.	OC - Back scull, walk, slow BR. (100)
Total	2050 (+ approx 100)