Tuesday July 2nd 2024 – Fly. Power and various intensity.

-	LEVEL 1	LEVEL 2	LEVEL 3
Warm up	Alternate;	Alternate;	Alternate;
AM	100m OC swim, 100m OC kick,	100m OC swim, 100m OC kick,	100m OC swim, 100m OC kick,
0	(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	<mark>2)</mark> 4 x 25m. Fly 2/2/2. Rl 20s.	<mark>2)</mark> 4 x 25m. Fly 2/2/2. Rl 20s.	<mark>2)</mark> 4 x 25m. Fly 2/2/2. Rl 20s.
00	2 left arm, 2 right arm, 2 both arms.	2 left arm, 2 right arm, 2 both arms.	2 left arm, 2 right arm, 2 both arms.
	Remember bigger kick on 'hands out'.	Remember bigger kick on 'hands out'.	Remember bigger kick on 'hands out'.
	(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.
War.	2) Recovery, walk half way & back.	2) Recovery, walk half way & back.	2) Recovery, walk half way & back.
(Sep)	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 1st lap before continuing.	flyers at end of 1st lap before continuing.	flyers at end of 1st lap before continuing.
	4) Recovery, walk half way & back.	4) Recovery, walk half way & back.	4) Recovery, walk half way & back.
	<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) 50m. OC (not FS). Recovery. Easy.
	7) 4 x 25m. BK kick. RI 20s. Med effort.	7) 4 x 25m. BK kick. RI 20s. Med effort.	7) 4 x 50m. BK kick. RI 20s. Med effort.
	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.
	(850+)	(1050+)	(1150+)
Cool	OC - Back scull, walk, slow BR.	OC - Back scull, walk, slow BR.	OC - Back scull, walk, slow BR.
Down.	(100)	(100)	(100)
Total	1450 (+ approx 100)	1700 (+ approx 100)	1850 (+ approx 100)

	LEVEL 1
Warm up.	Alternate;
WW	100m OC swim, 100m OC kick,
00	(hopefully 300m)
Drills.	1) 4 x 25m. Dolphin kick. RI 20s.
	Focus every 2 nd kick has more power
WW	2) 4 x 25m. Fly 2/2/2. RI 20s.
00	2 left arm, 2 right arm, 2 both arms.
	Remember bigger kick on 'hands out'.
	(200)
Main set	1) 4 x 25m Fly. RI 20s. Take your rests. Revert
	to 1 arm or FS if getting sloppy.
	2) Recovery, walk half way & back.
	3) 2 x 100m IM. Easy. RI 20s. Wait for all
	flyers at end of 1 st lap before continuing.
	4) Recovery, walk half way & back.
	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.
	7) 4 x 25m. BK kick. RI 20s. Med effort.
	8) Timed 25m FS session with coach. All
	swimmers work together with coach.
	(850+)
Cool	OC - Back scull, walk, slow BR.
Down.	(100)
Total	1450 (+ approx 100)

	LEVEL 2
Warm up.	Alternate;
WID	100m OC swim, 100m OC kick,
∪ <i>0</i>	(hopefully 350m)
Drills.	1) 4 x 25m. Dolphin kick. RI 20s.
	Focus every 2 nd kick has more power
WW	2) 4 x 25m. Fly 2/2/2. RI 20s.
-0	2 left arm, 2 right arm, 2 both arms.
	Remember bigger kick on 'hands out'.
	(200)
Main set	1) 4 x 25m Fly. RI 20s. Take your rests. Revert
	to 1 arm or FS if getting sloppy.
	2) Recovery, walk half way & back.
	3) 2 x 100m IM. Easy. RI 20s. Wait for all
	flyers at end of 1 st lap before continuing.
	4) Recovery, walk half way & back.
	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. BK kick. RI 20s. Med effort.
	8) Timed 25m FS session with coach. All
	swimmers work together with coach.
	(1050+)
Cool	OC - Back scull, walk, slow BR.
Down.	(100)
Total	1700 (+ 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. Fly 2/2/2. RI 20s.
-0	2 left arm, 2 right arm, 2 both arms.
	Remember bigger kick on 'hands out'.
	(200)
Main set	1) 4 x 25m Fly. RI 20s. Take your rests. Revert
	to 1 arm or FS if getting sloppy.
	2) Recovery, walk half way & back.
	3) 2 x 100m IM. Easy. RI 20s. Wait for all
	flyers at end of 1 st lap before continuing.
	4) Recovery, walk half way & back.
	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 50m. BK kick. RI 20s. Med effort.
	8) Timed 25m FS session with coach. All
	swimmers work together with coach.
	(1150+)
Cool	OC - Back scull, walk, slow BR.
Down.	(100)
Total	1850 (+ approx 100)

	DISTANCE PEOPLE
Warm up.	Alternate;
Wm.	100m OC swim, 100m OC kick,
08	(hopefully 400m)
Drills.	1) 4 x 25m. Dolphin kick. RI 20s.
	Focus every 2 nd kick has more power
WW	2) 4 x 25m. Fly 2/2/2. RI 20s.
00	2 left arm, 2 right arm, 2 both arms.
	Remember bigger kick on 'hands out'.
	(200)
Main set	1) 4 x 25m Fly. RI 20s. Take your rests.
	Revert to 1 arm or FS if getting sloppy.
	2) Recovery, walk half way & back.
	3) 2 x 200m FS. Med. RI 20s. Use the
	clock/watch, try negative split each 200.
	4) Recovery, walk half way & back.
	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. BK kick. RI 20s. Med effort.
	8) Timed 25m FS session with coach. All
	swimmers work together with coach.
	(1350+)
Cool Down.	OC - Back scull, walk, slow BR.
	(100)
Total	2050 (+ approx 100)