














**Date: Sun 11 Aug 24. Notices: Coaches newsletter, Names for HAG 1st & 3<sup>rd</sup> Sept. Names for CB AIS in OCT. Extra session Wed @ 1300 for those going to champs. Weekly drill theme = Fly (for Seniors) stroke coord – See Tip Sheet and Consolidate BS technique from last week. Training Cycle = #5, week 4 = Focus is Tech & General endurance - Increase volume A & B stroke. Caution: Shoulders/lower backs/knees -Sub FS for Fly. Equipment: KB/fins**

<b>Warm up</b>	300 minimum of FS (50 kick, 50 swim, 50 pull, 50 Swim) + 100 OC
<b>Drill/Skill 200</b> 	Reminders - Standing Fly arm drill with reminders on all stroke facets by coach. May do BS legs with Fly arms. Cover Stroke Rules. 2 x 25 Fly SOTW –. Use different amount of knee bend at push offs to get max speed & maintain it. <b>L1/2 = target of ½ lap Fly then ½ lap FS. L3 = 25M FLY.</b> Drill # 24 <b>Recovery Arms</b> - Standing drill. Then 2 x 25 RI 30 Drill # 23 <b>Coord check pt</b> – 2 x 25 RI 30 Normal Fly, breathe every 2 strokes - 2 x 25 Fly RI 30
<b>Main set L1</b> 	2 x 100 OC ↑M↓F RI 30, 200 FS – even pace. 8 x 25 sprints (4 x A, 4 x B) every 60 secs, 2 x 25 BS – SBKG RI 20, 2 x 25 Fly or ½ laps, RI 30, 4 x 50 OC BES RI 30. 100 IM (try as 4 x 25 RI 10) (1000).
<b>Main set L2</b> 	3 x 100 OC ↑M↓F RI 30, 200 FS – even pace. 10 x 25 sprints (4 x A, 4 x B, 2 x C) every 55 secs. 2 x 25 BS – SBKG RI 20, 2 x 25 Fly or ½ laps, RI 30, 4 x 50 OC ↑E↓F RI 30, 100 IM (try as 4 x 25 RI 10) (1150).
<b>Main set L3</b> 	4 x 100 OC ↑M↓F RI 20, 200 FS – even pace. 12 x 25 sprints (4 x A, 4 x B, 2 x C, 2 x D) every 50 secs. 2 x 25 BS – SBKG RI 20, 2 x 25 Fly RI 30, 100 IM, 2 x 50 OC ↑E↓F RI 30, 100 IM (1300).
<b>Main set L3DT</b> 	4 x 100 FS ↑E↓M↑M↓F RI 20, 200 FS – even pace. 8 x 25 sprints (4 x A, 4 x B,) every 60 secs. 200 FS incl 50 kick/pull, 2 x 25 BS – SBKG RI 20, 2 x 25 Fly, RI 30, 2 x 50 OC ↑E↓F RI 30, 3 x 200 FS RI 30 – incl 2 x 15M sprints anytime during 200M. (1800).
<b>Skills B</b>	Dive starts, 4 x 25 OC after dive with walk back rest & Relays.
<b>C/Down</b>	100 incl- BS side stroke, dog paddle, underwater dolphins, walking
<b>Total</b>	L1 = 1700+, L2 = 1850+, L3= 2000+, L3D = 2400+

<b>Level 1</b>	<b>Weekly Training Theme:</b> Fly (for Seniors) stroke coord – See Tip sheet
<b>Warm up</b>	300 minimum of FS (50 kick, 50 swim, 50 pull, 50 Swim) + 100 OC
<b>Drills/Skills</b>  200	<p>Reminders - Standing Fly arm drill - reminders on all stroke facets by coach. May do BS legs with Fly arms.</p> <p>What are the Stroke Rules?</p> <p><b><i>L1/2 = Min target of ½ lap Fly then ½ lap FS</i></b></p> <p>2 x 25 Fly SOTW –. Use different amount of knee bend at push offs to get max speed &amp; maintain it.</p> <p>Drill # 24 <b>Recovery Arms</b> - Standing drill. 2 x 25 RI 30</p> <p>Drill # 23 <b>Coord check pt</b> – 2 x 25 RI 30</p> <p>2 x 25 Normal Fly, try breathing every 2 stroke. RI 30</p>
<b>Main Set</b>  1000	<p>2 x 100 OC ↑M↓F RI 30</p> <p>200 FS – even pace.</p> <p>8 x 25 sprints (4 x A, 4 x B) every 60 secs</p> <p>2 x 25 BS – SBKG RI 20</p> <p>2 x 25 Fly or ½ laps, RI 30</p> <p>4 x 50 OC BES RI 30.</p> <p>100 IM (try as 4 x 25 RI 10)</p>
<b>Skills</b>	Dive starts, 4 x 25 OC after dive with walk back rest & Relays
<b>Cool Down</b>	100 incl- BS side stoke, dog paddle, underwater dolphins, walking
<b>Total</b>	1700+

<b>Level 2</b>	<b>Weekly Training Theme:</b> Fly (for Seniors) stroke coord – See Tip sheet
<b>Warm up</b>	300 minimum of FS (50 kick, 50 swim, 50 pull, 50 Swim) + 100 OC
<b>Drills/Skills</b> 	<p>Reminders - Standing Fly arm drill - reminders on all stroke facets by coach. May do BS legs with Fly arms. What are the Stroke Rules?</p> <p><b><i>L1/2 = Min target of ½ lap Fly then ½ lap FS</i></b> 2 x 25 Fly SOTW –. Use different amount of knee bend at push offs to get max speed &amp; maintain it.</p> <p>Drill # 24 <b>Recovery Arms</b> - Standing drill. 2 x 25 RI 30</p> <p>Drill # 23 <b>Coord check pt</b> – 2 x 25 RI 30</p> <p>2 x 25 Normal Fly, try breathing every 2 stroke. RI 30</p>
<b>Main Set</b>  <b>1150</b>	<p>3 x 100 OC ↑M↓F RI 30</p> <p>200 FS – even pace. Get the turns right – Be SOTW</p> <p>10 x 25 sprints (4 x A, 4 x B, 2 x C) every 55 secs.</p> <p>2 x 25 BS – SBKG – Tech swim RI 20 2 x 25 Fly or ½ laps – Tech swim RI 30</p> <p>4 x 50 OC ↑E↓F RI 30</p> <p>100 IM (try as 4 x 25 RI 10)</p>
<b>Skills</b>	Dive starts, 4 x 25 OC after dive with walk back rest & Relays
<b>Cool Down</b>	100 incl- BS side stoke, dog paddle, underwater dolphins, walking
<b>Total</b>	1850+

<b>Level 3</b>	<b>Weekly Training Theme:</b> Fly (for Seniors) stroke coord – See Tip sheet
<b>Warm up</b>	300 minimum of FS (50 kick, 50 swim, 50 pull, 50 Swim) + 100 OC
<b>Drills/Skills</b> 	<p>Reminders - Standing Fly arm drill - reminders on all stroke facets by coach. May do BS legs with Fly arms. What are the Stroke Rules?</p> <p>2 x 25 Fly SOTW –. Use different amount of knee bend at push offs to get max speed &amp; maintain it.</p> <p>Drill # 24 <b>Recovery Arms</b> - Standing drill. 2 x 25 RI 30</p> <p>Drill # 23 <b>Coord check pt</b> – 2 x 25 RI 30</p> <p>2 x 25 Normal Fly, try breathing every 2 stroke. RI 30</p>
<b>Main Set</b>  <b>1300</b>	<p>4 x 100 OC ↑M↓F RI 20</p> <p>200 FS – even pace. Work the turns!</p> <p>12 x 25 sprints (4 x A, 4 x B, 2 x C, 2 x D) every 50 secs.</p> <p>2 x 25 BS – SBKG – Tech swim RI 20 2 x 25 Fly – Tech swim RI 30</p> <p>100 IM – Get the FLY stroke coord going</p> <p>2 x 50 OC ↑E↓F RI 30</p> <p>100 IM – Nail the Fly stroke &amp; get the glide in BS.</p>
<b>Skills</b>	Dive starts, 4 x 25 OC after dive with walk back rest & Relays
<b>Cool Down</b>	100 incl- BS side stoke, dog paddle, underwater dolphins, walking
<b>Total</b>	2000+

<b>Level 3 Dist/ Tri</b>	<b>Weekly Training Theme:</b> Fly (for Seniors) stroke coord – See Tip sheet
<b>Warm up</b>	300 minimum of FS (50 kick, 50 swim, 50 pull, 50 Swim) + 100 OC
<b>Drills/Skills</b> 	<p>Reminders - Standing Fly arm drill - reminders on all stroke facets by coach. May do BS legs with Fly arms. What are the Stroke Rules?</p> <p>2 x 25 Fly SOTW –. Use different amount of knee bend at push offs to get max speed &amp; maintain it.</p> <p>Drill # 24 <b>Recovery Arms</b> - Standing drill. 2 x 25 RI 30</p> <p>Drill # 23 <b>Coord check pt</b> – 2 x 25 RI 30</p> <p>2 x 25 Normal Fly, try breathing every 2 stroke. RI 30</p>
<b>Main Set</b>  <b>1800</b>	<p>4 x 100 FS ↑E ↓M ↑M ↓F RI 20</p> <p>200 FS – even pace. Work the turn</p> <p>8 x 25 (4 x A, 4 x B,) every 60 secs.</p> <p>200 FS incl 50 kick/pull - anywhere</p> <p>2 x 25 BS – SBKGRI 20</p> <p>2 x 25 Fly – pick a coord aspect from drills above RI 30</p> <p>2 x 50 OC (not FS) ↑E ↓F RI 30</p> <p>3 x 200 FS RI 30 – incl 2 x 15M sprints anytime during 200M.</p>
<b>Skills - Optional</b>	Dive starts, 4 x 25 OC after dive with walk back rest & Relays
<b>Cool Down</b>	100 incl- BS side stoke, dog paddle, underwater dolphins, walking
<b>Total</b>	2400+