











Date: Sunday 2st Feb 2025. Notices: Video analysis, please see Helen to schedule. ATP long/short version on web page. HAG Sun 9th March @ Eden. Race Practice Candelo Sunday 2nd March. NSW LC registration open, Nationals April registration open. See Sue to confirm attendance & events. July 26th Masters W/shop @ Pambula. **Weekly Stroke theme = Butterfly Basics – For Seniors. Fly most powerful of the strokes (over short distance). Consolidation on FS/BK/BS basics. Caution:** Wide stroke so swim on the black line. Single file. Shoulders issues– swap out for FS, still due Fly legs. **Equipment: KB, Fins, PB, CS**

	Warm up. All Lanes 5 – 10mins = FS 50 swim, BK 50 Kick, 100 OC, repeat till the whistle goes. Target L1 = 200, L2 = 250, L3/3D =300 -
Drill/Skill 200M RI = Clear lane	<p>Fly Basics: Body position – slight bow with a little chest press. – Pay homage to the black line!</p> <p>Drill 1 = in water float then – Chest/ body press & then a leg flick/ high hip position. Should push forward into glide.</p> <p>Drill 2 = 2 x 25 Fly Flow kick drill with CS – SOTW & slowly initiate kick from chest press, thru core to high hips to fin flick.</p> <p>No CS= Low forward chin clear to get a breath.</p> <p>Drill 3= 2 x 25 Fly Kick with KB – Skimmers – quick chest press, high hips, knee flex and flicks from ankles.</p> <p>Arms – Standing drill Pitch to Press movements = wide to narrow, deep to shallow. Blast out the back, roll shoulders & flop arms in. Long easy strokes front to back.</p> <p>Drill 4 = 2 x 25 - Single arm with 2 kicks. Kick hand in/out. L1 = ½ lap Fly, ½ lap FS, L2/3 full laps fly.</p> <p>Drill 5 = 2 x 25 - 1LA -1RA -2 x both arms (try not to breath).</p>
Main set 	<p>L1 = 3 x 100 FS –# SPL RI 20-30. 1 x 100 FORM (not FS) Tech swims ↑E↓M RI 20-30, 2 x 100 BS or BK RI 30, 4 x 25 IM (½ lap Fly, ½ lap FS then BK/BS/FS), 2 x 100 “A” stroke RI 20-30. (900)</p> <p>L2 = 3 x 100 FS – SR/#SPL even pace RI 20-30, 2 x 100 FORM (not FS) Tech swims RI 20 ↑E↓M, 4 x 50 RI 20 - 2 x FS Kick, 2 x BK Pull, 1 x 100 “A”, 4 x 25 Fly, or ½ lap Fly/ ½ lap FS RI 30 /(clear lane). (900)</p> <p>L3= 3 x 100 FS @SR/# SPL RI 20-30, 2 x 100 FORM Tech swims RI 20-30, 2 x 100 BS or BK RI 30, 2 x 100 “A” stroke @ SR +2/ SPL# -1, RI 20-30, 4 x 25 FLY RI 30, 100 IM Tech swims – treat as 4 x25. (1100)</p> <p>L3D = 3 x 100 FS @SR/# SPL RI 20-30, 2 x 200 FS @ SR +1 RI 30, 4 x 50 RI 20 - 2 x ↑FS Kick/↓ BK Pull & 2 x Fly/FS, 400 FS – DPS – Hip driven style #SPL Aim for negative (-1) each 4th lap, 3 x 100 FS @SR +2/# SPL (-2 per lap) RI 20-30 (1700)</p>
Skill	Medley Relays
C/Down	FLY deep dives with body dolphins, BS side kick, BK double arms, FS long easy strokes – 200M
Total	L1 = 1500+, L2= 1550+, L3 = 1800+, L3D = 2400+

Level 1	Training Emphasis: Butterfly Basics for seniors, Main set consolidation on FS/BK/BS basics
Warm up	FS 50 swim, BK 50 Kick, 100 OC, repeat till the whistle goes. Target L1 = 200+, L2 = 250, L3/3D =300
Drills  200 RI = Clear Lane	<p>Fly Basics: Body position – slight bow with a little chest press. – Pay homage to the black line!</p> <p>Drill 1 = in water float then – Chest/ body press & then a leg flick/ high hip position. Should push forward into glide.</p> <p>Drill 2 = 2 x 25 Fly Flow kick drill with CS – SOTW & slowly initiate kick from chest press, thru core to high hips to fin flick. No CS= Low forward chin clear to get a breath.</p> <p>Drill 3= 2 x 25 Fly Kick with KB – Skimmers – quick chest press, high hips, knee flex and flicks from ankles.</p> <p>Arms – Standing drill Pitch to Press movements = wide to narrow, deep to shallow. Blast out the back, roll shoulders & flop arms in. Long easy strokes front to back.</p> <p>Drill 4 = 2 x 25 - Single arm with 2 kicks. Kick hand in/out.</p> <p>Drill 5 = 2 x 25 - 1LA -1RA -2 x both arms (try not to breathe).</p>
Main Set  (900)	<p>3 x 100 FS –# SPL RI 20-30.</p> <p>1 x 100 FORM (not FS) Tech swims ↑E↓M repeat RI 20-30,</p> <p>2 x 100 BS or BK RI 30,</p> <p>4 x 25 IM (½ lap Fly, ½ lap FS then BK/BS/FS),</p> <p>2 x 100 “A” stroke RI 20-30.</p>
Skill	Medley Relays
Cool Down	FLY deep dives with body dolphins, BS side kick, BK double arms, FS long easy strokes – 200M
Total	1500+

Level 2	Training Emphasis: Butterfly Basics, Main set consolidation on FS/BK/BS basics
Warm up	FS 50 swim, BK 50 Kick, 100 OC, repeat till the whistle goes. Target L2 = 250,
Drills/Skills  200 RI = Clear Lane	<p>Fly Basics: Body position – slight bow with a little chest press. – Pay homage to the black line!</p> <p>Drill 1 = in water float then – Chest/ body press & then a leg flick/ high hip position. Should push forward into glide.</p> <p>Drill 2 = 2 x 25 Fly Flow kick drill with CS – SOTW & slowly initiate kick from chest press, thru core to high hips to fin flick. No CS= Low forward chin clear to get a breath.</p> <p>Drill 3= 2 x 25 Fly Kick with KB – Skimmers – quick chest press, high hips, knee flex and flicks from ankles.</p> <p>Arms – Standing drill Pitch to Press movements = wide to narrow, deep to shallow. Blast out the back, roll shoulders & flop arms in. Long easy strokes front to back.</p> <p>Drill 4 = 2 x 25 - Single arm with 2 kicks. Kick hand in/out. L1 = ½ lap Fly, ½ lap FS, L2/3 full laps fly.</p> <p>Drill 5 = 2 x 25 - 1LA -1RA -2 x both arms (try not to breath).</p>
Main Set  900	<p>3 x 100 FS – SR/#SPL even pace RI 20-30,</p> <p>2 x 100 FORM (not FS) Tech swims RI 20 ↑E↓M repeat</p> <p>4 x 50 RI 20 - 2 x FS Kick, 2 x BK Pull,</p> <p>1 x 100 “A” or IM</p> <p>4 x 25 Fly, or ½ lap Fly/ ½ lap FS RI 30 / or clear lane. (+ maybe 1 x IM again?)</p>
Skill	Relays - Medley
Cool Down	FLY deep dives with body dolphins, BS side kick, BK double arms, FS long easy strokes – 200M
Total	1550+

Level 3	Training Emphasis: Butterfly Basics, Main set consolidation on FS/BK/BS basics
Warm up	FS 50 swim, BK 50 Kick, 100 OC, repeat till the whistle goes. Target L1 = 200+, L2 = 250, L3/3D =300
Drills/Skills  200 RI = Clear Lane	<p>Fly Basics: Body position – slight bow with a little chest press. – Pay homage to the black line!</p> <p>Drill 1 = in water float then – Chest/ body press & then a leg flick/ high hip position. Should push forward into glide.</p> <p>Drill 2 = 2 x 25 Fly Flow kick drill with CS – SOTW & slowly initiate kick from chest press, thru core to high hips to fin flick. No CS= Low forward chin clear to get a breath.</p> <p>Drill 3= 2 x 25 Fly Kick with KB – Skimmers – quick chest press, high hips, knee flex and flicks from ankles.</p> <p>Arms – Standing drill Pitch to Press movements = wide to narrow, deep to shallow. Blast out the back, roll shoulders & flop arms in. Long easy strokes front to back.</p> <p>Drill 4 = 2 x 25 - Single arm with 2 kicks. Kick hand in/out</p> <p>Drill 5 = 2 x 25 - 1LA -1RA -2 x both arms .</p>
Main Set  (1100)	<p>3 x 100 FS @SR/# SPL RI 20-30, 2 x 100 FORM Tech swims RI 20-30,</p> <p>2 x 100 BS or BK RI 30, Work the turns and “E” flags to flags</p> <p>2 x 100 “A” stroke @ SR +2/ SPL# -1, RI 20-30,</p> <p>4 x 25 FLY RI 30, #SPL – breathe every 2nd stroke.</p> <p>100 IM Tech swim – treat as 4 x25. + 1 more 100 if time!</p>
Relays	If time – Relay fun
Cool Down	FLY deep dives with body dolphins, BS side kick, BK double arms, FS long easy strokes – 200M
Total	1800+

Level 3D	Training Emphasis: Butterfly Basics, Main set consolidation on FS/BK/BS basics
Warm up	FS 50 swim, BK 50 Kick, 100 OC, repeat till the whistle goes. Target =300
Drills/Skills  200 RI = Clear Lane	<p>Fly Basics: Body position – slight bow with a little chest press. – Pay homage to the black line!</p> <p>Drill 1 = in water float then – Chest/ body press & then a leg flick/ high hip position. Should push forward into glide.</p> <p>Drill 2 = 2 x 25 Fly Flow kick drill with CS – SOTW & slowly initiate kick from chest press, thru core to high hips to fin flick. No CS= Low forward chin clear to get a breath.</p> <p>Drill 3= 2 x 25 Fly Kick with KB – Skimmers – quick chest press, high hips, knee flex and flicks from ankles.</p> <p>Arms – Standing drill Pitch to Press movements = wide to narrow, deep to shallow. Blast out the back, roll shoulders & flop arms in. Long easy strokes front to back.</p> <p>Drill 4 = 2 x 25 - Single arm with 2 kicks. Kick hand in/out. L1 = ½ lap Fly, ½ lap FS, L2/3 full laps fly.</p> <p>Drill 5 = 2 x 25 - 1LA -1RA -2 x both arms (try not to breath).</p>
Main Set  (1600)	<p>3 x 100 FS @SR/# SPL RI 20-30, 2 x 200 FS @ SR +1 RI 30,</p> <p>4 x 50 RI 20 - 2 x ↑FS Kick/↓ BK Pul & 2 x Fly/FS,</p> <p>400 FS – DPS = Hip driven FS e #SPL Aim for negative (-1) each 4th lap, 3 x 100 FS @SR +2/or # SPL (-2 from 1st FS in main set) RI 20-30</p>
Relays	Optional
Cool Down	FLY deep dives with body dolphins, BS side kick, BK double arms, FS long easy strokes – 200M
Total	2300+