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Warm up	Targets = L3 300, L2= 250, L1 = 200.  . 75 FS, 25 FS kick, 75 BK 25 BK kick, 100 OC
Drill/Skill A  300	Fly 2 x 25 RI = clear lane, 2 x 25 on each drill #3 = Hammer & Nail Breathing drill. Inhale at the highest pt, looking down at the water & nail forehead into water #4 = Quiet Fly (standing & swim) coord drill. Start with standing fly arms demo of full stroke. Focus pt = slide thumbs in 1 st , (min splash), “Y”, extend /hold water, “?” pull, blast out, kickdown, breath, extn arms and body forward kick again. Swim 50 FS easy, Then Fins OFF BS 2 x 25 RI 10, 2 x 25 on each drill. # 1 = Eyes on the water Breathing drill. Breathing with the line of the stroke, stable head position, no nodding! #2 = Fold & Shrug coord drill. Elbow fold in quickly & breathe in, shrug shoulders up then chest down/forward. Kick as arms reach mid position. Swim 50 FS easy
Main set L1 	Open turn practice with coach, 4 x 50 - RI 20 = ↑Fly (or ½ lap)↓FS, ↑BK↓FS, ↑BS↓FS, 50 FS, 2 x 100 “A” stroke building to sprint last 10m RI 30, 4 x 50 RI 20 - odds = ↑BS↓FS, evens = ↑Fly↓BK (ensure clear lane), 2 x 100 “B” stroke building to sprint last 10M. RI 30, 200 or 2 x 100 “A” #SPL/ SR (use TT) @ even pace RI 30, 8 x 25 sprints OC every 60. [1200]
Main set L2 	4 x 50 - RI 20 = ↑Fly (or ½ lap)↓FS, ↑BK↓FS, ↑BS↓FS, 50 FS, 2 x 100 “A” stroke building to sprint last 10M RI 30. Open turn practice with coach, 4 x 50 RI 20 - odds = ↑BS↓FS evens = ↑Fly↓BK (ensure clear lane), 2 x 100 “B” stroke building to sprint last 10M. RI 30, 200 FIM = ↑FS↓IM order. 2 x 100 “A” #SPL/ SR (use TT) @ even pace RI 30, 8 x 25 sprints OC every 55 secs. [1400]
Main set L3 No fins	6 x 100 Building speed on FS RI 20- = 25 Fly/75 FS, 2 x 200 FIMs = ↑FS↓IM order RI 30, 6 x 100 RI 20 = 25 BS/75 FS, Open turn practice with coach, 4 x 50 ↑BS↓Fly RI 30, 200 OC even pace Tech CK, 8 x 25 sprints OC every 45 secs.[2200]
Main set L3D 	6 x 100 Building speed to sprint last 10M RI 30, 200 FIMs = ↑FS↓IM order, 6 x 100 RI 20 (2 x even pace, 2 x FES, 2 x BES) 400 FS even pace – every 4th lap flag to flag sprint, 4 x 25 sprints FS every 60 secs. 2 x 200 FS even pace/SR + 1 RI 20, 4 x 25 sprints FS every 50 secs. [2400]
Skills B	Open turns BS & Fly / Coach Fun-time. BS arms/FS legs, BS arm / fly legs, Skimmers (no fins). Relays if time.
C/Down	100 - Double arms BK with BS legs, underwater body dolphins, BK sculling, walking .
Total	L1 = 1800+, L2 =2050+, L3 = 2700+, L3D = 3000+

Level 1	Weely Drill Emphasis: BS & Fly Stroke coord & Breathing. Main set = Mod volume & intensity for A/B strokes.
Warm up	Target.  . 75 FS, 25 FS kick, 75 BK 25 BK kick, 100 OC
Drills/Skills	 Fly 2 x 25 RI = clear lane, 2 x 25 on each drill #3 = Hammer & Nail Breathing drill. Inhale at the highest pt, looking down at the water & nail forehead into water #4 = Quiet Fly (standing & swim) coord drill. Start with standing fly arms demo of full stroke. Focus pt = slide thumbs in 1 st , (min splash), “Y”, extend /hold water, “?” pull, blast out, kickdown, breath, extn arms and body forward kick again. Swim 50 FS easy Fins OFF BS 2 x 25 RI 10, 2 x 25 on each drill. # 1 = Eyes on the water Breathing drill. Breathing with the line of the stroke, stable head position, no nodding! #2 = Fold & Shrug coord drill. Elbow fold in quickly & breathe in, shrug shoulders up then chest down/forward. Kick as arms reach mid position. Swim 50 FS easy
Main Set	Open turn practice with coach  4 x 50 - RI 20 = 1 - ↑Fly (or ½ lap) ↓FS, 2- ↑BK↓FS, 3 - ↑BS↓FS, last = 50 FS, 2 x 100 “A” stroke building to sprint last 10m RI 30, 4 x 50 mixed stroke RI 20 Odds = ↑BS↓FS, Evens = ↑Fly↓BK (ensure clear lane) 2 x 100 “B” stroke building to sprint last 10M. RI 30 200 or 2 x 100 “A” #SPL/ SR (use TT) @ even pace RI 30 8 x 25 sprints OC every 60.
Cool Down	100 - Double arms BK with BS legs, underwater body dolphins, BK sculling, walking.
Total	L1 = 1800+

Level 2	Weely Drill Emphasis: BS & Fly Stroke coord & Breathing. Main set = Mod volume & intensity for A/B strokes.
Warm up	Target.  . 75 FS, 25 FS kick, 75 BK 25 BK kick, 100 OC
Drills/Skills 	 Fly 2 x 25 RI = clear lane, 2 x 25 on each drill #3 = Hammer & Nail Breathing drill. Inhale at the highest pt, looking down at the water & nail forehead into water #4 = Quiet Fly (standing & swim) coord drill. Start with standing fly arms demo of full stroke. Focus pt = slide thumbs in 1 st , (min splash), “Y”, extend /hold water, “?” pull, blast out, kickdown, breath, extn arms and body forward kick again. Swim 50 FS easy Fins OFF BS 2 x 25 RI 10, 2 x 25 on each drill. # 1 = Eyes on the water Breathing drill. Breathing with the line of the stroke, stable head position, no nodding! #2 = Fold & Shrug coord drill. Elbow fold in quickly & breathe in, shrug shoulders up then chest down/forward. Kick as arms reach mid position. Swim 50 FS easy
Main Set  1400	4 x 50 - RI 20 = 1-↑Fly (or ½ lap)↓FS, 2-↑BK↓FS, 3-↑BS↓FS, last=50 FS, 2 x 100 “A” stroke building to sprint last 10M RI 30. Open turn practice with coach, 4 x 50 RI 20 - odds = ↑BS↓FS, evens = ↑Fly↓BK (ensure clear lane), 2 x 100 “B” stroke building to sprint last 10M. RI 30, 200 FIM = ↑FS↓IM order. 2 x 100 “A” #SPL/ SR (use TT) @ even pace RI 30, 8 x 25 sprints OC every 55 secs.
Cool Down	100 - Double arms BK with BS legs, underwater body dolphins, BK sculling, walking.
Total	2050+

Level 3	Weely Drill Emphasis: BS & Fly Stroke coord & Breathing. Main set = Mod volume & intensity for A/B strokes.
Warm up	Target.  . 75 FS, 25 FS kick, 75 BK 25 BK kick, 100 OC
Drills/Skills 	 Fly 2 x 25 RI = clear lane, 2 x 25 on each drill #3 = Hammer & Nail Breathing drill. Inhale at the highest pt, looking down at the water & nail forehead into water #4 = Quiet Fly (standing & swim) coord drill. Start with standing fly arms demo of full stroke. Focus pt = slide thumbs in 1 st , (min splash), “Y”, extend /hold water, “?” pull, blast out, kickdown, breath, extn arms and body forward kick again. Swim 50 FS easy Fins OFF BS 2 x 25 RI 10, 2 x 25 on each drill. # 1 = Eyes on the water Breathing drill. Breathing with the line of the stroke, stable head position, no nodding! #2 = Fold & Shrug coord drill. Elbow fold in quickly & breathe in, shrug shoulders up then chest down/forward. Kick as arms reach mid position. Swim 50 FS easy
Main Set  2200	6 x 100 Building speed on FS RI 20. = 25 Fly/75 FS 2 x 200 FIMs = ↑FS↓IM order RI 30, 6 x 100 RI 20 = 25 BS/75 FS, Open turn practice with coach, 4 x 50 ↑BS↓Fly RI 30 200 OC even pace Tech Check 8 x 25 sprints OC every 45 secs.
Cool Down	100 - Double arm BK with BS legs, underwater body dolphins, BK sculling, walking.
Total	2700+

Level 3 Dist/ Tri	Weely Drill Emphasis: BS & Fly Stroke coord & Breathing. Main set = Mod volume & intensity for A/B strokes.
Warm up	Target.  . 75 FS, 25 FS kick, 75 BK 25 BK kick, 100 OC
Drills/Skills 	 Fly 2 x 25 RI = clear lane, 2 x 25 on each drill #3 = Hammer & Nail Breathing drill. Inhale at the highest pt, looking down at the water & nail forehead into water #4 = Quiet Fly (standing & swim) coord drill. Start with standing fly arms demo of full stroke. Focus pt = slide thumbs in 1 st , (min splash), “Y”, extend /hold water, “?” pull, blast out, kickdown, breath, extn arms and body forward kick again. Swim 50 FS easy Fins OFF BS 2 x 25 RI 10, 2 x 25 on each drill. # 1 = Eyes on the water Breathing drill. Breathing with the line of the stroke, stable head position, no nodding! #2 = Fold & Shrug coord drill. Elbow fold in quickly & breathe in, shrug shoulders up then chest down/forward. Kick as arms reach mid position. Swim 50 FS easy
Main Set  2400	6 x 100 Building speed to sprint last 10M RI 30, 200 FIMs = ↑FS↓IM order, 6 x 100 RI 20 (2 x even pace, 2 x FES, 2 x BES) 400 FS even pace – sprint every 4th lap flag to flag 4 x 25 sprints FS every 60 secs. 2 x 200 FS even pace/SR + 1 RI 20 4 x 25 sprints FS every 50 secs.
Cool Down	100 - Double arms BK with BS legs, underwater body dolphins, BK sculling, walking.
Total	3000+