













Date: Sunday 4th May 25. Notices: May Coaches Newsletter, Next Fri 1800 start time, HAG 25/27th May nominations. July 26th workshop, Masters Games in CB regos open, names to coach. Weekly Drill Emphasis: How do senior swimmers use BS Arms = leverage, Kick power into glide. Fly Arms for power and legs power to glide. BS = slowest of strokes & Fly the most powerful. **Caution:** Knees -BS swap out for fly legs. **Equipment: Fins/KBs/TTs**

Warm up 	L1 & L2 – 50 Kick FS, 100 Swim FS, 50 Kick BK, 50 swim OC. (250) L3/L3D - 50 Kick FS, 100 Swim FS, 50 Kick BK, 100 swim OC. (300)
Drill/Skill Fly=200	Fly  clear lane or coach whistle. Reminders: 2 handed touch & SOTW 2 X 25 Fly kick – Skimmers - use KB – slight down push from chest not Hands. Fast legs kicks (up & down kick with knee bend, flex ankles). 2 x 25 Fly legs - Arms by side ↑on front ↓on back. Timing = Big kick -glide, little kick * maybe a little glide? Arms - Standing drill: - Push out to “Y” (thumbs down), in-sweep by drawing a “?” back to hips (pull), then blast hands out. Over water recovery flat arms thumbs down/pinkies up, roll shoulders and flop arms in (in front of shoulder line), thumbs first. 2 x 25 Fly – Blast outs only. Concentrate on the end of the pull next to the hips “Blast out” your arms (straight).NO over water recovery. Move arms underwater back to streamline by doing a big kick and small glide. Initiate the Pull and repeat. 2 X 25 Fly 1/1/2 (1LA/1RA/2 normal no breathing) BS RI 15. Reminders: 2 handed touch. Push off options full arm pulldown, 1 x dolphin, 1 x BS leg kick to break surface then normal arm/leg cycle. Or streamlined push, break surface and into normal arm/leg cycle. 2 x 25 BS Arms – Leverage from arms use - Dolphins legs 2 x 25 BS legs – use KB . Duck feet drill/whip kick – power /propulsion from the leg 2 x 25 BS -↑1P/2K, ↓1P/2K/GGGGGGlide 2 x 25.BS – Sweep, breathe, kick and GLIDE.
Main set L1(1200) No fins	200 OC ↑E↓F. 4 x 50 – 2 x A, 2 x B. building. RI 30, 12 x 25 Sprints every 60 – 6 x FS, 2 x BK, 2x BS, 2 x OC, 100 OC easy, 2 x 50 BS Tech swims – think about drill set above drills. RI 20. 2 x 100 FS @ even pace RI 30, 1 x 100 BK Tech swim focus rotation & power pull.
Main set L2 No fins	200 OC ↑E↓F. 6 x 50 – 2 x A ,2 x B - Building, 2 x OC even pace. RI 30, 12 x 25 Sprints every 55 – 6 x FS, 2 x BK, 2x BS, 2 x OC, 100 OC easy, 2 x 50 BS Tech swims think about drills RI 20. 2 x 100 FS FES RI 30, 1 x 100 BK Tech swim focus on rotation & power pull. 4 x 25 IM order RI 15. (1300)
Main set L3 No fins	200 OC ↑E↓F. 6 x 50 – 2 x A , 2 x B – building. 2 x OC even pace. RI 30, 16 x 25 Sprints every 50 – 6 x FS, 4 x BK, 4x BS, 2 x OC, 100 OC easy recovery, 2 x 50 BS Tech swims – think about drills above. RI 20. 2 x 100 FS (1 x FES/1 x BES) RI 20, 1 x 100 BK Tech on rotation & power pull. 4 x 25 IM order RI 15. (1500)
Main set L3Dist	200 OC ↑E↓F (not FS). 800 FS @ even pace every 4 lap sprint Flags to Flags.6 x 50 – 2 x A, 2 x B – building,2 x OC even pace. RI 30, 12 x 25 Sprints every 60 – 6 x FS, 2 x BK, 2x BS, 2 x OC, 100 OC easy recovery, 2 x 100 FS (1 x FES/1 x BES) RI 20. 400 FS even pace. (2300)
Fun time	Fun time = 2 x 25 Fly – 2 quick then 1 slow stroke. 2 x 25 Butter/free (Fly kick with FS arms) RI 30
C/Down	Min 100 = Underwaters – 2 x ½ laps BS kicking/ or fly dolphins, floppy FS, walking, floating, talking, socialising etc
Total	L1 = 1950+, L2 = 2050+, L3 = 2300+, L3D = 3100+

Level 1	Weekly Drill Emphasis: BS /Fly Power & Pacing
Warm up 	50 Kick FS, 100 Swim FS, 50 Kick BK, 50 swim OC. (250)
Drills Drill/Skill Fly=200 	<p>2 X 25 Fly kick – Skimmers - use KB – slight down push from chest not Hands. Fast legs kicks (up & down kick with knee bend, flex ankles).</p> <p>2 x 25 Fly legs - Arms by side ↑on front ↓on back. Timing = Big kick -glide, little kick * maybe a little glide?</p> <p>Arms - Standing drill: - Push out to “Y” (thumbs down), in-sweep by drawing a “?” back to hips (pull), then blast hands out. Over water recovery flat arms thumbs down/pinkies up, roll shoulders and flop arms in (in front of shoulder line), thumbs first.</p> <p>2 x 25 Fly – Blast outs only. Concentrate on the end of the pull next to the hips “Blast out” your arms (straight).NO over water recovery. Move arms underwater back to streamline by doing a big kick and small glide. Initiate the Pull and repeat.</p> <p>2 X 25 Fly 1/1/2 (1LA/1RA/2 normal no breathing)</p> <p>BS Reminders: 2 handed touch.</p> <p>2 x 25 BS Arms – Leverage from arms/Dolphin legs</p> <p>2 x 25 BS legs – use KB. whip kick – power /propulsion from the leg</p> <p>2 x 25 BS -↑1P/2K, ↓1P/2K/GGGGGGlide</p> <p>2 x 25.BS – Sweep, breathe, kick and GLIDE.</p>
Fins OFF 200	
Main Set  1200	<p>200 OC ↑E↓F.</p> <p>4 x 50 – 2 x A, 2 x B. building. RI 30,</p> <p>12 x 25 Sprints every 60 – 6 x FS, 2 x BK, 2x BS, 2 x OC,</p> <p>100 OC easy,</p> <p>2 x 50 BS Tech swims – think about drill set above drills. RI 20.</p> <p>2 x 100 FS @ even pace RI 30,</p> <p>1 x 100 BK Tech swim focus rotation & power pull.</p>
Skills	Fun time = 2 x 25 Fly – 2 quick then 1 slow stroke. 2 x 25 Butter/free (Fly kick with FS arms) RI 30
Cool Down	Min 100 = Underwaters – 2 x ½ laps BS kicking/ or fly dolphins, floppy FS, walking, floating, talking, socialising etc
Total	1950+

Level 2	Weekly Drill Emphasis: BS /Fly Power & Pacing
Warm up 	50 Kick FS, 100 Swim FS, 50 Kick BK, 50 swim OC. (250)
Drills Drill/Skill Fly=200 	<p>2 X 25 Fly kick – Skimmers - use KB – slight down push from chest not Hands. Fast legs kicks (up & down kick with knee bend, flex ankles).</p> <p>2 x 25 Fly legs - Arms by side ↑on front ↓on back. Timing = Big kick -glide, little kick * maybe a little glide?</p> <p>Arms - Standing drill: - Push out to “Y” (thumbs down), in-sweep by drawing a “?” back to hips (pull), then blast hands out. Over water recovery flat arms thumbs down/pinkies up, roll shoulders and flop arms in (in front of shoulder line), thumbs first.</p> <p>2 x 25 Fly – Blast outs only. Concentrate on the end of the pull next to the hips “Blast out” your arms (straight).NO over water recovery. Move arms underwater back to streamline by doing a big kick and small glide. Initiate the Pull and repeat.</p> <p>2 X 25 Fly 1/1/2 (1LA/1RA/2 normal no breathing)</p> <p>BS Reminders: 2 handed touch.</p> <p>2 x 25 BS Arms – Leverage from arms/Dolphin legs</p> <p>2 x 25 BS legs – use KB. whip kick – power /propulsion from the leg</p> <p>2 x 25 BS -↑1P/2K, ↓1P/2K/GGGGGGlide</p> <p>2 x 25.BS – Sweep, breathe, kick and GLIDE.</p>
Fins OFF 200	
Main Set  1300	<p>200 OC ↑E↓F.</p> <p>6 x 50 – 2 x A ,2 x B - Building, 2 x OC even pace. RI 30,</p> <p>12 x 25 Sprints every 55 – 6 x FS, 2 x BK, 2x BS, 2 x OC,</p> <p>100 OC easy,</p> <p>2 x 50 BS Tech swims think about drills RI 20.</p> <p>2 x 100 FS FES RI 30,</p> <p>1 x 100 BK Tech swim focus on rotation & power pull.</p> <p>4 x 25 IM order RI 15.</p>
Skills	Fun time = 2 x 25 Fly – 2 quick then 1 slow stroke. 2 x 25 Butter/free (Fly kick with FS arms) RI 30
Cool Down	Min 100 = Underwaters – 2 x ½ laps BS kicking/ or fly dolphins, floppy FS, walking, floating, talking, socialising etc
Total	2050+

Level 3	Weekly Drill Emphasis: BS /Fly Power & Pacing
Warm up	L3/L3D - 50 Kick FS, 100 Swim FS, 50 Kick BK, 100 swim OC. (300)
Drills Drill/Skill Fly=200 	<p>2 X 25 Fly kick – Skimmers - use KB – slight down push from chest not Hands. Fast legs kicks (up & down kick with knee bend, flex ankles).</p> <p>2 x 25 Fly legs - Arms by side ↑on front ↓on back. Timing = Big kick -glide, little kick * maybe a little glide?</p> <p>Arms - Standing drill: - Push out to “Y” (thumbs down), in-sweep by drawing a “?” back to hips (pull), then blast hands out. Over water recovery flat arms thumbs down/pinkies up, roll shoulders and flop arms in (in front of shoulder line), thumbs first.</p> <p>2 x 25 Fly – Blast outs only. Concentrate on the end of the pull next to the hips “Blast out” your arms (straight).NO over water recovery. Move arms underwater back to streamline by doing a big kick and small glide. Initiate the Pull and repeat.</p> <p>2 X 25 Fly 1/1/2 (1LA/1RA/2 normal no breathing)</p> <p>BS Reminders: 2 handed touch.</p> <p>2 x 25 BS Arms – Leverage from arms/Dolphin legs</p> <p>2 x 25 BS legs – use KB. whip kick – power /propulsion from the leg</p> <p>2 x 25 BS -↑1P/2K, ↓1P/2K/GGGGGGlide</p> <p>2 x 25.BS – Sweep, breathe, kick and GLIDE.</p>
Fins OFF 200	
Main Set  1500	<p>200 OC ↑E↓F.</p> <p>6 x 50 – 2 x A , 2 x B – building. 2 x OC even pace. RI 30,</p> <p>16 x 25 Sprints every 50 – 6 x FS, 4 x BK, 4x BS, 2 x OC,</p> <p>100 OC easy recovery,</p> <p>2 x 50 BS Tech swims – think about drills above. RI 20.</p> <p>2 x 100 FS (1 x FES/1 x BES) RI 20,</p> <p>1 x 100 BK Tech on rotation & power pull.</p> <p>4 x 25 IM order RI 15.</p>
Skills	Fun time = 2 x 25 Fly – 2 quick then 1 slow stroke. 2 x 25 Butter/free (Fly kick with FS arms) RI 30
Cool Down	Min 100 = Underwaters – 2 x ½ laps BS kicking/ or fly dolphins, floppy FS, walking, floating, talking, socialising etc
Total	2300+

Level 3 Dist/ Tri	Weekly Drill Emphasis: BS /Fly Power & Pacing
Warm up	L3/L3D - 50 Kick FS, 100 Swim FS, 50 Kick BK, 100 swim OC. (300)
Drills Drill/Skill Fly=200  Fins OFF 200	<p>2 X 25 Fly kick – Skimmers - use KB – slight down push from chest not Hands. Fast legs kicks (up & down kick with knee bend, flex ankles).</p> <p>2 x 25 Fly legs - Arms by side ↑ on front ↓ on back. Timing = Big kick -glide, little kick * maybe a little glide?</p> <p>Arms - Standing drill: - Push out to “Y” (thumbs down), in-sweep by drawing a “?” back to hips (pull), then blast hands out. Over water recovery flat arms thumbs down/pinkies up, roll shoulders and flop arms in (in front of shoulder line), thumbs first.</p> <p>2 x 25 Fly – Blast outs only. Concentrate on the end of the pull next to the hips “Blast out” your arms (straight).NO over water recovery. Move arms underwater back to streamline by doing a big kick and small glide. Initiate the Pull and repeat.</p> <p>2 X 25 Fly 1/1/2 (1LA/1RA/2 normal no breathing)</p> <p>BS Reminders: 2 handed touch.</p> <p>2 x 25 BS Arms – Leverage from arms/Dolphin legs</p> <p>2 x 25 BS legs – use KB. whip kick – power /propulsion from the leg</p> <p>2 x 25 BS -↑1P/2K, ↓1P/2K/GGGGGGlide</p> <p>2 x 25.BS – Sweep, breathe, kick and GLIDE.</p>
Main Set  2300	<p>200 OC ↑E↓F (not FS).</p> <p>800 FS @ even pace every 4 lap sprint Flags to Flags.</p> <p>6 x 50 – 2 x A, 2 x B – building, 2 x OC even pace. RI 30,</p> <p>12 x 25 Sprints every 60 – 6 x FS, 2 x BK, 2x BS, 2 x OC,</p> <p>100 OC easy recovery,</p> <p>2 x 100 FS (1 x FES/1 x BES) RI 20.</p> <p>400 FS even pace – focus rotation and accelerate from EVF</p>
Skills	Fun time = 2 x 25 Fly – 2 quick then 1 slow stroke. 2 x 25 Butter/free (Fly kick with FS arms) RI 30
Cool Down	Min 100 = Underwaters – 2 x ½ laps BS kicking/ or fly dolphins, floppy FS, walking, floating, talking, socialising etc
Total	3100+