













Date: Tuesday 8th July 25. Notices: July Coach Newsletter out. NO training Sunday 13th. Stroke workshop Sat 26th. HAG Sun 27th July Nominations. Extra training –Thurs @1300. **Weekly Drills:** BS & Fly Stroke coord. Main set = upping intensity for A/B strokes. **Caution:** Knees/back/shoulder. Swap out for BK/FS. **Equipment:** Fins/TTs /CS/KB

Warm up	Targets = L3 300, L2= 250, L1 = 200.  . ↑FS kick, ↓BK, 50 OC ↑BK kick, 75 FS , 100 OC
Drill/Skill A  300	<p>Fly RI = clear lane, 2 x 25 on each drill 15-20 Rest. SOTW 2 handed touch.</p> <p>#1 = Quiet Fly (standing & swim) coord drill. Start with standing fly arms demo of full stroke. Focus pt = slide thumbs in 1st, (min splash), “Y”, extend /hold water, “?” pull, blast out, kickdown, breath, roll shoulders, pinkie up, extn arms, elbows clear, chest press, nail forehead so body goes forward & kick hands in.</p> <p>#2 = Normal Fly – focus on - Hammer & Nail Breathing drill. Inhale at the highest pt, looking down at the water & nail forehead into water – DO NOT bend neck!</p> <p>Swim 50 FS easy, Then Fins OFF</p> <p>BS RI 15, 2 x 25 on each drill.</p> <p># 3 = Eyes on the water Breathing drill. Breathing with the line of the stroke, stable head position, no nodding or you’ll get a tennis ball funder your chin!!</p> <p>#4 = Stroke up to breathe, kick down to glide. Sweep out, accelerate around corner, elbows fold in quickly & breathe in, shrug shoulders up then chest down/forward. Kick as arms push forward and glide.</p> <p>Swim 50 FS easy</p>
Main set L1	6 x 50 Tech swims - RI 20 = ↑Fly (or ½ lap) ↓FS, ↑BK↓FS, ↑BS↓FS, 2 x 50 FS, 1 x OC (300). 4 x 100 RI 30 (2 x FS, 2 x OC) M↓E ↑M↓F. (400), 8 x 25 sprints (4 x FS, 2 x BK, 2 x OC), every 60 secs. 2 x 50 (Tech swims) ↑Fly↓BK, 2 x 50 ↑BS↓FS RI 30 (400) [1100]
Main set L2	:6 x 50 - RI 20 = ↑Fly (or ½ lap) ↓FS, ↑BK↓FS, ↑BS↓FS, 2 x 50 FS, 1 x OC (300). 6 x 100 RI 30 (3 x FS, 2 x OC, 1 x IM,) M↓E ↑M↓F. (600). 200 FIM = ↑FS↓IM order. 8 x 25 sprints (4 x FS, 2 x BK, 2 x BS) every 55 secs. [1300]
Main set L3 No fins	10 x 50 - RI 20 = 3 x ↑Fly↓BK, 1 x ↑Fly↓FS, 3 x A, 3 x B (500). 5 x 100 RI 30 (2 x FS, 2 x B, 1 x IM,) M↓E ↑M↓F. (500). 12 x 25 sprints (4 x FS, 2 x BK, 2 x BS, 2 x Fly, 2 x FS) every 50 secs (300). 200 FIM ↑FS↓IM order. Ask the coach what is next! [1500+]
Main set L3D 	800 FS @SR. SOTW/ Altn laps check EVF acceleration pt. 200 FIMs = ↑FS↓IM order. 400 FS @SR +1 – every 4th lap flag to flag sprint. 6 x 100 RI 20 (2 x even pace, 2 x FES, 2 x BES). 8 x 25 sprints (4 x FS, 4 x Not FS) every 50 secs. 200 FS even pace/SR + 2. [2400]
Skills B	Relays if time.
C/Down	100 - ↑BS arms /Fly legs, ↓dog paddle, ↑Double arms BK with BS legs, mix under water & walking.
Total	L1 = 1700+, L2 =1950+, L3 = 2200+, L3D = 3100+

Level 1	Weely Drill Emphasis: BS & Fly Stroke coord & Breathing. Main set = Mod volume & intensity for A/B strokes.
Warm up	Targets = L3 300, L2= 250, L1 = 200.  ↑FS kick, ↓BK, 50 OC ↑BK kick, 75 FS , 100 OC
Drills/Skills 300	<p>Fly RI = 15-20 /clear lane, 2 x 25 on each drill SOTW 2 handed touch.</p> <p>#1 = Quiet Fly (standing & swim) coord drill. Start with standing fly arms demo of full stroke. Focus pt = slide thumbs in 1st, (min splash), “Y”, extend /hold water, “?” pull, blast out, kickdown, breath, roll shoulders, pinkie up, extn arms, elbows clear, chest press, nail forehead so body goes forward & kick hands in.</p> <p>2 x Try ½ lap fly, ½ lap FS</p> <p>#2 = Normal Fly – focus on - Hammer & Nail Breathing drill. Inhale at the highest pt, looking down at the water & nail forehead into water – DO NOT bend neck!</p> <p>Swim 50 FS easy, Then Fins OFF</p> <p>BS RI 15, 2 x 25 on each drill.</p> <p># 3 = Eyes on the water Breathing drill. Breathing with the line of the stroke, stable head position, no nodding or you’ll get a tennis ball under your chin!!</p> <p>#4 = Stroke up to breathe, kick down to glide. Sweep out, accelerate around corner, elbows fold in quickly & breathe in, shrug shoulders up then chest down/forward. Kick as arms push forward and glide.</p> <p>Swim 50 FS easy</p>
Main Set  1100	<p>6 x 50 Tech swims - RI 20</p> <p>↑Fly (or ½ lap) ↓FS,</p> <p>↑BK↓FS,</p> <p>↑BS↓FS,</p> <p>2 x 50 FS,</p> <p>1 x OC</p> <p>4 x 100 RI 30 (2 x FS, 2 x OC)</p> <p>↑M↓E ↑M↓F.</p> <p>8 x 25 sprints (4 x FS, 2 x BK, 2 x OC), every 60 secs.</p> <p>2 x 50 (Tech swims) ↑Fly↓BK, 2 x 50 ↑BS↓FS RI 30</p>
Cool Down	100 - ↑BS arms /Fly legs, ↓dog paddle, ↑Double arms BK with BS legs, mix under water & walking.
Total	L1 = 1700+

Level 2	Weely Drill Emphasis: BS & Fly Stroke coord & Breathing. Main set = Mod volume & intensity for A/B strokes.
Warm up	Targets = L3 300, L2= 250, L1 = 200. 🏊🏊. ↑FS kick, ↓BK, 50 OC ↑BK kick, 75 FS , 100 OC
Drills/Skills 🏊🏊	<p>Fly RI = 15-20 /clear lane, 2 x 25 on each drill.SOTW 2 handed touch.</p> <p>#1 = Quiet Fly (standing & swim) coord drill. Start with standing fly arms demo of full stroke. Focus pt = slide thumbs in 1st, (min splash), “Y”, extend /hold water, “?” pull, blast out, kickdown, breath, roll shoulders, pinkie up, extn arms, elbows clear, chest press, nail forehead so body goes forward & kick hands in.</p> <p>2 x Try ½ lap fly, ½ lap FS or if can all the way on FLY</p> <p>#2 = Normal Fly – focus on - Hammer & Nail Breathing drill. Inhale at the highest pt, looking down at the water & nail forehead into water – DO NOT bend neck!</p> <p>Swim 50 FS easy, Then Fins OFF</p> <p>BS RI 15, 2 x 25 on each drill.</p> <p># 3 = Eyes on the water Breathing drill. Breathing with the line of the stroke, stable head position, no nodding or you’ll get a tennis ball under your chin!!</p> <p>#4 = Stroke up to breathe, kick down to glide. Sweep out, accelerate around corner, elbows fold in quickly & breathe in, shrug shoulders up then chest down/forward. Kick as arms push forward and glide.</p> <p>Swim 50 FS easy</p>
Main Set  1300	<p>6 x 50 - RI 20 =</p> <p>↑Fly (or ½ lap) ↓FS, ↑BK↓FS, ↑BS↓FS, 2 x 50 FS, 1 x OC.</p> <p>6 x 100 RI 30 (3 x FS, 2 x OC, 1 x IM,) ↑M↓E ↑M↓F.</p> <p>200 FIM = ↑FS↓IM order.</p> <p>8 x 25 sprints (4 x FS, 2 x BK, 2 x BS) every 55 secs.</p>
Cool Down	100 - ↑BS arms /Fly legs, ↓dog paddle, ↑Double arms BK with BS legs, mix under water & walking.
Total	1950+

Level 3	Weely Drill Emphasis: BS & Fly Stroke coord & Breathing. Main set = Mod volume & intensity for A/B strokes.
Warm up	Targets = L3= 300  ↑FS kick, ↓BK, 50 OC ↑BK kick, 75 FS , 100 OC
Drills/Skills  300	<p>Fly RI = 15-20 /clear lane, 2 x 25 on each drill.SOTW 2 handed touch.</p> <p>#1 = Quiet Fly (standing & swim) coord drill. Start with standing fly arms demo of full stroke. Focus pt = slide thumbs in 1st, (min splash), “Y”, extend /hold water, “?” pull, blast out, kickdown, breath, roll shoulders, pinkie up, extn arms, elbows clear, chest press, nail forehead so body goes forward & kick hands in.</p> <p>2 x 25 FLY.</p> <p>#2 = Normal Fly – focus on - Hammer & Nail Breathing drill. Inhale at the highest pt, looking down at the water & nail forehead into water – DO NOT bend neck!</p> <p>Swim 50 FS easy, Then Fins OFF</p> <p>BS RI 15, 2 x 25 on each drill.</p> <p># 3 = Eyes on the water Breathing drill. Breathing with the line of the stroke, stable head position, no nodding or you’ll get a tennis ball under your chin!!</p> <p>#4 = Stroke up to breathe, kick down to glide. Sweep out, accelerate around corner, elbows fold in quickly & breathe in, shrug shoulders up then chest down/forward. Kick as arms push forward and glide.</p> <p>Swim 50 FS easy</p>
Main Set  1500	<p>10 x 50 - RI 20 = 3 x ↑Fly↓BK, 1 x ↑Fly↓FS, 3 x A, 3 x B.</p> <p>5 x 100 RI 30 (2 x FS, 2 x B (not FS), 1 x IM,) ↑M↓E ↑M↓F.</p> <p>12 x 25 sprints (4 x FS, 2 x BK, 2 x BS, 2 x Fly, 2 x FS) every 50 secs</p> <p>200 FIM↑FS↓IM order.</p> <p>Ask the coach what is next!</p>
Cool Down	100 - ↑BS arms /Fly legs, ↓dog paddle, ↑Double arms BK with BS legs, mix under water & walking.
Total	2200+

Level 3 Dist/ Tri	Weely Drill Emphasis: BS & Fly Stroke coord & Breathing. Main set = Mod volume & intensity for A/B strokes.
Warm up	Targets = L3= 300  ↑FS kick, ↓BK, 50 OC ↑BK kick, 75 FS , 100 OC
Drills/Skills  300	<p>Fly RI = 15-20 /clear lane, 2 x 25 on each drill.SOTW 2 handed touch.</p> <p>#1 = Quiet Fly (standing & swim) coord drill. Start with standing fly arms demo of full stroke. Focus pt = slide thumbs in 1st, (min splash), “Y”, extend /hold water, “?” pull, blast out, kickdown, breath, roll shoulders, pinkie up, extn arms, elbows clear, chest press, nail forehead so body goes forward & kick hands in. 2 x 25 FLY.</p> <p>#2 = Normal Fly – focus on - Hammer & Nail Breathing drill. Inhale at the highest pt, looking down at the water & nail forehead into water – DO NOT bend neck! Swim 50 FS easy, Then Fins OFF BS RI 15, 2 x 25 on each drill.</p> <p># 3 = Eyes on the water Breathing drill. Breathing with the line of the stroke, stable head position, no nodding or you’ll get a tennis ball under your chin!!</p> <p>#4 = Stroke up to breathe, kick down to glide. Sweep out, accelerate around corner, elbows fold in quickly & breathe in, shrug shoulders up then chest down/forward. Kick as arms push forward and glide. Swim 50 FS easy</p>
Main Set  2400	<p>800 FS @SR. SOTW/ Altn laps check EVF acceleration pt.</p> <p>200 FIMs = ↑FS↓IM order.</p> <p>400 FS @SR +1 – every 4th lap flag to flag sprint.</p> <p>6 x 100 RI 30 (2 x even pace, 2 x FES, 2 x BES).</p> <p>8 x 25 sprints (4 x FS, 4 x Not FS) every 50 secs.</p> <p>200 FS even pace/SR + 2.</p>
Cool Down	100 - ↑BS arms /Fly legs, ↓dog paddle, ↑Double arms BK with BS legs, mix under water & walking.
Total	3100+