



















Date: Sunday 16th Nov 25 Notices: Videos, Nominations for Family HAG 21st Dec. **Weekly stroke theme** = Fly 4 seniors -Power & flow in the stroke, IMs – moving from one stroke to another. **Caution:** -Shoulder/back issues Sub FS for Fly arms or BS legs. Situational awareness in lane when doing fly– head over the black line in single file. **Equipment=** Fins, PB, CS

Warm up	 Target 200- 300 – 50 kick BK, 100 SKPS FS, 50 kick BK, 100 OC.
Drill  (250)	<p>RI = 15/30 – Fly options = normal Fly arms/legs or fly arms with BS legs.</p> <p>Legs - 2 x 25 Fly legs dolphins - skimmer drills (Hands on top edge of KB) – slight down push from chest not hands. ↑Fast legs kicks up (1st) & down kick(2nd) with some knee bend). ↓1 x Big flick, 1 x small flick with short glide with butt out and over.</p> <p>Arms - Standing drill: - Push out to “Y” (thumbs down), back to hips (pull), then blast hands out for a fast recovery. Over water recovery flat arms thumbs down/pinkies up, roll shoulders and flop arms/hands in (Thumb 1st) in front of shoulder line). Breathing when hands at back chin forward – grab air.</p> <p>Swim 2 X 25 Fly 2/2/2 (2RA/2LA/both arms for 2 strokes) L1/2 = target of ½ lap Fly then ½ lap FS.</p> <p>Swim 2 x 25 3 kicks /1 pull. Long arm stroke with kicks into mini glides.</p> <p>SWIM 100 (75 Fly -really)! aim to breath every 2nd stroke or do FS breathing - ↑LA↓RA↑Both↓OC</p>
Main set L1 	1 x 100 OC ↑E↓M (repeat) RI 30, 4x 25 (2 x A, 2 x B) every 60 secs, 4 x 50 OC ↑E↓F RI 30, 2 x 25 Fast Fly (3LA/3RA/3) 100 IM (do as 4 x 25 RI 10), 200 FS with fly legs 2LA/2RA/4 normal strokes then add +1 normal stroke each time, 2 x 50 OC RI 15 (850).
Main set L2 	FS Pyramid 50/100/200M RI 10-20 (500) 2 x 100 OC even pace RI 30, 4 x 25 Fly (3LA/3RA/3) fast fly every 60 secs, 200 FS – incl 50 kick/50 pull. 4 x 25 (2 x A, 2 x B) every 55 secs. 100 IM, 4 x 50 OC ↑E↓F RI 30, (1400).
Main set L3 	FS Pyramid 50/100/200M RI 10-20 (500) 3 x 100 OC↑E↓M↑M↓F RI 20, 4 x 25 Fly fast fly every 60 secs. 200 FS incl 50 kick/50 pull.4 x 25 (2 x A, 2 x B) every 50 secs. 3 x 100 IM RI 30, (1500).
Main set L3D 	FS Pyramid 50/100/20) RI 10-20 (500) 3 x 100 OC↑E↓M↑M↓F RI 20, 4 x 25 Fly fast fly every 60 secs. 200 FS incl 50 kick/50 pull, 2 x 50 OC (not FS)↑E↓F RI 20, 3 x 200 FS RI 30 – incl 2 x 15M sprints anytime during 200M. 400 FS incl 2 x flags to flags swim aways (2200). + 100 IM (if time)
Skill insert at any time	5 mins Dolphins kick – arms by side, head leading the flow (fins), lift chin forward to get air. How far can you go and at what speed doing underwater dolphin kicks.
C/Down	100 incl- side stroke, dog paddle, underwater dolphins, walking
Total	L1 = 1400+, L2 = 1950+, L3= 2150+, L3D = 2850+

Level 1	Weekly Stroke Theme: Fly 4 seniors -Power in the stroke, IMs – how to swim them
Warm up	 Target 200- 300 – 50 kick BK, 100 SKPS FS, 50 kick BK, 100 OC.
Drills 	<p>RI = 15/30 – Fly options = normal Fly arms/legs or fly arms with BS legs.</p> <p>Legs - 2 x 25 Fly legs dolphin – skimmers - slight down push from chest not hands. ↑Fast legs kick up (1st) & down kick(2nd) with some knee bend). ↓1 x Big flick, 1 x small flick with short glide with butt out and over.</p> <p>Arms - Standing drill: - Push out to “Y” (thumbs down), back to hips (pull), then blast hands out for a fast recovery. Over water recovery flat arms thumbs down/pinkies up, roll shoulders and flop arms/hands in (Thumb 1st) in front of shoulder line). Breathing when hands at back chin forward – grab air.</p> <p>Swim 2 X 25 Fly 2/2/2 (2RA/2LA/both arms for 2 strokes) L1/2 = target of ½ lap Fly then ½ lap FS.</p> <p>Swim 2 x 25 3 kicks /1 pull. Long arm stroke with kicks into mini glides.</p> <p>Swim 100 (75 Fly -really)! aim to breath every 2nd stroke or do FS breathing - ↑LA↓RA↑Both↓OC</p>
Main Set  850	<p>1 x 100 OC ↑E↓M (repeat) RI 30, 4x 25 (2 x A, 2 x B) every 60 secs,</p> <p>4 x 50 OC ↑E↓F RI 30, 2 x 25 Fast Fly (3LA/3RA/3) RI 30</p> <p>100 IM (do as 4 x 25 RI 10),</p> <p>200 FS with fly legs = 2LA/2RA/4 normal strokes then add +1 normal stroke each time, i.e 4 then 5 then 6</p> <p>2 x 50 OC RI 15</p>
Skill – with coach	<p>Dolphins kick – arms by side, head leading the flow (fins), lift chin forward to get air.</p> <p>How far can you go and at what speed doing underwater dolphin kicks.</p>
Cool down	100 incl- side stroke, dog paddle, underwater dolphins, walking
Total	1400+

Level 2	Weekly Stroke Theme: Fly 4 seniors -Power in the stroke, IMs – moving from one stroke to the other
Warm up	 Target 200- 300 – 50 kick BK, 100 SKPS FS, 50 kick BK, 100 OC.
Drills 250 	<p>RI = 15/30 – Fly options = normal Fly arms/legs or fly arms with BS legs.</p> <p>Legs - 2 x 25 Fly legs dolphin – skimmers - slight down push from chest not hands. ↑Fast legs kick up (1st) & down kick(2nd) with some knee bend). ↓1 x Big flick, 1 x small flick with short glide with butt out and over.</p> <p>Arms - Standing drill: - Push out to “Y” (thumbs down), back to hips (pull), then blast hands out for a fast recovery. Over water recovery flat arms thumbs down/pinkies up, roll shoulders and flop arms/hands in (Thumb 1st) in front of shoulder line). Breathing when hands at back chin forward – grab air.</p> <p>Swim 2 X 25 Fly 2/2/2 (2RA/2LA/both arms for 2 strokes) L1/2 = target of ½ lap Fly then ½ lap FS.</p> <p>Swim 2 x 25 3 kicks /1 pull. Long arm stroke with kicks into mini glides.</p> <p>Swim 100 (75 Fly -really)! aim to breath every 2nd stroke or do FS breathing - ↑LA↓RA↑Both↓OC</p>
Main Set  1400	<p>FS Pyramid 50/100/200M/100/50 RI 10-20 at each distance</p> <p>2 x 100 OC even pace RI 30,</p> <p>4 x 25 Fly (3LA/3RA/3) fast fly every 60 secs,</p> <p>200 FS – incl 50 kick/50 pull.</p> <p>4 x 25 (2 x A, 2 x B) every 55 secs.</p> <p>100 IM,</p> <p>4 x 50 OC ↑E↓F RI 30.</p>
Skill – with coach	Dolphins kick – arms by side, head leading the flow (fins), lift chin forward to get air. And how far can you go and at what speed doing underwater dolphin kicks?
Cool Down	100 incl- side stroke, dog paddle, underwater dolphins, walking
Total	1950+

Level 3	Weekly Stroke Theme: Fly 4 seniors -Power in the stroke, IMs – moving from one stroke to the other
Warm up	 Target 200- 300 – 50 kick BK, 100 SKPS FS, 50 kick BK, 100 OC.
Drills 250 	<p>RI = 15/30 – Fly options = normal Fly arms/legs or fly arms with BS legs.</p> <p>Legs - 2 x 25 Fly legs dolphin – skimmers - slight down push from chest not hands. ↑Fast legs kick up (1st) & down kick(2nd) with some knee bend). ↓1 x Big flick, 1 x small flick with short glide with butt out and over.</p> <p>Arms - Standing drill: - Push out to “Y” (thumbs down), back to hips (pull), then blast hands out for a fast recovery. Over water recovery flat arms thumbs down/pinkies up, roll shoulders and flop arms/hands in (Thumb 1st) in front of shoulder line). Breathing when hands at back chin forward – grab air.</p> <p>Swim 2 X 25 Fly 2/2/2 (2RA/2LA/both arms for 2 strokes) L1/2 = target of ½ lap Fly then ½ lap FS.</p> <p>Swim 2 x 25 3 kicks /1 pull. Long arm stroke with kicks into mini glides.</p> <p>Swim 100 (75 Fly -really)! aim to breath every 2nd stroke or do FS breathing - ↑LA↓RA↑Both↓OC</p>
Main Set  1500	<p>FS Pyramid 50/100/200M/100/50 RI 10-20 after each distance</p> <p>3 x 100 OC ↑E↓M↑M↓F RI 20,</p> <p>4 x 25 Fly fast fly every 60 secs.</p> <p>200 FS incl 50 kick/50 pull.</p> <p>4 x 25 (2 x A, 2 x B) every 50 secs.</p> <p>3 x 100 IM RI 30,</p>
Skill – with coach	Dolphins kick – arms by side, head leading the flow (fins), lift chin forward to get air. And how far can you go and at what speed doing underwater dolphin kicks?
Cool Down	100 incl- side stroke, dog paddle, underwater dolphins, walking
Total	2150+

Level 3 Dist	Weekly Stroke Theme: Fly 4 seniors -Power in the stroke, IMs – moving from one stroke to the other
Warm up	 Target 200- 300 – 50 kick BK, 100 SKPS FS, 50 kick BK, 100 OC.
Drills 250 	<p>RI = 15/30 – Fly options = normal Fly arms/legs or fly arms with BS legs.</p> <p>Legs - 2 x 25 Fly legs dolphin – skimmers - slight down push from chest not hands. ↑Fast legs kick up (1st) & down kick(2nd) with some knee bend). ↓1 x Big flick, 1 x small flick with short glide with butt out and over.</p> <p>Arms - Standing drill: - Push out to “Y” (thumbs down), back to hips (pull), then blast hands out for a fast recovery. Over water recovery flat arms thumbs down/pinkies up, roll shoulders and flop arms/hands in (Thumb 1st) in front of shoulder line). Breathing when hands at back chin forward – grab air.</p> <p>Swim 2 X 25 Fly 2/2/2 (2RA/2LA/both arms for 2 strokes) L1/2 = target of ½ lap Fly then ½ lap FS.</p> <p>Swim 2 x 25 3 kicks /1 pull. Long arm stroke with kicks into mini glides.</p> <p>Swim 100 (75 Fly -really)! aim to breath every 2nd stroke or do FS breathing - ↑LA↓RA↑Both↓OC</p>
Main Set  2200	<p>FS Pyramid 50/100/200/100/50 RI 10-20</p> <p>3 x 100 OC↑E↓M↑M↓F RI 20,</p> <p>4 x 25 Fly (1L/1R/1both) fast fly every 60 secs.</p> <p>200 FS incl 50 kick/50 pull,</p> <p>2 x 50 OC (not FS)↑E↓F RI 20,</p> <p>3 x 200 FS RI 30 – incl 2 x 15M sprints anytime during 200M.</p> <p>400 FS incl 2 x flags to flags swim aways</p>
Skill – with coach	Dolphins kick – arms by side, head leading the flow (fins), lift chin forward to get air. And how far can you go and at what speed doing underwater dolphin kicks?
Cool Down	100 incl- side stroke, dog paddle, underwater dolphins, walking
Total	2850+