

Date: 1st Feb 2026. Notices: Lane/L Briefings Sun & Tues start time -20mins. **Memberships** now OD if not paid, **Video analysis**, please sign the sheet & see Helen. **Medial lists** – Coaches will be asking. **Weekly Stroke theme = Butterfly for Seniors, the basics.** Most powerful of the strokes (over short distance), May use BS legs. **Consolidation on FS/BK/BS basics.** **Caution:** Fly = Wide stroke so swim on the black line. Single file. Bad Shoulders – swap out for FS, still due Fly legs. **Equipment: KB, Fins, CS, TTs**

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|  | Warm up. = FS 50 swim, FS 50 Kick, 100 OC, repeat till the whistle goes. Target L1 = 200, L2 = 250, L3/3D =300 - |
| Drill/Skill 200/250M RI = Clear lane  | Fly Basic: Body position – slight bow with minimal chest press. – Pay homage to the black line! Check body Position & Stenum Kicking - - In water float with Chest press & then a leg flick/ high hip position. In/out flags (experiment - Big vs Med vs Sml : chest press and legs kicks) 2 x 25 Fly Flow kick drill with CS – SOTW & slowly initiate kick from chest press, thru core to high hips and whip ankles. No CS= Low forward chin clear to get a breath. Breath every 4, then3, then 2. 2 x 25 Fly Kick with KB – Skimmers – quick chest press (KB should dip underwater), high hips, knee flex, & flicks from ankles. Arms –Standing drill Pitch to Press (2 x "?") movements, wide to narrow, deep to shallow. 2 x 25 - Single arm with 2 kicks. Kick hand in/out. ↑LA only ↓RA only 2 x 25- Kick 4 then 1 fly arm stroke, kick 3 then 1 fly arm stroke, Kick 2 then 1 fly arm stroke. (L3 only add another 2 x 25 normal Fly # SPL) |
|  | 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 ½ lap Fly, ½ lap FS, 2 x 100 "A" stroke RI 20-30. (900) – May swap 100 for 2 x 50. 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) L3 = 3 x 100 FS @SR/# SPL RI 20-30, 2 x 100 FORM (not FS) 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. (1000) 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 Kick & 2 x ↑Fly/↓FS, 400 FS – DPS – Hip driven style #SPL -Aim for -1 each 4 th lap, 3 x 100 FS @SR +2/# SPL -2 per lap RI 20-30 (1600) |
| Starts | (at any time with coach.) 25M sprints with walk backs. 2 x FS, 2 x BK, 2x BS, 2 x Fly or OC – L3 use TT in Mode 2 |
| C/Down | FLY deep dives with body dolphins, BS side kick, BK double arms, FS long easy strokes – 100 |
| Total | L1 = 1600+, L2= 1650+, L3 = 1850+, L3D = 2450+ |