

Date: 26th July **26 Notices:** Sept B/Bay names & events and NSW S/C OCT. names & events to Sue ASAP. Requirement to be a PL/Coach briefing on Sun 2Aug 0830. **Weekly stroke theme** = Fly 4 seniors -Power in the stroke, IMs – how to swim them and some pacing work. **Caution:** Shoulders/lower backs/knees - Sub FS for Fly arms or BS legs. Situational awareness in lane when doing fly– head over the black line in single file, BK swim straight & use flags.

Equipment= Fins, FPs, PB, CS

Warm up	 300 – 50 kick FS, 100 SKPS BK, 50 pull FS, 100 OC. Repeat. Target 300-400
Drill  (200)	RI = 15/30 – Fly options = normal (1 arms /2 or 1 leg kick,) 1 x fly arms / 1 x BS legs. Legs - Kick at wall drill 1 st . Should feel yourself being propelled into wall. Fast legs kicks (up (1 st) & down kick(2 nd) with some knee bend & flex ankles 2 x 25 Fly legs - ↑Fast legs kicks skimmer drills (Hands on top edge of KB) – slight down push from chest not hands. – get the rhythm right. ↓1 x Big flick, 1 x small flick with short glide. Arms - Standing drill: - Push out to “Y” (thumbs down), back to hips (pull), then blast hands out. Over water recovery flat arms thumbs down/pinkies up, roll shoulders and flop arms/hands in (in front of shoulder line), thumbs first. Breathing when hands at back chin forward – grab air. Swim 2 X 25 Fly 2/2/2 with FPs (2RA/2LA/both arms for 2 strokes) L1/2 = target of ½ lap Fly then ½ lap FS. L3 = 25M FLY. SWIM 100 (75 Fly -really only 25)! aim to breathe every 2 nd stroke or do FS breathing - ↑RA↓LA↑Both↓OC (FS or fly). CK again for elements of standing drill.
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 Fly Tech swim RI 30, 2 x 25 BS – SBKG RI 20, 100 IM (do as 4 x 25 RI 10), 200 FS even pace #SPL (800)
Main set L2 	2 x 100 OC ↑E↓M (repeat) RI 30, 200 FS – even pace. 4 x 25 (2 x A, 2 x B) every 55 secs. 2 x 25 Fly Tech swim RI 30 2 x 25 BS – SBKG RI 20, 100 IM focus on tech, 4 x 50 OC ↑E↓F RI 30, 100 IM (1000).
Main set L3 	3 x 100 OC ↑E↓M (repeat) RI 20, 200 FS – even pace. 6 x 25 (3 x A, 3 x B) every 50 secs. 2 x 25 Fly Tech swim RI 30, 3 x 100 IM RI 30, 4 x 50 OC ↑E↓F RI 30 (1200).
Main set L3D 	3 x 100 FS ↑E↓M↑M↓F RI 20, 200 FS – even pace. 4 x 25 (2 x A, 2 x B,) 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 15M Head up sighting, 2 x Flags to flags swim aways (1900). + 100 IM (if time)
Skill	Starts and relays if time.
C/Down	100 incl- side stroke, dog paddle, underwater dolphins, any stroke easy.
Total	L1 = 1400+, L2 = 1600+, L3= 1800+, L3D = 2600+

Level 1	Weekly Stroke Theme: Fly 4 seniors -Power in the stroke, IMs – how to swim them. Some Pacing work
Warm up	 300 – 50 kick FS, 100 SKPS BK, 50 pull FS, 100 OC.
Drills 200 	RI = 15/30 – Fly options = normal (1 arms /2 or 1 leg kick,) 1 x fly arms / 1 x BS legs. Legs - Kick at wall drill 1st. Should feel yourself being propelled into wall. Fast legs kicks (up (1st) & down kick(2nd) with some knee bend & flex ankles 2 x 25 Fly legs - ↑Fast legs kicks skimmer drills (Hands on top edge of KB) – slight down push from chest not hands. – get the rhythm right. ↓1 x Big flick, 1 x small flick with short glide. Arms - Standing drill: - Push out to “Y” (thumbs down), back to hips (pull), then blast hands out. Over water recovery flat arms thumbs down/pinkies up, roll shoulders and flop arms/hands in (in front of shoulder line), thumbs first. Breathing when hands at back chin forward – grab air. Swim 2 X 25 Fly 2/2/2 with FPs (2RA/2LA/both arms for 2 strokes) L1/2 = target of ½ lap Fly then ½ lap FS. SWIM 100 (75 Fly -really only 25)! aim to breathe every 2nd stroke or do FS breathing - ↑RA↓LA↑Both↓OC (FS or fly). CK again for elements of standing drill.
Main Set  800	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 Fly Tech swim RI 30, 2 x 25 BS – SBKG RI 20, 100 IM (do as 4 x 25 RI 10 -15), 200 FS even pace #SPL
Skills	Starts & Relays
Cool down	100 incl- side stroke, dog paddle, underwater dolphins, OC easy
Total	1400+

Level 2	Weekly Stroke Theme: Fly 4 seniors -Power in the stroke, IMs – how to swim them. Some Pacing work
Warm up	 300 – 50 kick FS, 100 SKPS BK, 50 pull FS, 100 OC.
Drills 200 	RI = 15/30 – Fly options = normal (1 arms /2 or 1 leg kick,) 1 x fly arms / 1 x BS legs. Legs - Kick at wall drill 1st. Should feel yourself being propelled into wall. Fast legs kicks (up (1st) & down kick(2nd) with some knee bend & flex ankles 2 x 25 Fly legs - ↑Fast legs kicks skimmer drills (Hands on top edge of KB) – slight down push from chest not hands. – get the rhythm right. ↓1 x Big flick, 1 x small flick with short glide. Arms - Standing drill: - Push out to “Y” (thumbs down), back to hips (pull), then blast hands out. Over water recovery flat arms thumbs down/pinkies up, roll shoulders and flop arms/hands in (in front of shoulder line), thumbs first. Breathing when hands at back chin forward – grab air. Swim 2 X 25 Fly 2/2/2 with FPs (2RA/2LA/both arms for 2 strokes) L1/2 = target of ½ lap Fly then ½ lap FS. SWIM 100 (75 Fly -really only 25)! aim to breathe every 2nd stroke or do FS breathing - ↑RA↓LA↑Both↓OC (FS or fly). CK again for elements of standing drill.
Main Set  1000	2 x 100 OC ↑E↓M (repeat) RI 30, 200 FS – even pace. 4 x 25 (2 x A, 2 x B) every 55 secs. 2 x 25 Fly RI 30 2 x 25 BS – SBKG RI 20, 100 IM, 4 x 50 OC ↑E↓F RI 30, 100 IM
Skill	Starts /Relays
Cool Down	100 incl- side stroke, dog paddle, underwater dolphins, walking
Total	1600+

Level 3	Weekly Stroke Theme: Fly 4 seniors -Power in the stroke, IMs – how to swim them. Some Pacing work
Warm up	 300 – 50 kick FS, 100 SKPS BK, 50 pull FS, 100 OC.
Drills 200 	RI = 15/30 – Fly options = normal (1 arms /2 or 1 leg kick,) 1 x fly arms / 1 x BS legs. Legs - Kick at wall drill 1st. Should feel yourself being propelled into wall. Fast legs kicks (up (1st) & down kick(2nd) with some knee bend & flex ankles 2 x 25 Fly legs - ↑Fast legs kicks skimmer drills (Hands on top edge of KB) – slight down push from chest not hands. – get the rhythm right. ↓1 x Big flick, 1 x small flick with short glide. Arms - Standing drill: - Push out to “Y” (thumbs down), back to hips (pull), then blast hands out. Over water recovery flat arms thumbs down/pinkies up, roll shoulders and flop arms/hands in (in front of shoulder line), thumbs first. Breathing when hands at back chin forward – grab air. Swim 2 X 25 Fly 2/2/2 with FPs (2RA/2LA/both arms for 2 strokes). SWIM 100 (75 Fly -really only 25)! aim to breathe every 2nd stroke or do FS breathing - ↑RA↓LA↑Both↓OC (FS or fly). CK again for elements of standing drill.
Main Set  1200	3 x 100 OC ↑E↓M (repeat) RI 20, 200 FS – even pace. 6 x 25 (3 x A, 3 x B) every 50 secs. 2 x 25 Fly RI 30, 3 x 100 IM RI 30, 4 x 50 OC ↑E↓F RI 30
Skill	Starts /Relays
Cool Down	100 incl- side stroke, dog paddle, underwater dolphins, OC
Total	1800+

Level 3 Dist	Weekly Stroke Theme: Fly 4 seniors -Power in the stroke, IMs – how to swim them. Some Pacing work
Warm up	 300 – 50 kick FS, 100 SKPS BK, 50 pull FS, 100 OC.
Drills 200 	RI = 15/30 – Fly options = normal (1 arms /2 or 1 leg kick,) 1 x fly arms / 1 x BS legs. Legs - Kick at wall drill 1st. Should feel yourself being propelled into wall. Fast legs kicks (up (1st) & down kick(2nd) with some knee bend & flex ankles 2 x 25 Fly legs - ↑Fast legs kicks skimmer drills (Hands on top edge of KB) – slight down push from chest not hands. – get the rhythm right. ↓1 x Big flick, 1 x small flick with short glide. Arms - Standing drill: - Push out to “Y” (thumbs down), back to hips (pull), then blast hands out. Over water recovery flat arms thumbs down/pinkies up, roll shoulders and flop arms/hands in (in front of shoulder line), thumbs first. Breathing when hands at back chin forward – grab air. Swim 2 X 25 Fly 2/2/2 with FPs (2RA/2LA/both arms for 2 strokes) SWIM 100 (75 Fly -really only 25)! aim to breathe every 2nd stroke or do FS breathing - ↑RA↓LA↑Both↓OC (FS or fly). CK again for elements of standing drill.
Main Set  1900	3 x 100 FS ↑E ↓M ↑M ↓F RI 20, 200 FS – even pace – Check # SPL 4 x 25 (2 x A, 2 x B,) every 50 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 15M “head up” sighting, 2 x Flags to flags swim aways + 100 IM (if time)
Skill	Starts & Relays
Cool Down	100 incl- side stroke, dog paddle, underwater dolphins, walking
Total	2500+