

Date: Sunday 20th September 26. Notices: Confirm Oct CB Meet names and experiment with relays teams. **Weekly Emphasis:** Fly technique/IM. And stroke Pacing options/outcomes – which is best for “You”. Caution: Fly Ck before push off= -lane clear, BK swim straight. **Equipment=** Fins/KB

Level	Level 1	Level 2	Level 3
Warm up	 100 FS, 50 BK, 50 OC Kick, 100 FS SKPS. Repeat till whistle goes. (300)		
Drill  (250)	2 x 25 on each drill RI 20 Fly undulations with flick Kicks 4, 3 and add the pull with 2 kicks. Ensure correct head position while kicking i.e. eyes down. One hand on top of other. Good for breathing timing and building leg strength and stamina. The final two kicks in each cycle should be timed with the arm cycle ie one at the hand entry and one at the hand exit. Dive Fly - Throw arms under water at start of stroke ie out in front and kick for 2-4 beats underwater, surface for stroke and dive back underwater at end of throw for a long glide. Great for ensuring full body undulation and for getting head to enter water early ie before hands enter water, at end of recovery. FS Speed drill - fast fly kick with FS race pace arms. One kick per arm rotation. Excellent for building race stamina and fast stroke timing. Just for Fun= FS/BK 8/8/8 strokes freestyle followed by 8 strokes backstroke with no pause in between. Increases rating on backstroke and helps to build core strength – Strong straight wrist and body roll to change from back to front. Fins off – BS Kick and glides with KB. Don't glide too short or too long. Must maintain momentum.		
Main set 	4 x 25 IM order every 60 secs 100 OC building 4 x 50 A – RI 20-30 BES 4 x 50 B – RI 25-30 Even pace 3 x 100 A – RI 30 building to sprint finish 100 IM tech swim 4 x 25 IM order every 60 secs (1100)	4 x 25 IM order RI 15 100 OC building 2 x 100 A RI 20-25 - BES 2 x 100 B RI 25-30 – Even Pace 100 IM tech swim 4 x 50 A RI 20-25 BES 4 x 50 B RI 25-30 even pace 100 IM Tech swim 4 x 25 OC every 50 Secs (1300)	L3 /L3D 4 x 25 IM order RI 15 100 IM - CK technique 4 x 100 FS or 2 x 200 FS BES RI 20 2 x 100 B RI 25 Even pace 100 IM – pick up pace on A&B strokes 6 x 50 A RI 20 2 x 50 B RI 25 8 x 25 IM order every 50 Secs (1500)
Skill Item	Starts and Relays (try for 10 mins on starts and sprint to ½ way or 25M) rest in relays teams 4 x 50 FS/Medley		
C/Down	25 BK , 25 BK sculling feet first, 50 OC (100)		
Total	L1 = 1750+	L2 = 1950+	L3/3D = 2150+

Level 1	Training Emphasis: Fly technique, IM and pacing
Warm up (300)	100 FS, 50 BK, 50 OC Kick, 100 FS SKPS. Repeat till whistle goes. 
Drills 250 	2 x 25 on each drill RI 20 Fly undulations with flick Kicks 4, 3 and add the pull with 2 kicks. Ensure correct head position while kicking i.e. eyes down. One hand on top of other. Good for breathing timing and building leg strength and stamina. The final two kicks in each cycle should be timed with the arm cycle ie one at the hand entry and one at the hand exit Dive Fly - Throw arms under water at start of stroke i.e. out in front and kick for 2-4 beats underwater, surface for stroke and dive back underwater at end of throw for a long glide. Great for ensuring full body undulation and for getting head to enter water early ie before hands enter water, at end of recovery. FS Speed drill - fast fly kick with FS race pace arms. One kick per arm rotation. Excellent for building race stamina and fast stroke timing. FS/BK 8/8/8 strokes - freestyle followed by 8 strokes backstroke with no pause in between. Increases rating on backstroke and helps to build core strength – Strong straight wrist and body roll to change from back to front. Fins off – BS Kick and glides with KB. Don't glide too short or too long. Must maintain momentum.
Main Set 1700 	4 x 25 IM order RI 15 100 OC building 4 x 50 A – BES RI 20-30 4 x 50 B – Even Pace RI 25-30 3 x 100 A – building to sprint finish RI 30 100 IM Tech swim 4 x 25 IM order every 60 secs.
Skill	Starts and Relays
Cool Down	25 BK, 25 BK sculling feet first, 50 OC (100)
Total	1750+

Level 2	Training Emphasis: Fly technique, IM and pacing	
Warm up	100 FS, 50 BK, 50 OC Kick, 100 FS SKPS. Repeat till whistle goes. 	
Drills 	2 x 25 on each drill RI 20 Fly undulations with flick Kicks 4, 3 and add the pull with 2 kicks. Ensure correct head position while kicking i.e. eyes down. One hand on top of other. Good for breathing timing and building leg strength and stamina. The final two kicks in each cycle should be timed with the arm cycle ie one at the hand entry and one at the hand exit Dive Fly - Throw arms under water at start of stroke i.e. out in front and kick for 2-4 beats underwater, surface for stroke and dive back underwater at end of throw for a long glide. Great for ensuring full body undulation and for getting head to enter water early ie before hands enter water, at end of recovery. FS Speed drill - fast fly kick with FS race pace arms. One kick per arm rotation. Excellent for building race stamina and fast stroke timing. FS/BK 8/8/8 strokes - freestyle followed by 8 strokes backstroke with no pause in between. Increases rating on backstroke and helps to build core strength – Strong straight wrist and body roll to change from back to front. Fins off – BS Kick and glides with KB. Don't glide too short or too long. Must maintain momentum.	
Main Set 	4 x 25 IM order RI 15 100 OC building 4 x 50 A – BES RI 20-30 4 x 50 B – Even Pace RI 25-30 3 x 100 A – building to sprint finish RI 30 100 IM Tech swim 4 x 25 IM order every 60 secs.	
Skill	Starts and Relays	Cool Down = 25 BK, 25 BK sculling feet first, 50 OC.
	Total = 1950+	

Level 3	Training Emphasis: Fly technique, IM and pacing
Warm up	100 FS, 50 BK, 50 OC Kick, 100 FS SKPS. Repeat till whistle goes. 
Drills 	2 x 25 on each drill RI 20 Fly undulations with flick Kicks 4, 3 and add the pull with 2 kicks. Ensure correct head position while kicking i.e. eyes down. One hand on top of other. Good for breathing timing and building leg strength and stamina. The final two kicks in each cycle should be timed with the arm cycle ie one at the hand entry and one at the hand exit Dive Fly - Throw arms under water at start of stroke i.e. out in front and kick for 2-4 beats underwater, surface for stroke and dive back underwater at end of throw for a long glide. Great for ensuring full body undulation and for getting head to enter water early ie before hands enter water, at end of recovery. FS Speed drill - fast fly kick with FS race pace arms. One kick per arm rotation. Excellent for building race stamina and fast stroke timing. FS/BK 8/8/8 strokes - freestyle followed by 8 strokes backstroke with no pause in between. Increases rating on backstroke and helps to build core strength – Strong straight wrist and body roll to change from back to front. Fins off – BS Kick and glides with KB. Don't glide too short or too long. Must maintain momentum.
Main Set  1500	4 x 25 IM order RI 15 100 IM - CK technique 4 x 100 FS building or 2 x 200 FS BES RI 20 2 x 100 B Even pace - RI 25 100 IM – pick up pace on A&B strokes 6 x 50 A RI 20 2 x 50 B RI 25 8 x 25 IM order every 50 Secs
Skill	Starts & Relays
Cool Down	25 BK, 25 BK sculling feet first, 50 OC (100)
Total	2150+

Level 3D	Training Emphasis: Fly technique, IM and pacing
Warm up	100 FS, 50 BK, 50 OC Kick, 100 FS SKPS. Repeat till whistle goes. 
Drills 	2 x 25 on each drill RI 20 Fly undulations with flick Kicks 4, 3 and add the pull with 2 kicks. Ensure correct head position while kicking i.e. eyes down. One hand on top of other. Good for breathing timing and building leg strength and stamina. The final two kicks in each cycle should be timed with the arm cycle ie one at the hand entry and one at the hand exit Dive Fly - Throw arms under water at start of stroke i.e. out in front and kick for 2-4 beats underwater, surface for stroke and dive back underwater at end of throw for a long glide. Great for ensuring full body undulation and for getting head to enter water early ie before hands enter water, at end of recovery. FS Speed drill - fast fly kick with FS race pace arms. One kick per arm rotation. Excellent for building race stamina and fast stroke timing. FS/BK 8/8/8 strokes - freestyle followed by 8 strokes backstroke with no pause in between. Increases rating on backstroke and helps to build core strength – Strong straight wrist and body roll to change from back to front. Fins off – BS Kick and glides with KB. Don't glide too short or too long. Must maintain momentum.
Main Set 1500 	4 x 25 IM order RI 15 100 IM - CK technique 4 x 100 FS building or 2 x 200 FS BES RI 20 2 x 100 B Even pace - RI 25 100 IM – pick up pace on A&B strokes 6 x 50 A RI 20 2 x 50 B RI 25 8 x 25 IM order every 50 Secs
Skill	Starts & Relays
Cool Down	25 BK, 25 BK sculling feet first, 50 OC (100)
Total	2150+