

15th Oct - 25th Nov

wee	w/c		Mon 2/1	Tue am 1.5	Tues 1	Wed 1	Thurs am	Thur 2/1	Fri 1.5	2/1.15	notes		
			u1,m,ms,ls/l	u1	l,ls,ms	l,ls,ms	u2	u1,u2,m,ms/ls	u1,u2,m	u1,u2,m,ls/l			
1	15/10/18	tec	fly	bc underwater	bc	br	as perf	fc	bc/br turn	fc			
		Main	fc 50's	100s bc				fc	400 l m broken	kick			
		other				br turn					dive		
									fly set				
			Kick test								8 x 50 TS		
2	22/10/18	tec	bc		br	fly	as perf	fc	underwater	bc	DCA meet		
		Main	200s fc	fs pyramid 50-200	kick	bc		bc	broken 400	fc			
		other				bc turn			dive	kick		br turn	
			starts			br turn				fly			
			scull									broken IM	
3	29/10/18	tec	br	br	fc	fly	as perf	bc	bc	fc	midland graded		
		Main	bc 75's from turn	broken fly 100s 2x	fc	bc br		fly back	dec 1-5 and hold	bc fc			
		other	kick	(2 x 50, 1	dive + sprint mixed	bc br turn			Kick tet	50's		bc turn	
			lower kick test	x 50 2 x 25, 4 x 25, bc rec)						kick		start finish HVO	
													br underwater
4	5/11/18	tec	fc	br progression	fly	bc	as perf	fc	underwater	br			
		Main	br		fs	fly bc as 25 fly		br	Th 50's	kick			
		other	dives		BC turn	25bc/50bc							
			kick						fly u1,2	200's bc/br ez	team push u/w kick		
								race fs 25's	HVO relay				
5	12/11/18	tec	fly		bc/br turn	fc	as perf	br	br	fly			
		Main	fc 100's	fs 100's dec 1-3	bc/br	fc		fc	IM's	fs	tayside schools 12th 14th		
		other	team kick			race br 25's			Dive	10m HVO		kick test	
						fs finish						bc start	
												warm up	
6	19/11/18	tec	fc		br/fc turn	bc	as perf	br	underwater	Nifty november		No Jen	
		Main	lms	100s IM at A2	br/fc	IM		br/fc	Th 100's				
		other			race finish	Dive protocol			kick	fly 25's			
			fast fly						fly		warm up swim down		
			off wall work										