

aerobic kick district and national 2 hours

Warm Up 600m 200fc 200 IM 200 bk
 6x100 50fly k 50bk/50sc 50brs/50fly k 50fly sw 1.40/1.50/2.00 (adjust as req'd)
 600 IM

1800

Kick-no boards

400 50 rotate back 150 fc (60 rotate kick /140 fc)
(300) 50 rotate back 100 fc (40 rotate kick / 60 fc)
4x200 50 fc 150 fly with snorkel-work on body posn (40 fc /160 fly)3.45/4.00/4.15
(3x200) as above 4.30
10x50 (40) 4@50BBM 3@30BBM 2 @20BBM 1@max 70/75/80
(6x50) (40) 3@50BBM 2@30BBM 1@max 90
4 x 400m odd 100fc/100fly/200IM even fc 7.30/8.00 (IM 40 fly 60bk 40 brs /60fc)
(3x400) odd 400 IM even fc 8.15
12x50 (40) 4 back keel down sail up 60/70/90
 4 No1 (IM order) burst of spd mid pool / blast last 10m
4x200 50 scull 150 fly with fins 3.45/4.00/4.15 (40 scull/160 fly)
(2x200) as above 4.30
400 50 fc 150 rotating back (40 fc 160 rotating bk)

Underwater stretching

(younger swimmers distances/strokes in brackets all +15/20s also distances for 20m pools)

Swim down-include double arm back, scull and swim Stretch at end

Aerobic district and national 2 hours

Warm Up	6 x	(100 fc 1.30/1.40/1.50/2.00 (50 kick fly burst of spd mid pool (40)
	10x200 (6x200)	fc 2.50/3.00/3.15/3.30/4.00
	16x50 (40)	alt bk No 1 drill (drill 4 each IM order) 60/70/80/90
	12x150 (120) (8x150)	50 scull 100 swim alt bk/fly bk/brs bk/fc 2.30/2.45/3.00
	1000	fc 50 fast 50 steady (40 fast 60 steady) 100 fast 100 steady (100fast 100 steady) 150 fast 150 steady (120 fast 180 steady) 200 fast 200 steady (200 fast 200steady)

Swim down and stretch

Land Training - all squads

Agility Balance Co-ordination Speed Strength-core/LME - Injury Prevention-
Good Posture-Correct Hold/Position for all exercise

Press Up Tig - Walk Outs to bridge and hold for 30s

Walking Lunges-Posture-2 eyes open 2 eyes closed-core/balance

New York-dynamic movement- stretching

Circuitx3

-shuttles/windmills in between each station followed by ankle stretch

Pilates 100 on front

Thera Band Activities

Bridge

Squat and stand

Press Up

Alphabet

Aerobic district and national 2 hours

Warm Up	8 x 150m	Reverse IM order 2.30/2.45/3.00 4 x 50 Drill / 100 Swim 4 x 50 Kick / 100 Swim
1200		
Speed set No 1	2 x 50m 2 x 50m 1 x 50m 150m	From float sprint 12 $\frac{1}{2}$ easy 12 $\frac{1}{2}$ X 2 60 Sprint 25 from Dive / Easy 25m 75 From from Dive 2.00 with 3 fast SC Easy Swim 50bk 100 fc
400	6 x 400m	Fc @ 50 BBM + 30 rest 1. With Fins 2. With Paddles 3. Swim 4. With Paddles 5. With Fins 6. Swim
2400	*20 x 50m	3 x Swim No Fc 60/70 1 x Kick Fly - No Board 60/75 burst of spd mid pool
1000	200m - 300m	Easy Swim Oc
stretch		

All squads

Land Training - Agility Balance Co-ordination Speed Strength-core/lme -

Injury Prevention-Good Posture-Correct Hold/Position for all exercise

Knee Tig

Walking Lunges-Posture 2 eyes open 2 eyes closed-core/balance

New York-dynamic movement- stretching

Walk-outs

medicine ball circle pass/ Under and Over/Corner Spry

Pilates 100 on front/single leg dips-with band

Thera Band Activities

Bridge-Press Up/Swimmers Rolls/Side Bridge/100/Bridge on back-alphabet

Combo Skips

Bottle snatch

All squads

Land Training Swim Skills/Training to Train/Training to Compete

Why land training?-Agility Balance Co-ordination Speed Strength-core/lme

Injury Prevention-Good Posture-Correct Hold/Position for all exercise

Skipping-co-ordination fwd/fwd fwd/bk bk/fwd wk/bk

speed one minute fwd 10s fast one minute back 4s fast

Walking Lunges-Posture 2 eyes open 2 eyes closed-core/balance

New York-dynamic movement- stretching

Core

Bridge-Press Up/Swimmers Rolls/Side Bridge/100/Bridge on back-alphabet

Tents and Campers

Walk-outs Thera Band Activities

Aerobic district and national 2 hours

2x400m

Swim Fc 615/6.30/7.00

400

8 x 50m (40) with paddles Pull alt Fc 50 bk 55

400

2x300m Swim 50 Fly (40) / 100 (80) Bk / 50 Bst (60) / 100 Bk (120)
5.00/5.30/6.00 brs and fly with 3 fast SC

600

12 x 50m (40) Swim fc with snorkels 50/60/70 3 fast SC off wall at turn

600

3x200m Swim IM Last 4 cycles each stroke fast

600

12 x 50m (40) Swim Fc 45/50

600

5 x 200m Kick IM -ve split 4.00/4.30 (60 fly/40bk/60brs/40fc)

1000

12 x 150m Swim 100m Fc + 50m fly with snorkels 2.30/3,00 (140 - 100 fc 40 fly)

1800

Swim Down and stretch

District and national 2 hours

300m Set Body position through floating at start Swim Fc 4.30
8 x 50m 25 Kick No board / 25 Swim (20 kick 20 swim)
2 of each stroke IM Order 70
300m Swim No Fc 5.20
8 x 50m 25 Drill / 25 Swim (40 20 drill 20 swim)
2 of each stroke IM Order 60
4 x 100m Sprint 15m all out No1 / swim easy Oc 2.00
400m Swim Fc Hold good tech pick up speed into turn,
Fly Kick 10m of wall 6.15
4 x 100m 50 Fly / Bk 1.50
2 x 200m Swim Fc Hold good tech pick up speed into turn,
Fly Kick 10m of wall 3.00
4 x 100m 50 Fly / 50 Bk 1.50
400m Swim Fc Hold good tech pick up speed into turn,
Fly Kick 10m of wall 6.15
4 x 100m 50 fly / 50 Bk 1.50
2 x (6 x 100m) Set 1 Kick last 15m odd 100's sprint 2.00
Set 2 Drill No 1 Swim from flags into wall 2.00
300m 25 Scull / 50m Swim Choice Hold body position

stretch

Technique-int district and national 2 hours

800 as 200 bk 200 IM (younger swimmers 100bk 100 IM stop all together reorganise lanes and run across pool)

Fc technique

8/6 x50 m black line swimming place hand in front of shoulder scull out to catch press back - last in first out

8/6x50 kick fc up board flat down vertical board

10/8 x100 odd 50 catch up 50 fist

even 50 catch scull 50 swim build

200 as 50 brs 150 fc maintain SC

brs tech

kick 8/6x50 dist per kick - streamlined - face down

8/6x75 2 as 50 5 kicks 1 pull 25 swim/2 as 3 kicks 1 pull 25 swim

2 as 50 fist 15 swim build /2 as pull with dolphin kick 25 swim last 5m max

200 as 50 bk 150 brs maintain technique SC/SL

Bk tech

8/6x50m kicking drills

$\frac{1}{2}$ periscope 25/Full periscope 25

Rotate kick 50/10-10 50m

4/3/2x100 swim 3 fast Sc every 50m

200 as 50 fly 150 bk

Fly technique

8/6x50 kick - round the world emphasise kicking in both directions/continuously

8/6x50 drill - 3 right 3 left 3 full breath to the front - kick up and down continuous - breath to the front - push chin forward

(4x50/25 fast swim full stroke +5s 100 bk)x2

200 IM swim

Stretch

Pool Training district and national 2 hours

(300 fc swim 4.10/4.30/5.00

2x(200 kick -IM/No 1 3.50/4.00/4.15

(200 50 drill 50 swim 50 kick 50 swim No 1/IM 3.45/4.00/4.15

(100 swim build last 25m bk

1600

(400 every 4th length fast fc 5.30/6.00/6.30 No 1/IM 6.00/6.30/7.00

3x(300 every 3rd length fast fc 4.15/4.30/5.00 No 1/IM 4.30/5.00/5.30

(200 every 2 length fast fc 2.50/3.15/3.45 No 1/IM 3.15/3.45/4.00

(100 fast fc 1.30/1.40/1.50 No 1/IM 1.40/1.50/2.00

(100 as 50 scull 50 double arm back 1.50/2.00/2.15

Focus on DPS odd fc even No 1

3300

200 O/C kick 4.00/4.15/4.30

6x100 kick 1.50/2.00/2.15

200 rotate bk kick 4.00/4.15/4.30

4x50 (40) kick fly odd 50 U/W 50/70/75

1200

Swim Down

Stretch

Think BLABT- Body position

Legs

Arms -look at the sweeps

Breathing

Timing

All sessions for **national and district 1 hour**

1)

50fc 200 bk kick rotate 100 IM drill 200 IM swim 100 fc build
(40fc 200 bk kick (rotate) 160 IM drill 160 IM swim 120 fc build)

8x100 fc 145/2.00 1-4 +ve

8x50 (40) kick O/C 45/50/50

8x150 (160) alt bk/IM 2.30/2.45/3.00

8x80 (60) No 1 25 scull 25 kick 50 swim fast (20 scull 20 kick 20 swim fast) 75/90

Swim Down Stretch

2)

10x 50 (40) alt fc/no fc 45/50/60

400 100 swim/kick/pull/swim 40 No 1 60 back

10x200 25 kick 75 swim alt fc IM (20 kick OC 80 swim IM 20 kick fly 60 fly40bk swim) 3.30/3.45/4.00

10x50 (40) 20 underwater 20 O/C swim 45/50/60

Swim Down Stretch

3)

500 50fc 50 side kick 50 no fc 50 drill No1 (60fc 40 side kick/60 no fc 40 No 1 drill)

5x100 25 scull 75 swim No 1 (20scull 80 swim No 1) 1.45/2.00

All younger swimmers to do fc as No1 for this session

20x100/80 4x(4fc 1 No 1) 1.50/2.15

16x100 3fc 1 No 1 (IM)

Set 1 70 BBM

2 50 BBM

3 30 BBM

4 20 BBM

1x100 No 1 Max

Swim Down must be at least 5 minutes cut above down to 16/12x100 if necessary