

Coach: Anne Smyth	Date: 9/2/2021	Length: 60 Mins	Focus: Butterfly
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Level	One	Two	Three
Warm Up (with Fins)	400 FS every 4 th lap reverse IM 200 paddles/pull 600	400 FS every 4 th lap reverse IM 200 paddles/pull 600	400 FS every 4 th lap reverse IM 400 paddles/pull 600
Drills fins	Fly Drills <ul style="list-style-type: none"> • 8 x 25 kick • 2 x 25 single arm • 2 x 25 222 300	Fly Drills <ul style="list-style-type: none"> • 8 x 25 kick • 100 single arm • 100 222 • 4 x 25 fly with FS kick – no fins 500	Fly Drills <ul style="list-style-type: none"> • 8 x 25 kick • 100 single arm • 100 222 • 4 x 25 fly with FS kick – no fins 500
Pre-Set	FLY SET <ul style="list-style-type: none"> • 2 x 25 quality FLY – fins • 2 x 25 quality Fly – no fins • 100 Fly as 25 Fly /25 FS • 100 Backstroke easy 300	FLY SET <ul style="list-style-type: none"> • 4 x 25 quality FLY – fins • 4 x 25 quality Fly – no fins • 100 Fly as 25 Fly /25 FS • 100 Backstroke easy 400	FLY SET <ul style="list-style-type: none"> • 4 x 25 quality FLY – fins • 4 x 25 quality Fly – no fins • 200 Fly as 25 Fly /25 FS • 100 Backstroke easy 500
Main Set Focus/Tips:	Threshold Set: Choice stroke steady pace 1 x 50 10 sec R 1 x 100 15 sec R 1 x 200 30 sec R 1 x 100 1 x 50 500	Threshold Set: Choice stroke steady pace 2 x 50 10 sec R 1 x 100 15 sec R 1 x 200 30 sec R 1 x 100 2 x 50 600	Threshold Set: Choice stroke steady pace 4 x 50 10 sec R 1 x 100 15 sec R 1 x 200 30 sec R 1 x 100 4 x 50 800
Cool Down	300 Choice 2000	200 Choice 2300	200 Choice 2600