

Lane 1

Example Plan 1: *IM focus*

Equipment: Board, fins

W/up:

100 choice swim
100 choice kick

Main set:

4 x 25 1 arm fly w/ fins @2:00
2 x 50 back @3:00
4 x 25 breast @2:00
2 x 50 free @3:00
100 easy kick
10 minutes IM turns
100 IM (w/ 1 arm fly)

Distance - 800m

Example Plan 2: *Speed focus*

Equipment: Board

W/up:

100 swim (50 free/50 back)
100 back kick w/ board over knees

Main set:

6 x 25 build (increase speed over 25m), (alternate 25 free/25 back) @2:00
50 easy swim
4 x 50 choice (25 sprint/25 easy) @3:30
50 easy swim
4 x 25 sprint choice @2:00
10 - 15 minute relays with other lanes to finish

Distance - 750m

Drills

Strokes	Lane 1	Lane 2	Lane 3	Lane 4
Fly Drill	Both arms on side kicking fly on the front with fins on making sure the head leads the body	Dolphin dives bringing the arms over the water	Breast arms with fly kick	Single fly breathing to the front
	Breast arms and fly kick with fins	Breast arms with fly kick with fins	2 left arms, 2 right arms, 2 double arms breathing to the front	Fly with a pullbuoy making sure both arms are pulling equally
	Single arm fly breathing to the front	Single arm fly breathing to the front	Fly flick drill with fins (focus on hands flicking out the back) 1 Fly pull followed by 3 fly kicks	1 Fly pull followed by 3 fly kicks Fly flick drill with fins (focus on hands flicking out the back)
Fly Kick	Kick on front with a board and fins (focus on keeping the feet together)	Streamline hands out, on front kicking fly and breathing to the front (this can be done with a board as well)	Fly kick on the back with streamline arms with fins	Fly kick on the back with streamline arms with fins
Back Drill	Single arm backstroke (focus on rolling the shoulder)	Single arm backstroke (focus on rolling the shoulder)	Single arm back (focus on rotating the shoulders and keeping the hips and head still)	Catch up backstroke (focus on making sure the catch up occurs above the water and not behind the head - a pullbuoy can be used)
	Backstroke pull with breaststroke kick	Double arm back with breast kick (focus on elbows tucked into sides ready to flick down)	Double arm back with back kick (focus on elbows tucked into sides ready to flick down)	Cup drill (put a cup on the forehead and swim back)
		Bang drill (focus on exaggerated roll of the shoulder)	Cup drill (put a cup on the forehead and swim back)	Back swim with clenched fists
			Back swim with clenched fists	Bang drill (focus on exaggerated roll of the shoulder)
Back Kick	Kicking on back with tight streamline (with fins)	Kicking on the back with fins holding a pullbuoy above the chest	Kicking on the back with fins holding a pullbuoy above the chest	Kicking on the back with fins arms are pressed together above the chest (focus on keeping the hips up)
	Kick board over knees (focus on keeping the knees under the water)	Kick board over knees (focus on keeping the knees under the water)	Kicking on back with tight streamline	Kicking on back with tight streamline
Breast Drill	Breast arms fly kick (with fins)	Breast arms fly kick (with fins)	Breast arms fly kick	Single arm breast (unused arm stays out in front)
	Breast swimming (focus on counting 2 seconds on the glide)	Breast swim with clenched fists	Single arm breast (other arm stays straight in front)	3 pulls 1 kick
	Breast arms free kick	Breast swimming (focus on counting 2 seconds on the glide)	1 pull 2 kicks	Breast swimming (focus on counting 2 seconds on the glide)
	Single arm breast (unused arm stays out in front)	1 pull 2 kicks	3 pulls 1 kick	2 strokes on top of the water followed by 2 strokes under the water
Breast Kick	Breast kick with board	Using a board keep arms straight in front and kick breast	Kick breast on the back making sure the knees stay no more than shoulder width apart	Arms sculling with breast kick
	Breast kick on back (focus on bringing the knees no more than shoulder width apart)	Kick breast on your back focusing on bringing knees no more than shoulder width apart	Hands behind back kicking breast	Hands behind back kicking breast
Free Drill	Long dog with fins (focus on making sure the elbows and arms do not come up above the water)	Long dog with fins (focus on making sure the elbows and arms do not come up above the water)	3-6-3 drill (3 arm rotations followed by 6 kicks on side followed by 3 rotations of arms again)	Long dog with fins (focus on making sure the elbows and arms do not come up above the water)
	3-6-3 drill (3 arm rotations followed by 6 kicks on side followed by 3 rotations of arms again)	Single arm free (focus on keeping the unused arm straight out in front)	Single arm free (focus on keeping the unused arm straight out in front)	3-6-3 drill (3 arm rotations followed by 6 kicks on side followed by 3 rotations of arms again)
	Single arm free using a board (progress the drill to use no board and keeping the unused arm straight out in front)	Drag hand free (focus on making sure the elbows are kept high)	Drag hand free (focus on making sure the elbows are kept high)	Drag hand free (focus on making sure the elbows are kept high)
	Catch up freestyle, (focus on touching the hand before taking the stroke)	Free swim with head up (focus on making sure the chin is above the water and head is still facing forward)	Tap drill (tap the entry then tap the hip and finish the stroke in front, then swap arms and do the same again)	Free swim with head up (focus on making sure the chin is above the water and head is still facing forward)
Free Kick	Free kick with board	Free kick with board	Kick free with one arm straight in front and the other down at the side (breathing to the side)	Breast arms with free kick
	Free kick with arms sculling	Free kick with arms sculling	Free kick with arms sculling	Free kick with board

Lane 1

Example Plan 3: *Technique focus (Fly/Back)*

Equipment: Fins, board

W/up:

100 free

50 back

Main set:

2 x 50 fly kick on front w/ fins @3:30

4 x 25 fly arms breast kick @2:00

4 x 25 single arm fly @2:00

50 back kick board over knees

4 x 25 shoulder kisses @2:00

4 x 25 single arm backstroke @2:00

2 x 50 back @3:30

Last 5 minutes backstroke starts

Distance - 800m

Example Plan 4: *Kick focus*

Equipment: Board

W/up:

50 free

50 back

100 choice kick

Main set:

8 x 25 IM order kick @2:15 (Fly: On front, hands by sides; Back: Board over knees; Breast: On back; Free: Sculling while kicking)

100 easy choice kick

4 x 25 free sprint kick w/ board @2:00

4 x 25 w/ fins (5 kicks U/W, rest of length kick on back in streamline) @2:00

100 easy swim

Dives or game for last 10 minutes

Distance - 800m

Drills

Strokes	Lane 1	Lane 2	Lane 3	Lane 4
Fly Drill	Both arms on side kicking fly on the front with fins on making sure the head leads the body	Dolphin dives bringing the arms over the water	Breast arms with fly kick	Single fly breathing to the front
	Breast arms and fly kick with fins	Breast arms with fly kick with fins	2 left arms, 2 right arms, 2 double arms breathing to the front	Fly with a pullbuoy making sure both arms are pulling equally
	Single arm fly breathing to the front	Single arm fly breathing to the front	Fly flick drill with fins (focus on hands flicking out the back) 1 Fly pull followed by 3 fly kicks	1 Fly pull followed by 3 fly kicks Fly flick drill with fins (focus on hands flicking out the back)
Fly Kick	Kick on front with a board and fins (focus on keeping the feet together)	Streamline hands out, on front kicking fly and breathing to the front (this can be done with a board as well)	Fly kick on the back with streamline arms with fins	Fly kick on the back with streamline arms with fins
Back Drill	Single arm backstroke (focus on rolling the shoulder)	Single arm backstroke (focus on rolling the shoulder)	Single arm back (focus on rotating the shoulders and keeping the hips and head still)	Catch up backstroke (focus on making sure the catch up occurs above the water and not behind the head - a pullbuoy can be used)
	Backstroke pull with breaststroke kick	Double arm back with breast kick (focus on elbows tucked into sides ready to flick down)	Double arm back with back kick (focus on elbows tucked into sides ready to flick down)	Cup drill (put a cup on the forehead and swim back)
		Bang drill (focus on exaggerated roll of the shoulder)	Cup drill (put a cup on the forehead and swim back)	Back swim with clenched fists
		Back swim with clenched fists	Bang drill (focus on exaggerated roll of the shoulder)	
Back Kick	Kicking on back with tight streamline (with fins)	Kicking on the back with fins holding a pullbuoy above the chest	Kicking on the back with fins holding a pullbuoy above the chest	Kicking on the back with fins arms are pressed together above the chest (focus on keeping the hips up)
	Kick board over knees (focus on keeping the knees under the water)	Kick board over knees (focus on keeping the knees under the water)	Kicking on back with tight streamline	Kicking on back with tight streamline
Breast Drill	Breast arms fly kick (with fins)	Breast arms fly kick (with fins)	Breast arms fly kick	Single arm breast (unused arm stays out in front)
	Breast swimming (focus on counting 2 seconds on the glide)	Breast swim with clenched fists	Single arm breast (other arm stays straight in front)	3 pulls 1 kick
	Breast arms free kick	Breast swimming (focus on counting 2 seconds on the glide)	1 pull 2 kicks	Breast swimming (focus on counting 2 seconds on the glide)
	Single arm breast (unused arm stays out in front)	1 pull 2 kicks	3 pulls 1 kick	2 strokes on top of the water followed by 2 strokes under the water
Breast Kick	Breast kick with board	Using a board keep arms straight in front and kick breast	Kick breast on the back making sure the knees stay no more than shoulder width apart	Arms sculling with breast kick
	Breast kick on back (focus on bringing the knees no more than shoulder width apart)	Kick breast on your back focusing on bringing knees no more than shoulder width apart	Hands behind back kicking breast	Hands behind back kicking breast
Free Drill	Long dog with fins (focus on making sure the elbows and arms do not come up above the water)	Long dog with fins (focus on making sure the elbows and arms do not come up above the water)	3-6-3 drill (3 arm rotations followed by 6 kicks on side followed by 3 rotations of arms again)	Long dog with fins (focus on making sure the elbows and arms do not come up above the water)
	3-6-3 drill (3 arm rotations followed by 6 kicks on side followed by 3 rotations of arms again)	Single arm free (focus on keeping the unused arm straight out in front)	Single arm free (focus on keeping the unused arm straight out in front)	3-6-3 drill (3 arm rotations followed by 6 kicks on side followed by 3 rotations of arms again)
	Single arm free using a board (progress the drill to use no board and keeping the unused arm straight out in front)	Drag hand free (focus on making sure the elbows are kept high)	Drag hand free (focus on making sure the elbows are kept high)	Drag hand free (focus on making sure the elbows are kept high)
	Catch up freestyle, (focus on touching the hand before taking the stroke)	Free swim with head up (focus on making sure the chin is above the water and head is still facing forward)	Tap drill (tap the entry then tap the hip and finish the stroke in front, then swap arms and do the same again)	Free swim with head up (focus on making sure the chin is above the water and head is still facing forward)
Free Kick	Free kick with board	Free kick with board	Kick free with one arm straight in front and the other down at the side (breathing to the side)	Breast arms with free kick
	Free kick with arms sculling	Free kick with arms sculling	Free kick with arms sculling	Free kick with board

Lane 2

Example Plan 1: *IM focus*

Equipment: *N/r*

W/up:

150 IM (no fly)

Main set:

4 x 50 (25 IM/25 free, e.g 25 fly/25 free, 25 back/25 free etc) @2:30

8 x 25 IM order drill @1:45 (Fly: Single arm; Back: Funky penguin; Breast: 2 second glide; Free: Head up)

4 x 75 rolling IM (Fly/Back/Breast, Free/Fly/Back, Breast/Free/Fly, Back/Breast/Free) @3:00

4 x 25 IM order start in middle of pool, swim to wall and back @1:45

5 minutes IM turns

100 IM focus on technique and turns

Distance - 1050m

Example Plan 2: *Speed focus*

Equipment: *Board, fins*

W/up:

100 choice swim

100 choice kick

Main set:

4 x 25 IM order build over 25 @ 1:30

3 x 100 swim (sprint 2nd and 4th 25) @4

4 x 25 fly sprint w/ fins @1:30

4 x 25 back sprint @1:30

4 x 25 breast sprint @1:30

100 easy

5 minutes dive technique

4 x 25 dive sprint

Distance - 1100m

Drills

Strokes	Lane 1	Lane 2	Lane 3	Lane 4
Fly Drill	Both arms on side kicking fly on the front with fins on making sure the head leads the body	Dolphin dives bringing the arms over the water	Breast arms with fly kick	Single fly breathing to the front
	Breast arms and fly kick with fins	Breast arms with fly kick with fins	2 left arms, 2 right arms, 2 double arms breathing to the front	Fly with a pullbuoy making sure both arms are pulling equally
	Single arm fly breathing to the front	Single arm fly breathing to the front	Fly flick drill with fins (focus on hands flicking out the back) 1 Fly pull followed by 3 fly kicks	1 Fly pull followed by 3 fly kicks Fly flick drill with fins (focus on hands flicking out the back)
Fly Kick	Kick on front with a board and fins (focus on keeping the feet together)	Streamline hands out, on front kicking fly and breathing to the front (this can be done with a board as well)	Fly kick on the back with streamline arms with fins	Fly kick on the back with streamline arms with fins
Back Drill	Single arm backstroke (focus on rolling the shoulder)	Single arm backstroke (focus on rolling the shoulder)	Single arm back (focus on rotating the shoulders and keeping the hips and head still)	Catch up backstroke (focus on making sure the catch up occurs above the water and not behind the head - a pullbuoy can be used)
	Backstroke pull with breaststroke kick	Double arm back with breast kick (focus on elbows tucked into sides ready to flick down)	Double arm back with back kick (focus on elbows tucked into sides ready to flick down)	Cup drill (put a cup on the forehead and swim back)
		Bang drill (focus on exaggerated roll of the shoulder)	Cup drill (put a cup on the forehead and swim back)	Back swim with clenched fists
		Back swim with clenched fists	Bang drill (focus on exaggerated roll of the shoulder)	
Back Kick	Kicking on back with tight streamline (with fins)	Kicking on the back with fins holding a pullbuoy above the chest	Kicking on the back with fins holding a pullbuoy above the chest	Kicking on the back with fins arms are pressed together above the chest (focus on keeping the hips up)
	Kick board over knees (focus on keeping the knees under the water)	Kick board over knees (focus on keeping the knees under the water)	Kicking on back with tight streamline	Kicking on back with tight streamline
Breast Drill	Breast arms fly kick (with fins)	Breast arms fly kick (with fins)	Breast arms fly kick	Single arm breast (unused arm stays out in front)
	Breast swimming (focus on counting 2 seconds on the glide)	Breast swim with clenched fists	Single arm breast (other arm stays straight in front)	3 pulls 1 kick
	Breast arms free kick	Breast swimming (focus on counting 2 seconds on the glide)	1 pull 2 kicks	Breast swimming (focus on counting 2 seconds on the glide)
	Single arm breast (unused arm stays out in front)	1 pull 2 kicks	3 pulls 1 kick	2 strokes on top of the water followed by 2 strokes under the water
Breast Kick	Breast kick with board	Using a board keep arms straight in front and kick breast	Kick breast on the back making sure the knees stay no more than shoulder width apart	Arms sculling with breast kick
	Breast kick on back (focus on bringing the knees no more than shoulder width apart)	Kick breast on your back focusing on bringing knees no more than shoulder width apart	Hands behind back kicking breast	Hands behind back kicking breast
Free Drill	Long dog with fins (focus on making sure the elbows and arms do not come up above the water)	Long dog with fins (focus on making sure the elbows and arms do not come up above the water)	3-6-3 drill (3 arm rotations followed by 6 kicks on side followed by 3 rotations of arms again)	Long dog with fins (focus on making sure the elbows and arms do not come up above the water)
	3-6-3 drill (3 arm rotations followed by 6 kicks on side followed by 3 rotations of arms again)	Single arm free (focus on keeping the unused arm straight out in front)	Single arm free (focus on keeping the unused arm straight out in front)	3-6-3 drill (3 arm rotations followed by 6 kicks on side followed by 3 rotations of arms again)
	Single arm free using a board (progress the drill to use no board and keeping the unused arm straight out in front)	Drag hand free (focus on making sure the elbows are kept high)	Drag hand free (focus on making sure the elbows are kept high)	Drag hand free (focus on making sure the elbows are kept high)
	Catch up freestyle, (focus on touching the hand before taking the stroke)	Free swim with head up (focus on making sure the chin is above the water and head is still facing forward)	Tap drill (tap the entry then tap the hip and finish the stroke in front, then swap arms and do the same again)	Free swim with head up (focus on making sure the chin is above the water and head is still facing forward)
Free Kick	Free kick with board	Free kick with board	Kick free with one arm straight in front and the other down at the side (breathing to the side)	Breast arms with free kick
	Free kick with arms sculling	Free kick with arms sculling	Free kick with arms sculling	Free kick with board

Lane 2

Example Plan 3: *Technique focus (Breast/Free)*

Equipment: Fins

W/up:

100 free

50 breast

50 breast kick w/ scull

Main set:

4 x 25 breast kick on back @1:45

4 x 25 1 pull 2 kicks @1:45

4 x 25 2 second glide @1:45

4 x 25 breast swim @1:45

2 x 50 free kick with scull @3:00

4 x 25 long dog w/ fins @1:30

4 x 25 one arm free @1:30

4 x 25 drag hand @1:30

100 free w/ tumble turns

5 minutes tumble turn practise e.g tumble turn game

Distance - 1100m

Example Plan 4: *Kick focus*

Equipment: Board, fins

W/up:

200 (50 free/50 kick/50 free/50 kick)

Main set:

4 x 50 IM order kick @3:00

6 x 25 U/W w/ fins @1:30

2 x 100 choice kick @4:30

50 easy swim

4 x 25 kick sprint @1:30

2 x 50 25 kick/25 swim @2:30

Last 10 minutes game/relays

Distance - 1000m

Drills

Strokes	Lane 1	Lane 2	Lane 3	Lane 4
Fly Drill	Both arms on side kicking fly on the front with fins on making sure the head leads the body	Dolphin dives bringing the arms over the water	Breast arms with fly kick	Single fly breathing to the front
	Breast arms and fly kick with fins	Breast arms with fly kick with fins	2 left arms, 2 right arms, 2 double arms breathing to the front	Fly with a pullbuoy making sure both arms are pulling equally
	Single arm fly breathing to the front	Single arm fly breathing to the front	Fly flick drill with fins (focus on hands flicking out the back) 1 Fly pull followed by 3 fly kicks	1 Fly pull followed by 3 fly kicks Fly flick drill with fins (focus on hands flicking out the back)
Fly Kick	Kick on front with a board and fins (focus on keeping the feet together)	Streamline hands out, on front kicking fly and breathing to the front (this can be done with a board as well)	Fly kick on the back with streamline arms with fins	Fly kick on the back with streamline arms with fins
Back Drill	Single arm backstroke (focus on rolling the shoulder)	Single arm backstroke (focus on rolling the shoulder)	Single arm back (focus on rotating the shoulders and keeping the hips and head still)	Catch up backstroke (focus on making sure the catch up occurs above the water and not behind the head - a pullbuoy can be used)
	Backstroke pull with breaststroke kick	Double arm back with breast kick (focus on elbows tucked into sides ready to flick down)	Double arm back with back kick (focus on elbows tucked into sides ready to flick down)	Cup drill (put a cup on the forehead and swim back)
		Bang drill (focus on exaggerated roll of the shoulder)	Cup drill (put a cup on the forehead and swim back)	Back swim with clenched fists
		Back swim with clenched fists	Bang drill (focus on exaggerated roll of the shoulder)	
Back Kick	Kicking on back with tight streamline (with fins)	Kicking on the back with fins holding a pullbuoy above the chest	Kicking on the back with fins holding a pullbuoy above the chest	Kicking on the back with fins arms are pressed together above the chest (focus on keeping the hips up)
	Kick board over knees (focus on keeping the knees under the water)	Kick board over knees (focus on keeping the knees under the water)	Kicking on back with tight streamline	Kicking on back with tight streamline
Breast Drill	Breast arms fly kick (with fins)	Breast arms fly kick (with fins)	Breast arms fly kick	Single arm breast (unused arm stays out in front)
	Breast swimming (focus on counting 2 seconds on the glide)	Breast swim with clenched fists	Single arm breast (other arm stays straight in front)	3 pulls 1 kick
	Breast arms free kick	Breast swimming (focus on counting 2 seconds on the glide)	1 pull 2 kicks	Breast swimming (focus on counting 2 seconds on the glide)
	Single arm breast (unused arm stays out in front)	1 pull 2 kicks	3 pulls 1 kick	2 strokes on top of the water followed by 2 strokes under the water
Breast Kick	Breast kick with board	Using a board keep arms straight in front and kick breast	Kick breast on the back making sure the knees stay no more than shoulder width apart	Arms sculling with breast kick
	Breast kick on back (focus on bringing the knees no more than shoulder width apart)	Kick breast on your back focusing on bringing knees no more than shoulder width apart	Hands behind back kicking breast	Hands behind back kicking breast
Free Drill	Long dog with fins (focus on making sure the elbows and arms do not come up above the water)	Long dog with fins (focus on making sure the elbows and arms do not come up above the water)	3-6-3 drill (3 arm rotations followed by 6 kicks on side followed by 3 rotations of arms again)	Long dog with fins (focus on making sure the elbows and arms do not come up above the water)
	3-6-3 drill (3 arm rotations followed by 6 kicks on side followed by 3 rotations of arms again)	Single arm free (focus on keeping the unused arm straight out in front)	Single arm free (focus on keeping the unused arm straight out in front)	3-6-3 drill (3 arm rotations followed by 6 kicks on side followed by 3 rotations of arms again)
	Single arm free using a board (progress the drill to use no board and keeping the unused arm straight out in front)	Drag hand free (focus on making sure the elbows are kept high)	Drag hand free (focus on making sure the elbows are kept high)	Drag hand free (focus on making sure the elbows are kept high)
	Catch up freestyle, (focus on touching the hand before taking the stroke)	Free swim with head up (focus on making sure the chin is above the water and head is still facing forward)	Tap drill (tap the entry then tap the hip and finish the stroke in front, then swap arms and do the same again)	Free swim with head up (focus on making sure the chin is above the water and head is still facing forward)
Free Kick	Free kick with board	Free kick with board	Kick free with one arm straight in front and the other down at the side (breathing to the side)	Breast arms with free kick
	Free kick with arms sculling	Free kick with arms sculling	Free kick with arms sculling	Free kick with board

Lane 3

Example Plan 1: *IM focus*

Equipment: Board

W/up:

200 FRIM (Free/Back/Breast/Free)

100 choice kick

Main set:

4 x 75 IM order (25 kick/25 drill (choose from drill list)/25 swim) @2:30

8 x 25 IM order swim @1:15 (Start in middle of pool, swim to wall and back)

100 swim arms and legs not the same

6 x 50 choice pull non-freestyle @1:30/1:45

Last 10 minutes turns

Distance - 1200m

Example Plan 2: *Speed focus*

Equipment: Board, pullbuoy, fins

W/up:

200 SKPS (50 swim/50 kick/50 pull/50 swim)

Main set:

8 x 25 (12.5m U/W, 12.5m free sprint) w/ fins @1:15

4 x 75 choice swim (50 easy/25 sprint) @3:00

100 drag hand drill

5 x 50 freestyle build (over 50m) @1:45

2 x 100 choice pull (25 easy/25 sprint x2) @3:30

Last 10 minutes dives/dive sprints

Distance - 1250m

Drills

Strokes	Lane 1	Lane 2	Lane 3	Lane 4
Fly Drill	Both arms on side kicking fly on the front with fins on making sure the head leads the body	Dolphin dives bringing the arms over the water	Breast arms with fly kick	Single fly breathing to the front
	Breast arms and fly kick with fins	Breast arms with fly kick with fins	2 left arms, 2 right arms, 2 double arms breathing to the front	Fly with a pullbuoy making sure both arms are pulling equally
	Single arm fly breathing to the front	Single arm fly breathing to the front	Fly flick drill with fins (focus on hands flicking out the back) 1 Fly pull followed by 3 fly kicks	1 Fly pull followed by 3 fly kicks Fly flick drill with fins (focus on hands flicking out the back)
Fly Kick	Kick on front with a board and fins (focus on keeping the feet together)	Streamline hands out, on front kicking fly and breathing to the front (this can be done with a board as well)	Fly kick on the back with streamline arms with fins	Fly kick on the back with streamline arms with fins
Back Drill	Single arm backstroke (focus on rolling the shoulder)	Single arm backstroke (focus on rolling the shoulder)	Single arm back (focus on rotating the shoulders and keeping the hips and head still)	Catch up backstroke (focus on making sure the catch up occurs above the water and not behind the head - a pullbuoy can be used)
	Backstroke pull with breaststroke kick	Double arm back with breast kick (focus on elbows tucked into sides ready to flick down)	Double arm back with back kick (focus on elbows tucked into sides ready to flick down)	Cup drill (put a cup on the forehead and swim back)
		Bang drill (focus on exaggerated roll of the shoulder)	Cup drill (put a cup on the forehead and swim back)	Back swim with clenched fists
		Back swim with clenched fists	Bang drill (focus on exaggerated roll of the shoulder)	
Back Kick	Kicking on back with tight streamline (with fins)	Kicking on the back with fins holding a pullbuoy above the chest	Kicking on the back with fins holding a pullbuoy above the chest	Kicking on the back with fins arms are pressed together above the chest (focus on keeping the hips up)
	Kick board over knees (focus on keeping the knees under the water)	Kick board over knees (focus on keeping the knees under the water)	Kicking on back with tight streamline	Kicking on back with tight streamline
Breast Drill	Breast arms fly kick (with fins)	Breast arms fly kick (with fins)	Breast arms fly kick	Single arm breast (unused arm stays out in front)
	Breast swimming (focus on counting 2 seconds on the glide)	Breast swim with clenched fists	Single arm breast (other arm stays straight in front)	3 pulls 1 kick
	Breast arms free kick	Breast swimming (focus on counting 2 seconds on the glide)	1 pull 2 kicks	Breast swimming (focus on counting 2 seconds on the glide)
	Single arm breast (unused arm stays out in front)	1 pull 2 kicks	3 pulls 1 kick	2 strokes on top of the water followed by 2 strokes under the water
Breast Kick	Breast kick with board	Using a board keep arms straight in front and kick breast	Kick breast on the back making sure the knees stay no more than shoulder width apart	Arms sculling with breast kick
	Breast kick on back (focus on bringing the knees no more than shoulder width apart)	Kick breast on your back focusing on bringing knees no more than shoulder width apart	Hands behind back kicking breast	Hands behind back kicking breast
Free Drill	Long dog with fins (focus on making sure the elbows and arms do not come up above the water)	Long dog with fins (focus on making sure the elbows and arms do not come up above the water)	3-6-3 drill (3 arm rotations followed by 6 kicks on side followed by 3 rotations of arms again)	Long dog with fins (focus on making sure the elbows and arms do not come up above the water)
	3-6-3 drill (3 arm rotations followed by 6 kicks on side followed by 3 rotations of arms again)	Single arm free (focus on keeping the unused arm straight out in front)	Single arm free (focus on keeping the unused arm straight out in front)	3-6-3 drill (3 arm rotations followed by 6 kicks on side followed by 3 rotations of arms again)
	Single arm free using a board (progress the drill to use no board and keeping the unused arm straight out in front)	Drag hand free (focus on making sure the elbows are kept high)	Drag hand free (focus on making sure the elbows are kept high)	Drag hand free (focus on making sure the elbows are kept high)
	Catch up freestyle, (focus on touching the hand before taking the stroke)	Free swim with head up (focus on making sure the chin is above the water and head is still facing forward)	Tap drill (tap the entry then tap the hip and finish the stroke in front, then swap arms and do the same again)	Free swim with head up (focus on making sure the chin is above the water and head is still facing forward)
Free Kick	Free kick with board	Free kick with board	Kick free with one arm straight in front and the other down at the side (breathing to the side)	Breast arms with free kick
	Free kick with arms sculling	Free kick with arms sculling	Free kick with arms sculling	Free kick with board

Lane 3

Example Plan 3: *Technique focus (Free/Breast)*

Equipment: Fins

W/up:

5 x 50 breast pull free kick w/ fins @1:45

Main set:

100 breast kick on back

4 x 25 hands behind back kicking breast @1:30

4 x 25 single arm breast @1:30

4 x 25 1 pull 2 kicks @1:30

2 x 50 breast @2:00

100 free kick on side 1 arm up

4 x 25 3-6-3 drill @1:15

4 x 25 single arm free @1:15

4 x 25 drag hand @1:15

100 free

Distance - 1250m

Example Plan 4: *Kick focus*

Equipment: Fins, board, pullbuoy

W/up:

100 choice swim

100 choice kick

Main set:

8 x 25 choice kick sprint @1:30

4 x 100 IM order kick @3:30

100 easy swim

4 x 50 back kick with fins holding pullbuoy above chest @2:00

200 IM kick

Last 10 minutes game or relays

Distance - 1300m

Drills

Strokes	Lane 1	Lane 2	Lane 3	Lane 4
Fly Drill	Both arms on side kicking fly on the front with fins on making sure the head leads the body	Dolphin dives bringing the arms over the water	Breast arms with fly kick	Single fly breathing to the front
	Breast arms and fly kick with fins	Breast arms with fly kick with fins	2 left arms, 2 right arms, 2 double arms breathing to the front	Fly with a pullbuoy making sure both arms are pulling equally
	Single arm fly breathing to the front	Single arm fly breathing to the front	Fly flick drill with fins (focus on hands flicking out the back) 1 Fly pull followed by 3 fly kicks	1 Fly pull followed by 3 fly kicks Fly flick drill with fins (focus on hands flicking out the back)
Fly Kick	Kick on front with a board and fins (focus on keeping the feet together)	Streamline hands out, on front kicking fly and breathing to the front (this can be done with a board as well)	Fly kick on the back with streamline arms with fins	Fly kick on the back with streamline arms with fins
Back Drill	Single arm backstroke (focus on rolling the shoulder)	Single arm backstroke (focus on rolling the shoulder)	Single arm back (focus on rotating the shoulders and keeping the hips and head still)	Catch up backstroke (focus on making sure the catch up occurs above the water and not behind the head - a pullbuoy can be used)
	Backstroke pull with breaststroke kick	Double arm back with breast kick (focus on elbows tucked into sides ready to flick down)	Double arm back with back kick (focus on elbows tucked into sides ready to flick down)	Cup drill (put a cup on the forehead and swim back)
		Bang drill (focus on exaggerated roll of the shoulder)	Cup drill (put a cup on the forehead and swim back)	Back swim with clenched fists
		Back swim with clenched fists	Bang drill (focus on exaggerated roll of the shoulder)	
Back Kick	Kicking on back with tight streamline (with fins)	Kicking on the back with fins holding a pullbuoy above the chest	Kicking on the back with fins holding a pullbuoy above the chest	Kicking on the back with fins arms are pressed together above the chest (focus on keeping the hips up)
	Kick board over knees (focus on keeping the knees under the water)	Kick board over knees (focus on keeping the knees under the water)	Kicking on back with tight streamline	Kicking on back with tight streamline
Breast Drill	Breast arms fly kick (with fins)	Breast arms fly kick (with fins)	Breast arms fly kick	Single arm breast (unused arm stays out in front)
	Breast swimming (focus on counting 2 seconds on the glide)	Breast swim with clenched fists	Single arm breast (other arm stays straight in front)	3 pulls 1 kick
	Breast arms free kick	Breast swimming (focus on counting 2 seconds on the glide)	1 pull 2 kicks	Breast swimming (focus on counting 2 seconds on the glide)
	Single arm breast (unused arm stays out in front)	1 pull 2 kicks	3 pulls 1 kick	2 strokes on top of the water followed by 2 strokes under the water
Breast Kick	Breast kick with board	Using a board keep arms straight in front and kick breast	Kick breast on the back making sure the knees stay no more than shoulder width apart	Arms sculling with breast kick
	Breast kick on back (focus on bringing the knees no more than shoulder width apart)	Kick breast on your back focusing on bringing knees no more than shoulder width apart	Hands behind back kicking breast	Hands behind back kicking breast
Free Drill	Long dog with fins (focus on making sure the elbows and arms do not come up above the water)	Long dog with fins (focus on making sure the elbows and arms do not come up above the water)	3-6-3 drill (3 arm rotations followed by 6 kicks on side followed by 3 rotations of arms again)	Long dog with fins (focus on making sure the elbows and arms do not come up above the water)
	3-6-3 drill (3 arm rotations followed by 6 kicks on side followed by 3 rotations of arms again)	Single arm free (focus on keeping the unused arm straight out in front)	Single arm free (focus on keeping the unused arm straight out in front)	3-6-3 drill (3 arm rotations followed by 6 kicks on side followed by 3 rotations of arms again)
	Single arm free using a board (progress the drill to use no board and keeping the unused arm straight out in front)	Drag hand free (focus on making sure the elbows are kept high)	Drag hand free (focus on making sure the elbows are kept high)	Drag hand free (focus on making sure the elbows are kept high)
	Catch up freestyle, (focus on touching the hand before taking the stroke)	Free swim with head up (focus on making sure the chin is above the water and head is still facing forward)	Tap drill (tap the entry then tap the hip and finish the stroke in front, then swap arms and do the same again)	Free swim with head up (focus on making sure the chin is above the water and head is still facing forward)
Free Kick	Free kick with board	Free kick with board	Kick free with one arm straight in front and the other down at the side (breathing to the side)	Breast arms with free kick
	Free kick with arms sculling	Free kick with arms sculling	Free kick with arms sculling	Free kick with board

Lane 4

Example Plan 1: *IM focus*

Equipment: Kickboard, pullbuoy, fins

W/up:

300 SKP (100 swim, 100 kick, 100 pull)

Main set:

6 x 50 fly kick in streamline on back w/ fins @1:30

3 x 100 IM (3 kicks/pullout off every wall) @2:45

12 x 25 IM order drill (Coaches choice **OR** Fly: Flick drill; Back: Fist back; Breast: Single arm br; Free: Drag hand) @1:00

IM turns (10 minutes)

200 IM focus on technique from drills and turns (from earlier)

Distance - 1500m

Example Plan 2: *Speed focus*

Equipment: Kickboard, pullbuoy

W/up:

400 choice swim

Main set:

4 x 100 IM order kick (50 easy/50 sprint) @3:00

8 x 25 choice build (increase speed over 25) @1:00

4 x 100 IM order pull (50 easy/50 sprint) @3:00

4 x 25 dive sprints

Dive technique (10 minutes) (Plunge dives/dive progressions)

Distance - 1500m

TSC Drills

Strokes	Lane 1	Lane 2	Lane 3	Lane 4
Fly Drill	Both arms on side kicking fly on the front with fins on making sure the head leads the body	Dolphin dives bringing the arms over the water	Breast arms with fly kick	Single fly breathing to the front
	Breast arms and fly kick with fins	Breast arms with fly kick with fins	2 left arms, 2 right arms, 2 double arms breathing to the front	Fly with a pullbuoy making sure both arms are pulling equally
	Single arm fly breathing to the front	Single arm fly breathing to the front	Fly flick drill with fins (focus on hands flicking out the back) 1 Fly pull followed by 3 fly kicks	1 Fly pull followed by 3 fly kicks Fly flick drill with fins (focus on hands flicking out the back)
Fly Kick	Kick on front with a board and fins (focus on keeping the feet together)	Streamline hands out, on front kicking fly and breathing to the front (this can be done with a board as well)	Fly kick on the back with streamline arms with fins	Fly kick on the back with streamline arms with fins
Back Drill	Single arm backstroke (focus on rolling the shoulder)	Single arm backstroke (focus on rolling the shoulder)	Single arm back (focus on rotating the shoulders and keeping the hips and head still)	Catch up backstroke (focus on making sure the catch up occurs above the water and not behind the head - a pullbuoy can be used)
	Backstroke pull with breaststroke kick	Double arm back with breast kick (focus on elbows tucked into sides ready to flick down)	Double arm back with back kick (focus on elbows tucked into sides ready to flick down)	Cup drill (put a cup on the forehead and swim back)
		Bang drill (focus on exaggerated roll of the shoulder)	Cup drill (put a cup on the forehead and swim back)	Back swim with clenched fists
		Back swim with clenched fists	Bang drill (focus on exaggerated roll of the shoulder)	
Back Kick	Kicking on back with tight streamline (with fins)	Kicking on the back with fins holding a pullbuoy above the chest	Kicking on the back with fins holding a pullbuoy above the chest	Kicking on the back with fins arms are pressed together above the chest (focus on keeping the hips up)
	Kick board over knees (focus on keeping the knees under the water)	Kick board over knees (focus on keeping the knees under the water)	Kicking on back with tight streamline	Kicking on back with tight streamline
Breast Drill	Breast arms fly kick (with fins)	Breast arms fly kick (with fins)	Breast arms fly kick	Single arm breast (unused arm stays out in front)
	Breast swimming (focus on counting 2 seconds on the glide)	Breast swim with clenched fists	Single arm breast (other arm stays straight in front)	3 pulls 1 kick
	Breast arms free kick	Breast swimming (focus on counting 2 seconds on the glide)	1 pull 2 kicks	Breast swimming (focus on counting 2 seconds on the glide)
	Single arm breast (unused arm stays out in front)	1 pull 2 kicks	3 pulls 1 kick	2 strokes on top of the water followed by 2 strokes under the water
Breast Kick	Breast kick with board	Using a board keep arms straight in front and kick breast	Kick breast on the back making sure the knees stay no more than shoulder width apart	Arms sculling with breast kick
	Breast kick on back (focus on bringing the knees no more than shoulder width apart)	Kick breast on your back focusing on bringing knees no more than shoulder width apart	Hands behind back kicking breast	Hands behind back kicking breast
Free Drill	Long dog with fins (focus on making sure the elbows and arms do not come up above the water)	Long dog with fins (focus on making sure the elbows and arms do not come up above the water)	3-6-3 drill (3 arm rotations followed by 6 kicks on side followed by 3 rotations of arms again)	Long dog with fins (focus on making sure the elbows and arms do not come up above the water)
	3-6-3 drill (3 arm rotations followed by 6 kicks on side followed by 3 rotations of arms again)	Single arm free (focus on keeping the unused arm straight out in front)	Single arm free (focus on keeping the unused arm straight out in front)	3-6-3 drill (3 arm rotations followed by 6 kicks on side followed by 3 rotations of arms again)
	Single arm free using a board (progress the drill to use no board and keeping the unused arm straight out in front)	Drag hand free (focus on making sure the elbows are kept high)	Drag hand free (focus on making sure the elbows are kept high)	Drag hand free (focus on making sure the elbows are kept high)
	Catch up freestyle, (focus on touching the hand before taking the stroke)	Free swim with head up (focus on making sure the chin is above the water and head is still facing forward)	Tap drill (tap the entry then tap the hip and finish the stroke in front, then swap arms and do the same again)	Free swim with head up (focus on making sure the chin is above the water and head is still facing forward)
Free Kick	Free kick with board	Free kick with board	Kick free with one arm straight in front and the other down at the side (breathing to the side)	Breast arms with free kick
	Free kick with arms sculling	Free kick with arms sculling	Free kick with arms sculling	Free kick with board

Lane 4

Example Plan 3: *Technique focus (Fly/Back)*

Equipment: *Fins, cups*

W/up:

300 reverse IM

Main set:

2 x 100 fly kick w/ fins on back @2:30

4 x 25 fly flick drill w/ fins @1:00

4 x 25 single arm fly (breathing to front) @1:00

4 x 25 fly pull @1:00

2 x 50 fly @1:30/1:45

100 back kick with fins arms above chest in streamline

4 x 25 funky penguin @1:00

4 x 25 bang drill @1:00

4 x 25 cup backstroke @1:00

2 x 50 back @1:30 @1:00

Game e.g sharks and minnows, paper scissors rock, goggle game, tumble turn game

Distance - 1400m

Example Plan 4: *Kick focus*

Equipment: *Fins, board*

W/up:

200 choice swim

6 x 50 breast pull fly kick w/ fins @1:45

Main set:

400 IM kick

8 x 25 U/W w/ fins @1:15

2 x 200 choice alternate 50 kick/50 swim @6:00

15 minutes of relays with other lanes

Distance - 1500m

Drills

Strokes	Lane 1	Lane 2	Lane 3	Lane 4
Fly Drill	Both arms on side kicking fly on the front with fins on making sure the head leads the body	Dolphin dives bringing the arms over the water	Breast arms with fly kick	Single fly breathing to the front
	Breast arms and fly kick with fins	Breast arms with fly kick with fins	2 left arms, 2 right arms, 2 double arms breathing to the front	Fly with a pullbuoy making sure both arms are pulling equally
	Single arm fly breathing to the front	Single arm fly breathing to the front	Fly flick drill with fins (focus on hands flicking out the back) 1 Fly pull followed by 3 fly kicks	1 Fly pull followed by 3 fly kicks Fly flick drill with fins (focus on hands flicking out the back)
Fly Kick	Kick on front with a board and fins (focus on keeping the feet together)	Streamline hands out, on front kicking fly and breathing to the front (this can be done with a board as well)	Fly kick on the back with streamline arms with fins	Fly kick on the back with streamline arms with fins
Back Drill	Single arm backstroke (focus on rolling the shoulder)	Single arm backstroke (focus on rolling the shoulder)	Single arm back (focus on rotating the shoulders and keeping the hips and head still)	Catch up backstroke (focus on making sure the catch up occurs above the water and not behind the head - a pullbuoy can be used)
	Backstroke pull with breaststroke kick	Double arm back with breast kick (focus on elbows tucked into sides ready to flick down)	Double arm back with back kick (focus on elbows tucked into sides ready to flick down)	Cup drill (put a cup on the forehead and swim back)
		Bang drill (focus on exaggerated roll of the shoulder)	Cup drill (put a cup on the forehead and swim back) Back swim with clenched fists	Back swim with clenched fists Bang drill (focus on exaggerated roll of the shoulder)
Back Kick	Kicking on back with tight streamline (with fins)	Kicking on the back with fins holding a pullbuoy above the chest	Kicking on the back with fins holding a pullbuoy above the chest	Kicking on the back with fins arms are pressed together above the chest (focus on keeping the hips up)
	Kick board over knees (focus on keeping the knees under the water)	Kick board over knees (focus on keeping the knees under the water)	Kicking on back with tight streamline	Kicking on back with tight streamline
Breast Drill	Breast arms fly kick (with fins)	Breast arms fly kick (with fins)	Breast arms fly kick	Single arm breast (unused arm stays out in front)
	Breast swimming (focus on counting 2 seconds on the glide)	Breast swim with clenched fists	Single arm breast (other arm stays straight in front)	3 pulls 1 kick
	Breast arms free kick	Breast swimming (focus on counting 2 seconds on the glide)	1 pull 2 kicks	Breast swimming (focus on counting 2 seconds on the glide)
	Single arm breast (unused arm stays out in front)	1 pull 2 kicks	3 pulls 1 kick	2 strokes on top of the water followed by 2 strokes under the water
Breast Kick	Breast kick with board	Using a board keep arms straight in front and kick breast	Kick breast on the back making sure the knees stay no more than shoulder width apart	Arms sculling with breast kick
	Breast kick on back (focus on bringing the knees no more than shoulder width apart)	Kick breast on your back focusing on bringing knees no more than shoulder width apart	Hands behind back kicking breast	Hands behind back kicking breast
Free Drill	Long dog with fins (focus on making sure the elbows and arms do not come up above the water)	Long dog with fins (focus on making sure the elbows and arms do not come up above the water)	3-6-3 drill (3 arm rotations followed by 6 kicks on side followed by 3 rotations of arms again)	Long dog with fins (focus on making sure the elbows and arms do not come up above the water)
	3-6-3 drill (3 arm rotations followed by 6 kicks on side followed by 3 rotations of arms again)	Single arm free (focus on keeping the unused arm straight out in front)	Single arm free (focus on keeping the unused arm straight out in front)	3-6-3 drill (3 arm rotations followed by 6 kicks on side followed by 3 rotations of arms again)
	Single arm free using a board (progress the drill to use no board and keeping the unused arm straight out in front)	Drag hand free (focus on making sure the elbows are kept high)	Drag hand free (focus on making sure the elbows are kept high)	Drag hand free (focus on making sure the elbows are kept high)
	Catch up freestyle, (focus on touching the hand before taking the stroke)	Free swim with head up (focus on making sure the chin is above the water and head is still facing forward)	Tap drill (tap the entry then tap the hip and finish the stroke in front, then swap arms and do the same again)	Free swim with head up (focus on making sure the chin is above the water and head is still facing forward)
Free Kick	Free kick with board	Free kick with board	Kick free with one arm straight in front and the other down at the side (breathing to the side)	Breast arms with free kick
	Free kick with arms sculling	Free kick with arms sculling	Free kick with arms sculling	Free kick with board