

Tawa Swim Club - School Term Progression & Routine

Strokes		Drills for Technical Development	Fitness / Interval Training	Dives / Turns
Wk 1 & Wk 6	Free	Freestyle drills: 1) Catch-up 2) Single arm (resting arm in front) 24 Freestyle drills videos to cover thought the year (6 drills per term)	Keep distances short to maintain best possible technique <u>Below is an example of progression:</u> 8 x 25 m on 45" start Once the above is constantly achieved a few times, proceed to the next step: 2 x (6 x 25 m on 45" + 50 m on 1'30) In a longer term: 3 x (4 x 25 m on 40" + 2 x 50 m on 1'20) Then: 12 x 50 m on 1'20 Then: 2 x (6 x 50 m on 1'15 + 100 m on 2'30) Eventually: 16 x 50 m on 1'15 Once the above is constantly achieved a few times, proceed to the next step: 3 x (4 x 50 m on 1'10 + 100 m on 2'20) In a longer term: 4 x (2 x 50 m on 1'00 + 2 x 100 m on 2'00)	Dives Underwater Fly kicks Turns: Fr TBT
Wk 2 & Wk 7	Breast & Free	Breaststroke drills: 1) Breaststroke arms with Freestyle kicks Focus on quick arms (Scoop & shoot) Focus on breathing timing (lift head up as starting to scoop to avoid hands posing under chin) 2) Two kicks to One pull (for stroke timing) 3) DPS max (to emphasize good kick and streamline)	Then: 12 x 50 m on 1'20 Then: 2 x (6 x 50 m on 1'15 + 100 m on 2'30) Eventually: 16 x 50 m on 1'15 Once the above is constantly achieved a few times, proceed to the next step: 3 x (4 x 50 m on 1'10 + 100 m on 2'20) In a longer term: 4 x (2 x 50 m on 1'00 + 2 x 100 m on 2'00)	Breast Pull out Turns: Br – Br
Wk 3 & Wk 8	Back & Free	Backstroke drills: 1) SA (Single arm resting arm at side) Focus on rolling shoulders + 2) DA (double arms) To strengthen the core (tummy up!) 3) Robot drill (bent – straight up – around) To strengthen the core (tummy up!) 4) Half tennis ball on forehead Focus on keeping head still	Then: 12 x 50 m on 1'20 Then: 2 x (6 x 50 m on 1'15 + 100 m on 2'30) Eventually: 16 x 50 m on 1'15 Once the above is constantly achieved a few times, proceed to the next step: 3 x (4 x 50 m on 1'10 + 100 m on 2'20) In a longer term: 4 x (2 x 50 m on 1'00 + 2 x 100 m on 2'00)	Bk start + Underwater Fly kicks Turns: Bk TBT
Wk 4 & Wk 9	Fly & Free	Butterfly drills: 1) As many FAST arms without breathing 2) Four kicks to One pull For breathing timing (breathe when push) 3) Single arm (Kick IN, Kick OUT) To focus on stroke & kicks timing	Then: 12 x 50 m on 1'20 Then: 2 x (6 x 50 m on 1'15 + 100 m on 2'30) Eventually: 16 x 50 m on 1'15 Once the above is constantly achieved a few times, proceed to the next step: 3 x (4 x 50 m on 1'10 + 100 m on 2'20) In a longer term: 4 x (2 x 50 m on 1'00 + 2 x 100 m on 2'00)	Turns: Fly – Fly
Wk 5 & Wk 10	I.M. Time trials Fun Relays Games	Technical set example: 16 x 25 as 4 Fly / 4 Bk / 4 Br / 4 Fr Fins optional Stroke counts (DPS)	<u>Set examples:</u> 12 x 25 I.M. order on 45" or 1'00 Then: 12 x 50 as: 1 st & 4 th 50 : 25 Fly / 25 Bk 2 nd & 5 th 50: 25 Bk / 25 Br 3 rd & 6 th 50: 25 Br / 25 Fr	Turns: Fly – Bk Bk – Br Br – Fr