

Haverfordwest Seals - 15 week Training Programme:

Date	Stroke/Skill	Core Element			
		Water Dragons	Squad 1	Squad 2	Squad 3 & Skills+
Week 1	Butterfly	Porpoising Fly kick – 10m Fly arms – walking. Dive from poolside.	Porpoising Single arm drills IM turns. Dive from poolside.	Streamline push and fly kick starts. Single arm drills & full stroke technique – use pace clock	Streamline push start/turns. Single arm drills & full stroke technique – pace clock.
Week 2	Backstroke	Streamline P&G Fly kick at starts. Single arm drill. Sculling.	Streamline P&G Fly kick at starts. Count from flags. Simple use pace clock Sculling.	Concentrate Streamline and hard fly kick from wall. Counting from flags. BK turns. Sculling.	Streamline start/turn and 5m fly kick off wall. Back fullstroke drills. Endurance set – maintain technique – use pace clock.
Week 3	Breaststroke	Breast kick–correct feet pos’n and simultaneous. Arm pull drill. Treading water.	Breast kick–correct feet pos’n and simultaneous. Arm pull drills. Treading water drills	BR kick–streamline, touch heels, arms folded, fartlek. BR Pull drills. Pace clock. Treading water drill.	BR kick–streamline, touch heels, arms folded, fartlek, endurance. BR Pull drills. Full stroke technique - short repetition DPS. Pace clock.
Week 4	Frontcrawl	Streamline P&G Kick technique Breathing timing. Dive from poolside.	Streamline P&G Kick technique Full stroke endurance set–maintain technique. Simple use pace clock. Dive from poolside.	Streamline push and fly kick Kick technique Full stroke endurance set–maintain technique. Pace clock.	Streamline push start/turns 5m kick. Kick technique. Full stroke endurance set (build to 400m+ & maintain technique). Pace clock.
Week 5	Starts/turns/race finish	Concentrate on dive from poolside and legal touch (all strokes).	Warm up then concentrate on each element for each stroke and IM, 5-10m only.	Warm up then concentrate on each element for each stroke including IM. Can use half-lengths.	Warm up then concentrate on each element for each stroke including IM. Can use half-lengths.
Week 6	Butterfly	Streamline push & fly kick – 10m Dive into fly kick. Single arm with kick. Sculling	Fly kick Fly starts (dive) – 10m only. Sculling	Fly kick on front and on back. Fly starts & IM turns Pace clock Sculling	Fly kick on front and on back. Repetition set – maintain technique – use pace clock. Fly race start & IM turns Sculling
Week 7	Backstroke	Back kick. ‘S’ Pull technique where appropriate. Practice rotation in water.	Streamline push and fly kick on back Back kick. ‘S’ Pull technique Simple use pace clock	Back kick – mix kickboard with streamline and fartlek. ‘S’ pull technique. Full stroke repetition set – even pace using pace clock.	Back kick – mix streamline, arms folded and fartlek. Pull technique drills. Speed set (e.g.100mPB+15secs). Pace clock.
Week 8	Breaststroke	Streamline starts. Full stroke technique over short distance. Dive from poolside.	Pull technique. Full stroke technique. Breast starts (push). Dive from poolside.	Full stroke drills. Endurance set (e.g 6x50m on 2mins) – maintain technique. BR starts & turns – timed. Pace clock.	Full stroke technique. Endurance set (build to 200m & maintain technique)–pace clock. BR starts – timed.

Week 9	Frontcrawl	Full stroke technique. Kick technique. FR starts – 10m Sculling	Full stroke drills & technique. Kick endurance set. FR starts – 10m Sculling	Full stroke drills & technique – use pace clock. Kick endurance set. FR starts – streamline - timed. Sculling	Full stroke drills & technique – streamline - pace clock. Kick endurance set. FR starts – streamline - timed. Sculling
Week 10	I.M.	Concentrate on dive from poolside and legal touch (all strokes). Treading water.	IM fullstroke technique. IM turns. Simple use pace clock. Treading water drills. Dive from poolside.	IM full stroke technique. IM turns. Pace clock. Treading water drills.	IM full stroke technique. IM turns. Endurance set (build to 400IM maintain technique) - pace clock. Treading water drills.
Week 11	Butterfly	Porpoising. Streamline push with fly kick. Drill to fullstroke-10m Floating practices	Streamline push with fly kick. Drill to full stroke set. Fly turns – 5m in/out Floating practices	Streamline push with fly kick. Drill to full stroke transition sets – use pace clock. Fly turns.	Streamline push start/turns. Endurance set (build to 100m + with technique maintained). Fly turns. Sculling
Week 12	Backstroke	Streamline start. Basic fullstroke. ‘S’ Pull drills. Introduce count from flags (where approp).	‘S’ Pull drills. Count from flags. Introduce turns. Endurance exercise – maintain technique.	Full stroke drills. Endurance set (e.g. 6x50m on 2mins) – maintain technique. Starts and turns – timed. Pace clock.	Streamline & 5m kick Full stroke Bk drills. Endurance set (build to 200m & maintain technique)-pace clock. Starts –timed.
Week 13	Breaststroke	Breast kick–correct feet pos’n and simultaneous. BR progression drill. Tread water–BR kick.	Legal full stroke. Breast starts (dive) & turns. Endurance set – maintain technique.	Kick/Pull drills. Repetition set–even pace use clock. BR Turns – timed (e.g. flags to flags)	Full stroke drill. Speed set (e.g. 100m PB+15sec). BR turns – timed. Tread water drills (e.g. fly, egg-beater,etc).
Week 14	Frontcrawl	Streamline P&G Breathing timing. Kick endurance. Arm drills. Sculling.	Streamline P&G Easy repetition set using pace clock. Sculling.	Streamline push start - 5m kick. Repetition set using pace clock – even paced (e.g. +/-2sec 25m, +/- 3sec 50m). Sculling.	Streamline push start/turn 5m kick. Repetition set using pace clock – even paced (e.g. +/- 3sec 100m). Sculling.
Week 15	Relays and take-overs	Concentrate on dive from poolside, legal touch and familiarity with timing takeover. Rotation practice.	Warm up. Starts, finishes and take-overs – 10m only. Relay practice.	Starts, finishes and take-overs (can use half-lengths). Introduce ‘leaning’ for competent swimmers. Relay practice.	Starts, finishes and take-overs (can use half-lengths). Practice ‘leaning’ for takeovers. Relay practice.
Repeat Week 1					