



Special Olympics

AQUATICS COACHING GUIDE

Teaching Aquatics Skills

Squad Training Level



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Sample Squad Training Program

The following training program provides an example plan for Special Olympics aquatics athletes. The program provides coaches with a basic concept of progression of swimming skills. Of course, each coach will want to conduct his/her training program according to his/her athletes' specific needs and ability levels, factoring in the facilities available and time constraints.

The program takes swimmers from an introduction to the water through awareness of the four competitive strokes and individual medley. In many cases, it will take more than eight weeks to achieve this level. If possible, athletes should attempt to participate in a year-round aquatics program to attain higher levels of technical competency and fitness. The following conditions are assumed prior to starting this training program.

1. The plan is based on 60-minute training sessions in the water.
2. The plan is based on the facility being available three or more times per week.
3. The plan assumes that all swimmers can swim 25 meters of freestyle and backstroke without assistance and would have learned all the skills from the Stroke Development Section.
4. The pool size used in this training example is 25 meters. However, a 50-meter pool can be used.

Adjustments to the entire program may be necessary, depending on the specific team/squad situation. As a coach, if you do not have the pool time available, or your athletes are not at the level of the plan, use this as an example and a goal to work toward. Feel free to take parts of the training plan and use appropriately for your own team/squad, remembering to build up gradually and maintain a high level of responsibility and care for your athletes.

Coaching Tips

- Work within the athlete's ability.
- Set goals, these can be individual to the athlete or for the group.
- Ensure that your goals are achievable for you and realistic for the athletes.
- Repetition of praise is important in working with the swimmer, especially in the learning phase.
- As coach, you may have to adapt the stroke to the athlete, not the athlete to the stroke, realizing that there are specific rules for each stroke.
- Some athletes have a short attention span. Keep instructions short and simple. Make all instructions clear, concise and consistent.
- When teaching a new stroke, break down the stroke into various skill components.
- Correct a small part of the stroke at a time.
- Reassess each training session and change programs if required.
- End each training session on a positive note.
- Fatigue factors to look for: kick factor (no white water), cramps, flush color in the face, shortness of breath, chilling, shivering and yawning.
- If possible, use a pace clock and have swimmers leave when the second hand is at the top or bottom.
- Encourage swimmers to bring their own water bottle and equipment to every training session.
- Have training aids available to your swimmers, such as fins, paddles, pull buoys. Each swimmer needs to have a spare pair of goggles and cap.

Please Note

There must be a certified lifeguard on the pool deck at all times while athletes are in the pool area. Ensure that all safety precautions are taken and that a high level of duty of care be given to all athletes under your instruction.



Prior to any program being conducted, it would be advisable that you have a very good idea of the levels and ability of the swimmers who are going to be part of your groups. A suggestion would be to conduct some “tryout” or “assessment” sessions to determine which levels are best suited for your swimmers. By doing this you will be well prepared to start preparing your weekly programs.

- ♦ Be aware of your swimmers’ ages. Remember that you may have a variety of ages in your groups, so it is important that activities be programmed that are age appropriate.
- ♦ If you have more than one group or squad of varying skill levels, it is suggested that you name each group/squad; for example, Level 1 or Level 2, or Squad 1 or Squad 2, or give them a name relating to a well-known swimmer, etc., to distinguish groups.

The sample workouts below refer to three different group/squad levels and will give workouts for each over an eight-week period. These workouts are only an example of the type of programs that can be developed and will vary according to the number and skill level of your swimmers. Whether or not you use the following training program, be consistent in several areas.

Duty of Care

The safety and well being of each athlete needs to be your first priority when developing any Special Olympics aquatics training program. Any potential dangers need to be identified and action taken as soon as possible.

Warm-Up

Warm-up time needs to be programmed into the training session prior to entering the water. Emphasis is on raising the swimmer’s heart rate, warming up muscle groups and building basic muscle strength. It is also important that swimmers are taught the correct warm-up drills. Warm-up sessions need to be supervised.

Training Equipment

Swimmers are encouraged to have all required training equipment with them at each training session, e.g., water bottle, fins, paddles, spare pair of goggles and cap.

Session Programming

Training programs developed for different levels and ability groups need to be regularly assessed. Ensure that program goals are achievable. Do not set unrealistic goals.

All relevant information about the training program should be made available to the athlete, family member or care giver. Information, such as the number of training sessions, dates and times, needs to be included.

Stroke Technique

When programming training sessions, strong emphasis should be given to the development of good stroke technique. This can be achieved through setting stroke-specific drills which are practiced at each training session.

Learning through Fun

Athletes learn through fun activities, so include fun activities in your training program that have relevance to the skills you are trying to develop.

Positive Reinforcement

As a coach, it is important that you give positive reinforcement to your athlete. Always try to speak to each athlete individually and be aware of individual personalities and group dynamics.



Goal Setting

Ensure that all goals set are achievable and realistic. Put in place some form of recognition such as “Skill Achievement Awards” or “Skill Progression Awards.”

Setting of Boundaries

Athletes need to know what their boundaries are to help ensure your training program runs smoothly and that each athlete is given 100 percent opportunity to learn. It is important that clear, concise and consistent instruction is given.

Be Prepared - Be Flexible

Once you have set your training program and are confident that it will run smoothly, be prepared to make changes. As a coach, you must be flexible and able to put into place alternative programs for your athletes.



Stroke-Specific Drills

The drills described below are only examples of stroke-specific drills that can be practiced during a program. Drills are very important when developing and maintaining correct stroke technique. Specific drills are practiced at each session. Although it may take a few swimmers more time than others to master some drills correctly, please be patient. Results will appear over time.

It is important that coaches research and seek information from other coaches on different drills that can be used. Remember, drills are also fun and add variety to an athlete's swimming program.

Freestyle

1. Thumb slide fingertip drag
2. Catch up
3. Chicken wing

Backstroke

1. Kicking with arms at 45 degrees out of water
2. Alternate arm action with no pull in water

Breaststroke

1. Variation of kick/pull drill
2. Breaststroke kick on back

Butterfly

1. One-arm pull drill
2. Butterfly kick on back
3. Butterfly kick using bands, on front, on back



Freestyle Drills

Freestyle Streamline

Purpose of the Drill

- ♦ Develop a horizontal body position in the water.
- ♦ Make swimmer's body as smooth as possible in the water.
- ♦ Reduce the amount of frictional resistance.

Teaching Points

This drill can also be achieved initially with the use of fins. Fins will help swimmers concentrate on maintaining a streamline body position. Encourage swimmers to practice this drill using a fly kick.

Out of Water

1. Practice standing on pool deck, hands one on top of the other, arms stretched behind head as much as possible.
2. Cue the swimmer to squeeze ears with arms, keeping legs together.

In Water

1. In water, swimmer pushes off wall with both feet, staying on top of surface, holding streamline position, no kicking.
2. As above, with swimmer using a flutter kick, kicking as far as possible on one breath.
3. As above, with swimmer pushing off wall.
4. Submerges half pool depth.
5. Surfaces and recovers to a standing position.

Coaching Tips

- Keep one hand on top of the other; do not spread hands apart.
- Squeeze arms to ears and stretch as far as possible. Say, "Make your body into a spear shape or rocket ship." This may help them understand the shape is meant to be a fast, smooth shape.
- Keep head down, eyes to bottom of pool.
- Maintain a fast freestyle flutter or butterfly kick.
- As soon as hands break surface, swimmer stops and recovers to a standing position.



Freestyle Lateral Drill

Purpose of the Drill

- ♦ Show swimmer correct body position in the water during breathing phase of the stroke.
- ♦ Develop good body positioning in the water.
- ♦ Develop good breathing skills.

Teaching Points

1. Wearing fins, swimmer lies on his/her side on pool deck.
2. Place bottom arm stretched out in line with the body, palm flat on floor, top arm tight to thigh.
3. Head rests on lower shoulder, face looking to side.
4. Upper shoulder is pointing upward.
5. Practice lying on opposite side.
6. Swimmer uses a scissor kick action with legs in the water.
7. With fins on and using kickboard, swimmer lies on right side (lateral) holding the kickboard with outstretched right hand.
8. Right ear is comfortable on right shoulder. Left arm is outstretched over left thigh. Legs are straight.
9. Instruct swimmer to start kicking, using a scissor kick action.
10. Ensure that the swimmer maintains a lateral body position with top shoulder pointing to roof.
11. Practice for short distances.
12. Introduce breathing: swimmer performs six kicks, takes a breath, places face in water looking at bottom of pool, exhales, then turns face out, ear on shoulder. Make sure that swimmer's body does not roll and their shoulder is kept pointing up to roof.
13. Repeat for short distances.
14. Repeat without the kickboard.





Coaching Tips

- Swimmer must lie on side at all times, lower arm outstretched, palm down, upper arm stretched over upper thigh, ear/head relaxed on lower arm.
- Upper shoulder must stay pointing to roof and must not roll over when executing breathing.
- Scissor-kick action with fins.
- Practice with and without kickboard.
- Use this drill regularly, as it simulates the swimmer's body position in the breathing phase of the stroke.

Freestyle Lateral Drill Extension

Purpose of the Drill

- ♦ Develop correct body position in the water.
- ♦ Develop correct breathing pattern.
- ♦ Develop bilateral breathing.



Teaching Points

1. Wearing fins, swimmer starts on his/her right side (lateral).
2. Do six kicks, put face in water while slowly rotating to front (prone position), start pushing top arm forward in line with shoulders.
3. At this stage, both arms are forward, and legs are outstretched behind. Body is in prone position.



4. Do three strokes, starting with left arm, then roll to the left side lateral position as the right arm is pulled through water and finishing up on top of thigh.



5. Swimmer is facing sideways, right shoulder is pointing up to roof.
6. Left leg will be to bottom of pool and head relaxed on left shoulder.
7. Repeat sequence for 25 meters.





Coaching Tips

- Demonstrate the preceding sequence.
- Take time to practice and develop drill.
- Remind swimmer to stay on side (lateral) keeping shoulder toward top of roof.
- Remind swimmer to feel relaxed and do an even scissor kick.
- Check that swimmer inhales before putting face in water to begin rotating and doing three strokes.
- Use fins with this drill.
- Encourage swimmer to try to recover each time with hands in line with shoulder width.
- The swimmer's head moves only from the side, facing down to pool bottom. Do not lift head.
- Be patient. Swimmer will master this drill. It may take some swimmers more time than others to develop. When swimmer has, it is a fun and interesting drill to do.
- Emphasize shoulder to roof for out of water while in lateral position.
- Ensure head is relaxed on shoulder and lower arm outstretched, palm flat and legs doing scissor action.

Freestyle Kick Test Drill

Purpose of the Drill

- ♦ Encourage development of a fast flutter kick.
- ♦ Encourage high hips.
- ♦ Have fun.
- ♦ Maintain a record of swimmers kick progress.

Teaching Points

1. Starting in shallow end of pool.
2. Encourage swimmer to hold onto board with thumbs up on top, fingers under board.
3. Encourage swimmer to stretch out arms, without bending elbows.
4. Direct swimmer to kick as fast as possible for 25 meters when cued to “go.”
5. Start stopwatch on “go,” and time swimmer's kick over 25 meters.
6. Record swimmer's kick time.
7. Repeat this drill each week.





Coaching Tips

- Keep arms straight, no bent elbows.
- Maintain a fast, continuous flutter kick.
- Make sure swimmer does not kick air.
- Encourage swimmer to push hips up high to make body more streamlined and go faster.
- Encourage swimmer to put face in water to help raise hips.
- Let swimmer know what time he/she has achieved. Give swimmer a goal to strive to achieve.
- Chart your swimmers' progressive times, as they like to see their own results.



Backstroke Drills

Backstroke Streamline Kick Drill

Purpose of the Drill

- ♦ Develop a good streamlined body position.
- ♦ Raise hips and chest position in water.
- ♦ Develop good kick skills.

Teaching Points

1. Practice standing on pool deck, hands one on top of the other, arms stretched behind head as much as possible.
2. Cue swimmer to squeeze ears with arms, legs together.
3. In shallow end of pool, swimmer lies on back in streamlined position.
4. Encourage swimmer to kick and push hips and chest high.
5. Swimmer may wear fins to help develop this drill.
6. Kick a short distance.



Coaching Tips

- Keep one hand on top of the other; do not spread hands apart.
- Squeeze arms to ears and stretch as far as possible. Say, “Make your body into a spear shape or rocket ship.” This may help them understand the shape is meant to be a fast, smooth shape.
- Check swimmer’s head position. Encourage head back and eyes to roof.
- Lifting head will cause hips to sink.
- Encourage swimmer to push hips and chest up high.
- Encourage swimmer to maintain a continuous, fast flutter kick with little knee bend.
- Encourage swimmer to use fins to help maintain high hips/chest and good streamline body position.



Backstroke Shoulder Rotation Drill

Purpose of the Drill

- ♦ Develop and maintain good shoulder rotation in backstroke.
- ♦ Maintain head position.

Teaching Points

Swimmers can do this drill out of pool in front of a full-length mirror. By using the mirror, they are able to look at themselves and maintain a straight head while rotating shoulders.

Out of Water

1. Swimmer stands on pool deck, legs together and arms at each side.
2. Swimmer's head is to remain still, eyes focusing on one spot.
3. Swimmer rotates one shoulder back while the other rotates forward.
4. Head must remain straight.

In Water

1. In shallow water, swimmer lies on back with arms at each side of body.
2. Swimmer starts to slowly kick, using fins.
3. After six kicks, swimmer slowly rotates one shoulder up while the other rotates downward.
4. Hold this position for about three to five kicks, then return to level.
5. Kick six times, then rotate to the opposite side.
6. Repeat as above for 25 meters.



Coaching Tips

- Encourage swimmer to maintain a straight head and not to move it along with the shoulders.
- Encourage swimmer to do this drill slowly.
- Encourage swimmer to have shoulder pointing up to roof.
- Maintain a slow, even kick.
- If swimming to a wall, have swimmer stroke into wall from flags, or have one arm behind head while coming into wall.



Backstroke Shoulder Rotation with Cup Drill

Purpose of the Drill

- ♦ Maintain a straight head while shoulders rotate.

Teaching Points

1. Follow the backstroke shoulder rotation drill.
2. Place a plastic cup filled with water on the swimmer's forehead.
3. Have the swimmer practice shoulder rotation drill without having the cup fall into water.
4. See how far the swimmer can go without the cup falling.



Coaching Tips

- Encourage swimmer to maintain a balanced body position.
- Encourage swimmer to kick slowly and rotate to each side slowly.
- Have fun with this drill.

Backstroke One Arm Pull Drill

Purpose of the Drill

- ♦ Develop shoulder rotation.
- ♦ Develop “feel the water” with each arm separately.
- ♦ Develop “feel the pull” being exerted by each arm separately.
- ♦ Develop recovery and entry of the arm/hand.

Teaching Points

1. Swimmer on back, either arm beside.
2. Swimmer strokes, using right arm only for 25 meters.
3. Swimmer strokes, using left arm only for 25 meters.
4. Swimmer makes five strokes on right arm, and then five strokes on left arm.
5. Repeat for 25 meters/50 meters.



Coaching Tips

- Check that head position is straight and not moving on each arm pull.
- Check shoulder rotation.
- Encourage continuous, even kicks.
- Encourage the swimmer to “feel the water” and amount of pull being exerted on each arm.
- Fins are used initially. When the swimmer’s kick and arm stroke becomes stronger, practice without fins.



Backstroke Thumb-Up Hand Rotation Drill

Purpose of the Drill

- ♦ Develop straight arm recovery action.
- ♦ Develop correct hand entry into water.

Teaching Points

1. With fins, swimmer is on back in a balanced position with arms at each side of body, head back, legs kicking slowly and evenly.
2. Have swimmer raise right arm out of the water, straight, with thumb up, palm in, fingers together and relaxed.



3. When the swimmer's arm is at approximately 90 degrees, rotate hand so palm is facing out.
4. Slowly keep moving arm through stroke, and have hand enter the water with little finger first.
5. As hand enters water, the swimmer wants to "feel" the catch.



6. Pull stroke through to side.
7. When body is again balanced, repeat the above for the left arm.





Coaching Tips

- Check that the swimmer rotates hand so that little finger enters the water first.
- Encourage swimmers to perform this drill very slowly.
- Check that the hand is entering the water in line with shoulder.
- Practice this drill standing on pool deck before entering the water.
- Use fins in this drill; it helps swimmers buoyancy.



Breaststroke Drills

Breaststroke Leg Kick on Pool Edge Drill

Swimmers can also practice this drill while lying on their backs and repeating the same sequence as below. You can add one more element, and have swimmers close their eyes while practicing this drill.

Purpose of the Drill

- ♦ Develop basic leg kick prior to entering water.
- ♦ Practice leg kick on back before attempting on front.

Teaching Points

1. Swimmer sits on edge of pool with legs/feet in water.
2. Swimmer's legs/knees are together, and heels are pressing against pool wall.
3. Toes are pointing upward.
4. Keeping knees together, slide heels outward along wall to a comfortable position.
5. Keeping knees together, move legs/feet outward and forward, keeping toes pointing upward, creating a whip kick.
6. Legs and feet are brought together straight, toes still facing upward.
7. Swimmer bends knees and brings feet/heels back to wall.
8. Swimmer repeats these actions on cue.



Coaching Tips

- Check that the swimmer keeps knees together at all times during the outward and kick phase.
- Check that heels are sliding along pool and knee rotation occurs at a comfortable point.
- Check that the swimmer's toes are pointing up throughout the drill.
- Ask the swimmer how it felt to do this drill with his/her eyes closed.



Breaststroke Leg-Kick Drill on Back in Water

Purpose of the Drill

- ♦ Practice breaststroke leg kick in water.
- ♦ Practice leg kick on back, using kickboard for better buoyancy.

Teaching Points

1. Swimmer holds board stretched out over knees, legs are straight and toes pointing upward.
2. Swimmer bends knees, keeping them together, bringing heels back toward buttocks as far as comfortable, toes pointing upward.
3. Keeping knees together, feet move outward and quickly upward, creating a whip-kick action.



4. Legs are together with toes pointing upward and slightly out of the water.
5. Swimmer glides for only a short time before repeating the above sequence.



Coaching Tips

- Remind swimmer to keep arms straight while holding board over knees.
- Encourage swimmer to push hips up.
- Check that swimmer's toes are pointing upward throughout the drill.
- Check that both legs are moving simultaneously at even heights.
- Encourage swimmer to be relaxed with head back and eyes to roof.



Breaststroke Kick with Hands on Buttocks

Purpose of the Drill

- ♦ Feel the heels/feet coming back as far as possible to the buttocks.
- ♦ Develop a strong kick action.

Teaching Points

This drill can be done either in prone (on front) or supine (on back) position. Generally, it is much easier to do this drill while on the back, especially for the beginner. The more advanced swimmer may be able to successfully do this drill while on his/her front.

1. Have swimmer lie on his/her back.
2. Arms and hands are on each side of buttocks.
3. Swimmer performs breaststroke kick while on back and attempts to touch heels to hands.



Coaching Tips

- Encourage swimmers to push their hips and chest up high in the water.
- Encourage swimmers to keep head back, eyes to roof.
- Encourage swimmers to keep knees together during whole phase of kick.
- Check that the swimmers have toes pointing up during whole phase of kick.
- Ask swimmers if they were successful in touching heels to hands.

Breaststroke Pull - Kick Drill

Purpose of the Drill

- ♦ Encourage correct breathing timing.
- ♦ Encourage correct arm action.
- ♦ Encourage swimmers to recover in streamline position.
- ♦ Encourage swimmers to perform correct kick action.



Teaching Points

1. Demonstrate and describe the drill sequence.
2. Have the swimmers simulate the sequence on pool deck. Can also use verbal cues.
3. In water, swimmers will push off wall and complete one full stroke.
4. Have swimmers return to wall and, this time, complete one full stroke, leaving arms extended.
5. Have swimmers return to wall and repeat above; introduce leg kick only.
6. When swimmers understand sequence, have them swim a short distance doing one full stroke then one kick only.

Coaching Tips

- Check swimmer's breathing/timing.
- Encourage swimmer to pull, using correct arm action.
- Check that swimmer does one kick only while arms are outstretched.
- Encourage swimmer to kick hard.
- On any finish to wall in breaststroke, encourage swimmer to touch wall with both hands.
- Practice this drill using one arm pull for every two kicks.



Butterfly Drills

Butterfly Kick with Fins and Kickboard Drill

Purpose of the Drill

- ♦ Encourage and develop butterfly kick skills.
- ♦ Encourage hip movement.
- ♦ Feel the movement through the water.
- ♦ Practice breathing forward action.

Teaching Points

1. On pool deck, demonstrate leg movement from hips.
2. Have swimmers lie on pool edge face down and legs in water.
3. Practice leg kick, encouraging a simultaneous kick action.
4. In water, with fins and board outstretched, have swimmer practice butterfly kick.
5. Encourage swimmer to put face in water to help raise hips and use whole body movement.

Coaching Tips

- Encourage leg kick from hips and use whole body movement.
- Use descriptive words/actions to show swimmers the movement they are trying to achieve.
- Encourage arms to remain outstretched with face in water.
- Encourage swimmers to breath forward with chin on water.

Butterfly Kick Underwater Drill

Purpose of the Drill

- ♦ Feel movement through water.
- ♦ Encourage a simultaneous, fast flutter kick.
- ♦ Practice with/without the use of fins.



Teaching Points

1. This drill is also good to repeat on top of the water with the swimmer's arms in a streamlined position.
Encourage breathing forward with chin on the water. Do for short distances. Check medical conditions of swimmers before practicing any butterfly drills.
2. Have swimmers place their arms by their sides.
3. Push off wall, maintaining depth, and move in a rotating motion.
4. Encourage whole body movement through the water.
5. Swimmer goes as far as possible on one breath.
6. Recover to a standing position.



Coaching Tips

- Encourage swimmers to use whole body.
- Encourage simultaneous leg kick action.
- Encourage a fast fly kick.
- Initially, use fins to help development of kick and feel through the water.
- Practice with/without the use of fins.





Butterfly Arm-Pull Drill without Breathing

Purpose of the Drill

- ♦ Develop correct arm action.

Teaching Points

1. On pool deck, swimmer bends forward and practices arm action.
2. In water with fins, swimmer practices arm action without breathing.
3. Repeat for short distances.

Coaching Tips

- Encourage swimmers to use gentle, simultaneous kicks with fins.
- Encourage swimmers to press down and inward toward their chest and pull thumbs past thighs.
- Arms enter in line with swimmers' shoulder width and thumbs are directed downward.

Butterfly Arm Pull Drill Breathing

Purpose of this Drill

- ♦ Encourage swimmer to lift head during the press phase of the arm action.
- ♦ Encourage swimmer to have face looking forward while breathing.
- ♦ Encourage correct timing of breathing/arm action.

Teaching Points

1. On pool deck, demonstrate correct timing of breathing/arm action.
2. Swimmer practices the drill as demonstrated.
3. In water, with use of fins, practice correct arm pull and breathing.

Standing on pool deck, swimmer bends at waist, extends arms over head, pressing arms against the ears. The hands are pressed together with palms facing down, fingers pointing slightly downward, ready for the catch position.

Hands are pressed outside the shoulders, outward and downward.





Pull is finished with the hands pressing under and past hips.



Hands recover with high elbows.



Hands are relaxed and sweep forward over head.



Return to start position.



Coaching Tips

- Head must lift during the pull phase of the stroke.
- Swimmer's face must be facing forward during breath.
- Check for correct hand entry into water.
- Check that swimmer is pressing under chest, then backward and outward into recovery.



Sample Workouts

The following sample workouts are based on the following assumptions:

1. Pool length of 25 meters.
2. Land warm-up time of 15 minutes
3. In-pool session time of 60 minutes



Three-Week, Nine Session Workout

Week 1 – Session 1

Level 1	Level 2	Level 3
Land Warm-Up Stretches	Land Warm-Up Jogging Stretches	Land Warm-Up Jogging Stretches
Pool Warm-Up 50-meter freestyle—slow 50-meter freestyle kick—slow 50-meter backstroke—slow	Pool Warm-Up 100-meter freestyle—slow 100-meter freestyle kick—slow 100-meter backstroke—slow	Pool Warm-Up 200-meter freestyle—slow 100-meter freestyle kick—slow 100-meter backstroke—slow
Main Set <ul style="list-style-type: none"> ♦ Introduce freestyle streamline kick ♦ 25-meter freestyle? slow ♦ 25-meter backstroke swims ♦ Stroke correction ♦ Dive starts—deep end 	Main Set <ul style="list-style-type: none"> ♦ 100-meter freestyle drill ♦ 4x50-meter freestyle sprints @ 30-second returns ♦ 100-meter—slow, choose stroke ♦ 4x50-meter backstroke sprints @ 30-second returns ♦ 100-meter backstroke—slow 	Main Set <ul style="list-style-type: none"> ♦ 200-meter freestyle drill ♦ 4x100-meter freestyle sprints @ 30-second returns ♦ 200-meter backstroke—slow ♦ 6x50-meter backstroke hard @ 15-second returns
Cool-Down 50meter freestyle, backstroke—slow	Cool-Down 100-meter freestyle, backstroke	Cool-Down 200-meter freestyle, backstroke
Total Distance 800 meters approximately	Total Distance 1.1 kilometers approximately	Total Distance 1.5 kilometers approximately
Checklist <ul style="list-style-type: none"> ♦ Introduce new drill ♦ Stroke correction ♦ Practice dives at end of section 	Checklist <ul style="list-style-type: none"> ♦ Stroke correction ♦ Check use of pace clock ♦ Talk to swimmers after practice 	Checklist <ul style="list-style-type: none"> ♦ Check use of pace clock ♦ Stroke correction ♦ Check turns



Week 1 – Session 2

Level 1	Level 2	Level 3
Land Warm-Up Stretches	Land Warm-Up Jogging Stretches	Land Warm-Up Jogging Stretches
Pool Warm-Up 100-meter freestyle, backstroke 100-meter freestyle, backstroke kick? easy	Pool Warm-Up 200-meter freestyle, backstroke 200-meter freestyle, backstroke? easy	Pool Warm-Up 200-meter freestyle—emphasize turns 100-meter freestyle kick? easy
Main Set <ul style="list-style-type: none"> ♦ Freestyle lateral, check body position ♦ 25-meter freestyle kick test ♦ Introduce backstroke streamline drill ♦ Practice new drill ♦ Freestyle, backstroke starts, 15-meter walk back 	Main Set <ul style="list-style-type: none"> ♦ 100-meter backstroke kick? streamline ♦ 50-meter freestyle kick test ♦ 100-meter breaststroke drill ♦ 100-meter breaststroke? easy ♦ Starts, all strokes, 15-meter walk back 	Main Set <ul style="list-style-type: none"> ♦ 200-meter backstroke drill ♦ 4x50-meter backstroke sprints @ 30-second returns ♦ 50-meter freestyle kick test ♦ 200-meter freestyle, breaststroke? easy ♦ 200-meter breaststroke drill ♦ Starts, all strokes, 15-meter walk back
Cool-Down 100-meter freestyle, backstroke	Cool-Down 200-meter, choose stroke	Cool-Down 200-meter, choose stroke
Total Distance 800 meters approximately	Total Distance 1 kilometer approximately	Total Distance 1.5 kilometers approximately
Checklist <ul style="list-style-type: none"> ♦ Body position of new drill ♦ Record kick test ♦ Check starts ♦ Use fins where necessary 	Checklist <ul style="list-style-type: none"> ♦ Check stroke, breaststroke, backstroke ♦ Record kick test ♦ Check starts ♦ Use fins where necessary 	Checklist <ul style="list-style-type: none"> ♦ Check turns in breaststroke ♦ Record kick test ♦ Check breaststroke drill ♦ Check starts



Week 1 – Session 3

Level 1	Level 2	Level 3
Land Warm-Up Stretches	Land Warm-Up Stretches	Land Warm-Up Stretches
Pool Warm-Up 100-meter freestyle? easy 100-meter backstroke? easy 100-meter freestyle kick? easy	Pool Warm-Up 200-meter backstroke? easy 100-meter butterfly kick? easy, fins	Pool Warm-Up 400-meter freestyle, backstroke? easy 200-meter backstroke, butterfly kick, fins
Main Set <ul style="list-style-type: none"> ♦ Revise backstroke streamline kick ♦ 100-meter backstroke Shoulder Rotation Drill, fins ♦ Starts backstroke, 15-meters 	Main Set <ul style="list-style-type: none"> ♦ 2x100-meter breaststroke @ 25-meter?hard, 25-meter?easy ♦ 4x50-meter breaststroke swims hard @ 15-second returns ♦ 100-meter backstroke drill, fins ♦ 6x50-meter backstroke sprints, walk back ♦ Starts 2x each stroke swim, 15-meter 	Main Set <ul style="list-style-type: none"> ♦ 2x100-meter butterfly drill, swim ♦ 2x200-meter freestyle? easy, emphasize turns, streamline ♦ 4x100-meter breaststroke swims @ 30-second returns ♦ Starts 2x each stroke swim, 15-meter
Cool-Down 100-meter freestyle? slow	Cool-Down 100-meter breaststroke? slow	Cool-Down 200-meter freestyle, breaststroke? slow
Total Distance 800 meters approximately	Total Distance 1.2 kilometers approximately	Total Distance 1.6 kilometers approximately
Checklist <ul style="list-style-type: none"> ♦ Check shoulder rotation drill ♦ Check backstroke streamline position ♦ Stroke correction ♦ Emphasize good streamlining in starts 	Checklist <ul style="list-style-type: none"> ♦ Check backstroke drill, swimmer swims into wall from flags ♦ Check in all strokes ♦ Reduce program if necessary 	Checklist <ul style="list-style-type: none"> ♦ Check butterfly leg action ♦ Check drill and hand entry ♦ Check butterfly two hand touch ♦ Reduce program if necessary



Week 2 – Session 4

Level 1	Level 2	Level 3
Land Warm-Up Stretches	Land Warm-Up Stretches	Land Warm-Up Stretches
Pool Warm-Up 100-meter freestyle kick? easy 100-meter backstroke kick? easy 100-meter freestyle, backstroke? easy	Pool Warm-Up 200-meter breaststroke kick? easy 100-meter breaststroke kick? easy 100-meter butterfly kick? easy	Pool Warm-Up 200-meter freestyle? easy 100-meter breaststroke drill 100-meter breaststroke? easy
Main Set <ul style="list-style-type: none"> ♦ 100meter freestyle lateral drill ♦ Introduce new drill ♦ Freestyle lateral extension ♦ Practice new drill ♦ 4x25-meter freestyle sprints, starts 	Main Set <ul style="list-style-type: none"> ♦ 100-meter butterfly drill ♦ 4x25-meter butterfly drill @ 30-second rotations ♦ 100-meter breaststroke drill ♦ Practice breaststroke turns, split stroke ♦ 4x25-meter individual medley order sprints 	Main Set <ul style="list-style-type: none"> ♦ 200-meter backstroke drill ♦ 4x100-meter backstroke sprints @ 30-second rotations ♦ 100-meter freestyle kick slow ♦ 4x100-meter individual medley @ 3.3 seconds ♦ Practice turns
Cool-Down 100-meter athlete choice	Cool-Down 200-meter freestyle? easy	Cool-Down 200-meter freestyle? easy
Total Distance 800 meters approximately	Total Distance 1.2 kilometers approximately	Total Distance 1.7 kilometers approximately
Checklist <ul style="list-style-type: none"> ♦ Introduce new drill, fins ♦ Practice new drill, take time ♦ Stroke correction ♦ Check streamlining 	Checklist <ul style="list-style-type: none"> ♦ Check butterfly stroke, kick ♦ Correct finishes in individual medley ♦ Check breaststroke drill ♦ Check streamlining 	Checklist <ul style="list-style-type: none"> ♦ Correct turns in individual medley ♦ Check use of pace clock ♦ Practice turns in shallow end ♦ Check streamlining



Week 2 – Session 5

Level 1	Level 2	Level 3
Land Warm-Up	Land Warm-Up	Land Warm-Up
Stretches	Stretches	Stretches
Pool Warm-Up	Pool Warm-Up	Pool Warm-Up
100-meter backstroke kick, streamline	200-meter breaststroke kick drill on back	200-meter freestyle, butterfly kick
100-meter backstroke? easy	100-meter breaststroke kick, board	Streamline, fins, no board
100-meter freestyle? easy	100-meter breaststroke? easy	Swim into wall from flags
Emphasize streamlining	Emphasize turns, streamlining	100-meter breaststroke? easy
Main Set	Main Set	Main Set
<ul style="list-style-type: none"> ♦ 100-meter freestyle lateral extension drill ♦ 100-meter freestyle kick, 25-meter?hard, 25-meter?easy ♦ 4x25-meter freestyle sprints, check streamlining ♦ Freestyle finishes into wall, 5 meters 	<ul style="list-style-type: none"> ♦ 100-meter freestyle lateral extension drill ♦ 100-meter freestyle? easy, check stroke ♦ 100-meter butterfly drill, 25-meter right arm pull, 25-meter left arm pull, fins ♦ 8x25-meter butterfly swims, hard on 1.00 	<ul style="list-style-type: none"> ♦ 100-meter freestyle lateral extension drill ♦ 100-meter freestyle swim? hard ♦ 4x100-meter freestyle sprints, 3.30 ♦ 100-meter backstroke? slow ♦ 8x25-meter individual medley order
Cool-Down	Cool-Down	Cool-Down
200-meter freestyle, backstroke? easy	200-meter freestyle, breaststroke? easy	200-meter freestyle? easy
Check turns, arm action	Check breaststroke kick, turns	Check turns, streamlining
Total Distance	Total Distance	Total Distance
900 meters approximately	1 kilometer	1.6 kilometers
Checklist	Checklist	Checklist
<ul style="list-style-type: none"> ♦ Check lateral extension drill ♦ Work on finishes into wall ♦ Check hips in freestyle ♦ Check kick, emphasize high hips ♦ Check streamlining 	<ul style="list-style-type: none"> ♦ Check lateral extension drill ♦ Check hand entries in butterfly drill ♦ Check use of pace clock ♦ Check breaststroke two-hand touch 	<ul style="list-style-type: none"> ♦ Check use of pace clock ♦ Check lateral extension drill ♦ Check turns, streamlining ♦ Emphasize correct finish on all strokes



Week 2 – Session 6

Level 1	Level 2	Level 3
<p>Land Warm-Up</p> <p>Stretches</p> <p>Arm Rotations</p>	<p>Land Warm-Up</p> <p>Stretches</p> <p>Arm Rotations</p>	<p>Land Warm-Up</p> <p>Stretches</p> <p>Arm Rotations</p>
<p>Pool Warm-Up</p> <p>100-meter backstroke? easy</p> <p>100-meter backstroke drill, 25-meter right arm pull, 25-meter left arm pull</p> <p>100-meter freestyle? easy</p>	<p>Pool Warm-Up</p> <p>200-meter freestyle? easy</p> <p>100-meter breaststroke kick, streamline</p> <p>100-meter breaststroke? easy</p>	<p>Pool Warm-Up</p> <p>200-meter backstroke? easy</p> <p>100-meter butterfly kick easy, fins</p> <p>100-meter freestyle? easy</p>
<p>Main Set</p> <ul style="list-style-type: none"> ♦ 25-meter freestyle kick test ♦ Introduce breaststroke kick ♦ Practice breaststroke kick drill on pool edge ♦ Practice breaststroke kick in water on back with kickboard ♦ Practice breaststroke kick in streamline position short distance, rest ♦ Starts, swim 15-meters, walk back 	<p>Main Set</p> <ul style="list-style-type: none"> ♦ 50-meter freestyle kick test ♦ 2x100-meter breaststroke kick drill ♦ 1x100-meter kick on back with board ♦ 1x100-meter kick on front with board ♦ Check feet, turned out and glide ♦ 4x50-meter breaststroke sprints @ 30 seconds ♦ 4x50-meter backstroke sprints from block, check start position on and off block 	<p>Main Set</p> <ul style="list-style-type: none"> ♦ 50-meter freestyle kick test ♦ 100-meter breaststroke? easy ♦ 2x100-meter breaststroke kick/pull drill, 1x pull, 1x kick, streamline ♦ 4x100-meter breaststroke sprints @ 6 seconds ♦ 200-meter freestyle fast, into wall
<p>Cool-Down</p> <p>200-meter freestyle easy, emphasize streamlining off wall</p>	<p>Cool-Down</p> <p>200-meter choose stroke, emphasize turns, streamlining</p>	<p>Cool-Down</p> <p>200-meter backstroke or breaststroke easy, emphasize turns, streamlining</p>
<p>Total Distance</p> <p>800 meters approximately</p>	<p>Total Distance</p> <p>1.3 kilometers</p>	<p>Total Distance</p> <p>1.5 kilometers</p>
<p>Checklist</p> <ul style="list-style-type: none"> ♦ Kick test, time and record ♦ Introduce breaststroke kick ♦ Practice breaststroke kick ♦ Starts, check feet position on blocks or wall 	<p>Checklist</p> <ul style="list-style-type: none"> ♦ Kick test, time and record ♦ Check breaststroke kick ♦ Check breaststroke turns, touches ♦ Backstroke starts, check feet position off blocks 	<p>Checklist</p> <ul style="list-style-type: none"> ♦ Kick test, time and record ♦ Check all turns ♦ Breaststroke drill, emphasize strong whip kick ♦ Check swimmer as enter into streamline



Week 3 – Session 7

Level 1	Level 2	Level 3
Land Warm-Up Stretches	Land Warm-Up Stretches	Land Warm-Up Stretches
Pool Warm-Up Kick test discussion results 100-meter backstroke easy, check arm action, continuous kick	Pool Warm-Up Kick test discussion results 200-meter breaststroke swim? easy 100-meter freestyle kick, streamline, fins	Pool Warm-Up Kick test discussion results 400-meter, 50-meter freestyle, 25-meter backstroke 100-meter freestyle kick? easy, fins
Main Set <ul style="list-style-type: none"> ♦ Revise breaststroke kick drill ♦ Practice breaststroke kick drill ♦ 4x15-meter breaststroke kicks ♦ Practice streamlining off wall, with/without fins ♦ Practice relay changeovers 	Main Set <ul style="list-style-type: none"> ♦ 100-meter freestyle lateral drill, fins ♦ 100-meter freestyle lateral extension drill, fins ♦ 100-meter freestyle bilateral, fins ♦ 100-meter breaststroke kick? easy ♦ Practice relay changeovers 	Main Set <ul style="list-style-type: none"> ♦ 100-meter backstroke shoulder rotation drill, swim into flags, fins ♦ 200-meter backstroke drill, 25-meter right arm, 25-meter left arm ♦ 200-meter Backstroke swim, check turns ♦ 4x25-meter butterfly hard @ 30-seconds rest ♦ Practice relay changeovers
Cool-Down 100 meters, choose stroke	Cool-Down 200 meters, choose stroke	Cool-Down 200 meters, choose stroke
Total Distance 600 meters approximately	Total Distance 1 kilometer	Total Distance 1.4 kilometers
Checklist <ul style="list-style-type: none"> ♦ Revise breaststroke kick ♦ Streamline off wall ♦ Relay changeovers 	Checklist <ul style="list-style-type: none"> ♦ Check lateral drill ♦ Bilateral breathing ♦ Relay changeovers 	Checklist <ul style="list-style-type: none"> ♦ Backstroke shoulder rotation ♦ Backstroke turns ♦ Relay changeovers



Week 3 – Session 8

Level 1	Level 2	Level 3
Land Warm-Up Stretches	Land Warm-Up Stretches	Land Warm-Up Stretches
Pool Warm-Up 100-meter freestyle kick 50-meter freestyle 100-meter backstroke kick 50-meter backstroke	Pool Warm-Up 100-meter freestyle kick 150-meter freestyle 100-meter backstroke kick 150-meter backstroke	Pool Warm-Up 100-meter freestyle kick 200-meter freestyle 100-meter backstroke kick 100-meter backstroke
Main Set <ul style="list-style-type: none"> ♦ 50-meter freestyle lateral extension drill ♦ 2x25-meter freestyle, good technique ♦ Revise breaststroke kick drill on pool edge ♦ Practice breaststroke kick, prone, supine ♦ 25-meter freestyle, time trial 	Main Set <ul style="list-style-type: none"> ♦ 100-meter freestyle lateral drill, fins ♦ 50-meter freestyle, good technique, turns ♦ 100-meter backstroke shoulder rotation drill ♦ 100-meter backstroke, 25-meter right arm pull, 25-meter left arm pull, swim into flags, turns ♦ 4x50-meter backstroke hard @ 30-seconds rest 	Main Set <ul style="list-style-type: none"> ♦ 100M Freestyle bilateral, turns ♦ 4x100M Freestyle hard three minutes @ 30 seconds rest ♦ 100-meter butterfly kick, prone, board ♦ 100-meter butterfly kick, supine streamline, swim into wall ♦ 4x25-meter backstroke hard @ 30-seconds rest
Cool-Down 150-meter freestyle, backstroke? easy	Cool-Down 200-meter freestyle, backstroke? easy	Cool-Down 200-meter freestyle, backstroke, breaststroke? easy
Total Distance 800 meters approximately	Total Distance 1.3 kilometers approximately	Total Distance 1.4 kilometers approximately
Checklist <ul style="list-style-type: none"> ♦ Check breaststroke kick ♦ Check freestyle technique ♦ 25-meter freestyle time trial, time, record, increase swim distances 	Checklist <ul style="list-style-type: none"> ♦ Check lateral drills ♦ Check freestyle technique ♦ Check backstroke shoulder rotation and arm pull drill 	Checklist <ul style="list-style-type: none"> ♦ Check use of pace clock ♦ Check leg action in butterfly kick ♦ Check finish, butterfly sprints



Week 3 – Session 9

Level 1	Level 2	Level 3
Land Warm-Up Stretches	Land Warm-Up Stretches	Land Warm-Up Stretches
Pool Warm-Up 50-meter breaststroke kick, board, prone 50-meter breaststroke kick, board, supine 100-meter backstroke? easy	Pool Warm-Up 100-meter breaststroke kick? easy 100-meter breaststroke? easy 100-meter backstroke shoulder rotation drill	Pool Warm-Up 100-meter freestyle kick? easy 100-meter butterfly kick? easy 100-meter freestyle, butterfly kick? easy
Main Set <ul style="list-style-type: none"> ◆ Introduce breaststroke arm action, breathing on pool deck ◆ Practice breaststroke arm action, breathing in shallow water ◆ Practice breaststroke arm action, with pull buoy or fins ◆ 25-meter freestyle kick test ◆ 100-meter freestyle lateral drill ◆ 100meter freestyle? easy 	Main Set <ul style="list-style-type: none"> ◆ 4x50-meter breaststroke kicks hard @ 30-seconds rest ◆ 4x50-meter breaststroke hard @ 30-seconds rest, check finish ◆ 100-meter butterfly kick? easy ◆ 2x50-meter butterfly swims? easy ◆ 2x100-meter individual medley?one easy, one hard ◆ 100-meter backstroke? easy, check turns 	Main Set <ul style="list-style-type: none"> ◆ 4x50-meter breaststroke kicks hard @ 30-seconds rest ◆ 4x50-meter breaststroke hard @ 30-seconds rest, check finish ◆ 100-meter butterfly kick, fins ◆ Backstroke, swim into wall from flags ◆ 4x100-meter individual medley swims?two hard, two easy, @ 60-seconds rest between 100 meters, check turns, finish
Cool-Down 100 meters?slow, choose stroke	Cool-Down 100 meters?slow, choose stroke	Cool-Down 200 meters?slow, choose stroke
Total Distance 800 meters approximately	Total Distance 1.3 kilometers approximately	Total Distance 1.4 kilometers approximately
Checklist <ul style="list-style-type: none"> ◆ Introduce breaststroke arm and breathing action, take time ◆ Demonstrate 100 percent correct ◆ 25-meter freestyle kick/test record ◆ Check freestyle technique ◆ Note choice in cool-down 	Checklist <ul style="list-style-type: none"> ◆ Check individual medley swims, technique ◆ Check individual medley swims, turns ◆ Check breaststroke kick in kick set ◆ Note choice in cool-down 	Checklist <ul style="list-style-type: none"> ◆ Check IM swims, turns ◆ Check butterfly kick action ◆ Check breaststroke kick action ◆ Note choice in cool-down



Sample 2: 8 Week Training Program

Week 1	
Day 1	<p>Land Warm-Ups (10 minutes)</p> <p>Arm Swings Jumping Jacks Sit-Ups (five times) Toe Touches Running in place Arm Circles</p> <ul style="list-style-type: none"><input type="checkbox"/> Before session commences, speak with swimmers/family members/caregivers about safety and the importance of always bringing a drink bottle.<input type="checkbox"/> Practice getting in the pool in the shallow end where everyone can stand. Play here briefly to adapt to the water. Splash and have fun for five to 10 minutes. <p>Water Warm-Ups (Check athlete ability level)</p> <p>Group athletes? by ability— in the appropriate lanes.</p> <p>Training</p> <ol style="list-style-type: none">1. Four laps of freestyle with face in water (rest)2. Four laps of freestyle kick with kickboard (rest)3. Four laps of freestyle with face in water (rest)4. Four laps of freestyle kick with kickboard <p>Cool-Down</p>
Day 2	<p>Land Warm-Ups (10 minutes)</p> <p>Arm Swings Jumping Jacks Sit-Ups (five times) Toe Touches Running in place Arm Circles</p> <p>Water Warm-Ups</p> <ul style="list-style-type: none"><input type="checkbox"/> 6x25-meter freestyle? easy<input type="checkbox"/> Encourage swimmer to put face in water and breathe to the side every two or three strokes, whichever is more comfortable for the swimmer.<input type="checkbox"/> Freestyle practice drills - face in water, breathing to the side and keeping legs straight <p>Training</p> <ol style="list-style-type: none">1. 6x25-meter freestyle with kickboard2. 4x25-meter backstroke3. 4x25-meter freestyle <p>Cool-Down</p> <ul style="list-style-type: none"><input type="checkbox"/> Practice running in place in the water, driving feet to the bottom of the pool.<input type="checkbox"/> Always speak with swimmers at the end of the session, and praise them for their efforts in the session.



Week 1	
Day 3	<p>Land Warm-Ups (10 minutes)</p> <p>Arm Swings Jumping Jacks Sit-Ups (five times) Toe Touches Running in place Arm Circles</p> <p>Water Warm-Ups (same as Day 1 and 2)</p> <ul style="list-style-type: none"><input type="checkbox"/> 6x25-meter freestyle<input type="checkbox"/> 6x25-meter freestyle with kickboard, concentrating on keeping legs straight <p>Training</p> <ol style="list-style-type: none">1. 6x25-meter backstroke2. 6x25-meter freestyle <p>Cool-Down</p> <p>Relays with swimmers to finish off session</p>



Week 2	
Day 1	<p>Land Warm-Ups</p> <p>Stretching on the Deck Push-Ups Jumping Jacks Running in place Arm Circles</p> <p>Water Warm-Ups</p> <p>Running in the water</p> <p>Training</p> <ol style="list-style-type: none">1. Work off pace clock2. 4x25-meter freestyle with 50 seconds rest3. 4x25-meter backstroke with 50 seconds rest4. 4x25-meter freestyle kicking on board5. 4x25-meter backstroke with kickboard on swimmers chest6. 4x25-meter freestyle with 50 seconds rest <p>Cool-Down</p> <p>Complete snakes in freestyle, up one lane, down the next, up the next, down the next.</p>
Day 2	<p>Land Warm-Ups</p> <p>Stretching Running with a small ball Running between cones</p> <p>Water Warm-Ups</p> <ul style="list-style-type: none"><input type="checkbox"/> 4x25-meter freestyle with 60 seconds rest<input type="checkbox"/> Concentrate on breathing with face in water and breathing to the side. <p>Training</p> <ol style="list-style-type: none">1. 4x25-meter breaststroke up/freestyle back2. Breaststroke swimmers must concentrate on their legs.3. 4x25-meter streamlining, floating in prone position with arms out in front, head in water and breathing to the side4. 4x25-meter breaststroke up/freestyle back <p>Cool-Down</p> <p>4 x 25-meter freestyle? easy</p>



Week 2	
Day 3	<p>Land Warm-Ups</p> <p>Water Warm-Ups</p> <p>6 x 25-meter swimmer's favorite stroke</p> <p>Training</p> <ol style="list-style-type: none">1. Breaststroke of Day 12. Concentrate on face in water, kick – glide – pull3. Practice kick, holding side of pool4. 4x50-meter freestyle—medium effort with 45 seconds rest5. 4x25-meter breaststroke? easy with 45 seconds rest6. Concentrate on feet.7. 4x25-meter backstroke up/freestyle back <p>Cool-Down</p> <p>100-meter freestyle? easy, high arms and straight legs</p>



Week 3	
Day 1	<p>Land Warm-Ups</p> <p>Arm Swings Toe Touches Jumping Jacks Running in place Sit-Ups (10 times) Push-Ups (no more than 5 times)</p> <p>Water Warm-Ups</p> <ul style="list-style-type: none"><input type="checkbox"/> 200-meter freestyle? easy<input type="checkbox"/> Concentrate on face in water and breathing to the side. <p>Training</p> <ol style="list-style-type: none">1. 6x25-meter freestyle kicking on board, keeping legs straight2. 6x25-meter freestyle3. 4x25-meter breaststroke kicking on board4. Concentrate on frog kick with legs5. 6x50-meter freestyle at 40 seconds rest6. 4x25-meter freestyle sprint (fast) at 60 seconds rest7. 4x25-meter breaststroke at 60 seconds rest8. 2x50-meter breaststroke at 60 seconds rest <p>Cool-Down</p> <ul style="list-style-type: none"><input type="checkbox"/> 200-meter freestyle—easy<input type="checkbox"/> Concentrate on face in water and breathing to the side.
Day 2	<p>Land Warm-Ups (10 minutes)</p> <p>Water Warm-Up</p> <ul style="list-style-type: none"><input type="checkbox"/> 2x100-meter freestyle? easy<input type="checkbox"/> 2x100-meter freestyle kicking on board <p>Training</p> <ol style="list-style-type: none">1. 4x25-meter freestyle flip turns2. Concentrate on breathing to the side, swim with face in the water3. 4x50-meter freestyle with flip turns <p>Cool-Down</p> <p>Team relays to finish the session</p>



Week 3	
Day 3	<p>Land Warm-Ups</p> <p>Water Warm-Ups</p> <p>6 x 50-meter freestyle—easy</p> <p>Training</p> <ol style="list-style-type: none">1. 4x25-meter freestyle at 15 seconds rest2. 4x50-meter breaststroke at 30 seconds rest3. 4x50-meter freestyle at 15 seconds rest using flip turns4. 4x50-meter backstroke at 30 seconds rest5. 4x50-meter freestyle at 15 seconds rest using flip turns <p>Cool-Down</p> <ul style="list-style-type: none"><input type="checkbox"/> 6x50-meter freestyle? easy<input type="checkbox"/> Sit swimmers down and speak with them about swimming carnivals, officials at the competition.



Week 4	
Day 1	<p>Land Warm-Ups</p> <p>Concentrating on stretching</p> <p>Water Warm-Ups</p> <p>150-meter—easy - choice of stroke</p> <p>Training</p> <ol style="list-style-type: none">1. 4x50-meter freestyle kicking on board2. 4x50-meter freestyle at 60 seconds rest, 50 percent effort3. 4x50-meter breaststroke, kicking on board4. 4x50-meter breaststroke at 60 seconds rest, 50 percent effort5. 4x50-meter backstroke at 60 seconds rest, 50 percent effort6. 4x50-meter backstroke drill, streamlining with both arms stretched7. 4x100-meter freestyle, using flip turns and pushing off from the wall <p>Cool-Down</p> <p>4 x 50-meter?easy - choice of stroke</p>
Day 2	<p>Land Warm-Ups</p> <p>Water Warm-Ups</p> <ul style="list-style-type: none"><input type="checkbox"/> 6x50-meter backstroke<input type="checkbox"/> 6x50-meter freestyle<input type="checkbox"/> Concentrate on face in water and straight legs <p>Training</p> <ol style="list-style-type: none">1. Breaststroke drills2. Backstroke drills3. 10x50-meter freestyle non stop4. Flip turns at each end of the pool <p>Cool-Down</p> <p>Team relays</p>



Week 4	
Day 3	<p>Land Warm-Ups</p> <p>Water Warm-Ups</p> <p>6x50-meter freestyle—easy</p> <p>Training</p> <ol style="list-style-type: none">1. 4x50-meter backstroke2. 4x25-meter backstroke drill, keeping head back and kicking3. Place a coin on forehead of swimmer4. Where backstroke flags are in place, teach athletes to count their strokes to the end of the wall5. 4x50-meter freestyle <p>Cool-Down</p> <p>Team relays</p>



Week 5	
Day 1	<p>Land Warm-Ups</p> <p>Water Warm-Ups</p> <p>8x25-meter breaststroke up/freestyle back</p> <p>Training</p> <ol style="list-style-type: none">1. 4x100-meter freestyle, concentrate on face in water and legs straight2. 4x50-meter backstroke, concentrating on head back, kicking with knees slightly bent3. 2x50-meter backstroke4. 2x100-meter freestyle, breathing correctly5. 2x50-meter freestyle, working on speed6. 2x100-meter freestyle, breathing correctly7. 2x50-meter freestyle, working on speed <p>Cool-Down</p> <ul style="list-style-type: none"><input type="checkbox"/> Team relays<input type="checkbox"/> Breaststroke and freestyle relays
Day 2	<p>Land Warm-Ups</p> <p>Water Warm-Ups</p> <p>4x100-meter freestyle? easy</p> <p>Training</p> <ol style="list-style-type: none">1. 3x25-meter butterfly2. Teach swimmers to swim like a dolphin3. If swimmer in squad is good at butterfly, ask the swimmer to show the squad4. Two kicks for each arm stroke, no flutter kicking allowed5. 1x200-meter freestyle with flip turns <p>Cool-Down</p> <ul style="list-style-type: none"><input type="checkbox"/> 200-meter – swimmer’s choice of stroke<input type="checkbox"/> Noodle relay



Week 5	
Day 3	<p>Land Warm-Ups</p> <p>Insure that swimmers are increasing their number of sit-ups/push-ups</p> <p>Water Warm-Ups</p> <p>200-meter freestyle</p> <p>Training</p> <ol style="list-style-type: none">1. 4x50-meter breaststroke up/backstroke back2. 4x25-meter butterfly kick with kickboard3. 4x25-meter butterfly drill (Arms at side with dolphin kick)4. 2x25-meter butterfly5. 2x50-meter backstroke6. 2x50-meter breaststroke7. 2x50-meter freestyle <p>Cool-Down</p> <p>200-meter freestyle</p>



Week 6	
Day 1	<p>Land Warm-Ups</p> <p>Water Warm-Ups</p> <p>200-meter - Swimmer's choice of stroke</p> <p>Training</p> <ol style="list-style-type: none">1. 4x50-meter breaststroke up/backstroke back2. 200-meter freestyle kick on board3. 200-meter backstroke4. 200-meter freestyle with flip turns5. 200-meter freestyle kick on board <p>Cool-Down</p> <ul style="list-style-type: none"><input type="checkbox"/> 150-meter backstroke/breaststroke/freestyle<input type="checkbox"/> Team relays
Day 2	<p>Land Warm-Ups</p> <p>Water Warm-Ups</p> <p>200-meter freestyle with flip turns</p> <p>Training</p> <ol style="list-style-type: none">1. 100-meter freestyle kick on board2. 100-meter freestyle drill3. 100-meter freestyle4. 4x50-meter butterfly? easy, backstroke? fast, breaststroke? easy, freestyle? fast5. 100-meter backstroke pull, board between knees6. 4x50-meter butterfly? fast, backstroke? easy, breaststroke? fast, freestyle? easy <p>Cool-Down</p> <p>200-meter freestyle</p>



Week 6	
Day 3	<p>Land Warm-Ups</p> <p>Water Warm-Ups</p> <p>200-meter freestyle with flip turns and push off the wall on each turn</p> <p>Training</p> <ol style="list-style-type: none">1. 4x50-meter backstroke drill2. 2x50-meter freestyle? easy3. 4x50-meter freestyle streamline drill4. 2x50-meter freestyle? easy5. 4x50-meter breaststroke drill6. 2x50-meter freestyle? easy7. 2x50-meter butterfly drill <p>Cool-Down</p> <p>200-meter freestyle</p>



Week 7	
Day 1	<p>Land Warm-Ups</p> <p>Water Warm-Ups</p> <ul style="list-style-type: none"><input type="checkbox"/> 2x75-meter backstroke<input type="checkbox"/> 2x50-meter breaststroke<input type="checkbox"/> 2x25-meter butterfly<input type="checkbox"/> 100-meter freestyle <p>Training</p> <ol style="list-style-type: none">1. 4x50-meter freestyle, concentrating on breathing2. 4x50-meter backstroke, keep head back, breath every other arm stroke3. 4x50-meter breaststroke, glide after each kick, glide after each arm stroke, keep face in water during the pull4. 4x25-meter butterfly, two beat kick for each arm stroke, breath after each stroke, no flutter kick <p>Cool-Down</p> <ul style="list-style-type: none"><input type="checkbox"/> 200-meter freestyle<input type="checkbox"/> Team relays
Day 2	<p>Land Warm-Ups</p> <p>Water Warm-Ups</p> <ul style="list-style-type: none"><input type="checkbox"/> 200-meter – Swimmer’s choice of stroke<input type="checkbox"/> 4x50-meter butterfly, backstroke, breaststroke, freestyle <p>Training</p> <ol style="list-style-type: none">1. 4x50-meter freestyle at 30 second rest2. 2x25-meter butterfly at 45 seconds rest3. 2x50-meter backstroke at 50 seconds rest4. 2x50-meter breaststroke at 50 seconds rest5. 2x50-meter freestyle at 30 seconds rest <p>Cool-Down</p> <p>400-meter freestyle with correct breathing and flip turns</p>



Week 7	
Day 3	<p>Land Warm-Ups</p> <p>Water Warm-Ups</p> <p>2x100-meter freestyle, concentrate on flip turns and push off from the wall</p> <p>Training</p> <ol style="list-style-type: none">1. 4x25-meter individual medley2. 2x100-meter backstroke3. 2x100-meter breaststroke4. 2x50-meter butterfly5. 2x100-meter freestyle6. Starts and turns for 10 minutes <p>Cool-Down</p> <p>150-meter freestyle</p>



Week 8	
Day 1	<p>Land Warm-Ups</p> <p>Water Warm-Ups</p> <p>Training</p> <ol style="list-style-type: none">1. 400-meter freestyle2. 100-meter backstroke3. 200-meter freestyle, concentrate on flip turns and pushing off the wall4. 100-meter breaststroke5. 2x25-meter individual medley6. 200-meter freestyle7. Starts and turns <p>Cool-Down</p> <p>200-meter freestyle</p>
Day 2	<p>Land Warm-Ups</p> <p>Water Warm-Ups</p> <p>100-meter freestyle—easy</p> <p>Training</p> <ol style="list-style-type: none">1. 200-meter freestyle swim/50-meter freestyle kick2. 150-meter freestyle swim/50-meter freestyle kick3. 50-meter freestyle swim/50-meter freestyle kick4. 50-meter freestyle swim/50-meter kick5. 200-meter freestyle kick/50-meter freestyle swim6. 150-meter freestyle kick/50-meter freestyle swim7. 100-meter freestyle kick/50-meter swim8. 50-meter freestyle kick/50-meter swim <p>Cool-Down</p> <p>100 meter freestyle? easy</p>



Week 8	
Day 3	<p>Land Warm-Ups</p> <p>Water Warm-Ups</p> <p>400-meter freestyle</p> <p>Training</p> <ol style="list-style-type: none">1. 4x25-meter freestyle at 25 second rest2. 8x50-meter freestyle at 60 second rest3. 4x50-meter breaststroke at 30 second rest4. 4x50-meter backstroke at 45 second rest5. 200-meter freestyle kick on board <p>Cool-Down</p> <ul style="list-style-type: none"><input type="checkbox"/> 200 meter freestyle? easy<input type="checkbox"/> Team relays in medley order



Assessment and Evaluation Guidelines for Squad Level

Squad-level swimmers' progress is evaluated by their times and distances. Personal best times are the most important in determining progress.

A small certificate of recognition for each new skill achieved during training sessions and for each personal best achieved provide a catalyst for swimmers to strive to improve. Rewarding swimmers with certificates also acts a record of the swimmers' progress throughout the season.

Throughout the season, remember to award certificates to swimmers for achieving specific goals that were set for them. Below are some ideas for certificates that can be created when the swimmer has successfully and correctly completed the following.

- Streamline Kicking
- Butterfly Kick – Simultaneous Kick Action
- Breaststroke Kicking
- Freestyle Lateral Extension Drill
- Starts
- Finishes
- Turns
- Good Listening
- Excellent Attendance
- Kick Test Results Improvements Over Eight Weeks
- Individual Medley Skills
- Backstroke Streamlining
- Backstroke Drills
- Butterfly Arm Action - Correct Technique
- Breaststroke and Butterfly Correct Timing



Special Olympics

[Insert Program Name]

Freestyle Lateral Drill Certificate

Awarded To

[Insert Swimmer's Name]

Coach _____

Date _____

Great Job!