



WEEK # 2 Tuesday PM
Date: September 22/26
Pool: Angela Coughlan
Coach: Colleen & Iain
Group A

Quick flip turn reminder of landing on the wall toes UP	2-3 mins
8 /7/6 X 50s 25 free/25 back 10-15 rest.	8 mins
6 x 25 Dolphin kick 10 rest	6 mins
Flip turn teach.	8-10 mins.
6/4 X 75 free on 1:20/1:30/1:40	10 mins.
	~800-1000m
Backstroke turn Intro	2-3 min
6 x 25 backstroke - counting strokes from flags to wall 40/45	6 min
Everyone should be able to share their stroke count from flags to wall	
8/6 X 50 back on 1:00, 1:05, 1:15	8 mins
Cool Down 200 choice.	~900 m
	Total ~1,700 - 1,900



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Group B

Quick flip turn reminder of landing on the wall toes UP ^^	2-3 mins
6/5/4 X 50 swim 25 free/25 back on 1:15, 1:30, 1:40	8 mins
Focus on Dolphin kick off walls	
Flip turn teach step by step.	15 mins
6/4 X 75 on 2:10/2:30/2:45 - work the turns	12 mins
	~750 m
Backstroke turn intro	
4 x 25 Backstroke counting stroke from flags 10 rest	6 mins
Everyone should be able to share their stroke count from flags to wall	
4 X 50 back working on turns. 1:10/1:20/7 on 1:30	10 mins
Cool down 200 meters choice	Total ~1,200 m