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Bronze Swim Team – Season Planner – October 13, 2010 –

March 23, 2011 (24 weeks)

Week 1 — (100-200 yd warm-up swims)

- Introductions – Get Ages – Practice Guidelines
- Swimmer's position – Look & Listen, & stand still with feet on bottom, elbow on wall
- Teach Streamlining – “Hand sandwich” – body position – head position
 - Push-offs with underwater kicking
 - Push-offs with underwater kicking and breakouts
 - Push-offs with underwater kicking and breakouts – swim 25 yards of freestyle
- 25's of Freestyle – with streamlining, underwater work, and breakouts
 - Head position
 - Body position
 - Flutter kick
 - Continual arm stroke
 - Rotary breathing – Breathe in when face is out and always exhale when face is in water
 - Acceleration
- Dry-land Freestyle – out of water on deck – in an organized group with all swimmers facing coach
 - Palm down entries – reach straight forward from the shoulder and rotate body down – drop fingertips into catch position – and pull down the middle of body
 - Recoveries – high elbow – low fingertips
 - Rotation of body – as they reach forward from the shoulder body rotates down towards reaching arm
- Refer to stroke progressions for various freestyle drills
- Introduce Kickboard
 - Proper way to hold board – straight arms with hands on upper side- head forward & still
 - Fast, small kicks
 - 2nd step would be to hold board on bottom half to work breathing with face in the water
- Refer to stroke progressions for freestyle drills with kickboards

Week 2 - (100-300 yd warm-up swims)

- Continue all Freestyle work from 1st week
- Introduce flip turns (work on out of water also)
 - Work on summersaults in water (1/2 summersaults – extend out to streamline)
 - Lock-out position – lift or throw water behind ears – extend arms to streamline
 - Kick-Kick drill – in a lock-out position have swimmers kick into wall – and beyond the T on bottom of the pool drive head under water to belly button – and throw water behind ears – get feet on wall and push off wall as you extend arms to streamline – underwater work – and breakout

- Remind swimmers that they must carry momentum into their turn – throw their feet to the wall
- Also swimmers may end up pushing off the wall more on their backs which is proper – Just have them learn to gradually turn to their front on their underwater work and not on the wall

- **Introduce Backstroke**

- Three keys of backstroke – Head back and still – stomach & chest high – fast, steady kick on the surface
- Power kick – Hand sandwich – emphasize the three keys – especially head back to keep their stomach and feet up
- Dry-land work on the stroke – work on recoveries – entries – underwater pulling – rotation – always keeping the three keys in mind
- Work on in water
- Refer to stroke progressions for more backstroke drills
- Backstroke kicking on a kickboard – hold board at bottom with extended arms – or extend board down over knees with straight arms – emphasize the keys
- Stroke counts – Backstroke Flags

- **Introduce starting blocks – Front starts**

- Block safety
- Feet position – no track starts initially – toes curled over front of block
- Have swimmers draw a circle 6-10 feet out to dive through
- Emphasize long-shallow dives with underwater work
- Grab starts are not needed initially – bend over with some slight bend in knees
- As they dive have them point hands towards their circle – head should lift for more height and distance – and then settle between streamlined arms prior to the entry
- Have them work on jumping straight up in the air with proper arms and ending in a streamline position

Week 3 – (100-300 yd warm-up swims)

- Continual work on Freestyle , Backstroke, Flip Turns, & Starts

Week 4 – (100-300 yd warm-up swims)

- Continual work on Freestyle , Backstroke, Flip Turns, & Starts
- **Introduce Breaststroke**
 - Dry-land work on kicking – have them lie on board on deck and go through the steps of the kick – Legs extended streamline – lift legs & feet to rear end as the toes turn outward – and bring outward turn toes around together back to streamline
 - Dry-land work on arms – Have them extend arms in a streamline position – press hands outward – turn hands under and inward into a book reading position – and turn hands over as they extend them back to streamline
 - Work on the timing of the stroke – Start the pull and then add the kick so both are completed in their streamline position (you may also call this their reach or glide position)
 - Emphasize reach & glide on every stroke so that their kick is completed before they begin their next pull
 - Breathing is done during the pull when the shoulders lift out of the water – remind them of the lift in their pull – Head should remain still and in a

- position looking down towards water – when the arms recover and reach into the reach or glide position their head & face should be down in the water
- Work on the above in the water – Kick on a board or power kick – work on the entire stroke – emphasize glide position – make sure the kick is completed before they begin their next arm stroke – Timing – Two hand touches
- Refer to stroke progressions for more Breaststroke Drills
- Introduce Breaststroke underwater Pulls
 - Work on the underwater pull on the dry-land first
 - Begin from a push off the wall into a streamline position – Glide #1
 - After the 1st glide they will then take a strong butterfly press into a 2nd glide position with arms along side – during this press they may also take one downward dolphin kick
 - After the 2nd glide the hands will come forward up and along the middle of the body – when the hands get about to the chest a swimmer should add a Breaststroke kick into a 3rd glide position and get to the surface
 - Once head breaks the surface the swimmer may begin to swim the Breaststroke beginning with the pull then a kick.
- Add a the underwater pull to the start off of the blocks also

Week 5 – (100-300 yd warm-up swims) – Add Tuesday workout

- Continual work on Freestyle , Backstroke, Breaststroke, Breaststroke underwater pulls, Flip Turns, & Starts
- Introduce Backstroke flip turns
 - Work on turning from backstroke into a lock-out position to do a flip turn
 - Stroke counts
 - 1st arm stroke enters through the water to turn you onto your front that completed stroke should remain along the side - The 2nd stroke is done on your front and pulls all the way into a lock out position along with first arm – Teach them to begin the flip turn prior to the 2nd arm locking out completely
 - Remind them of the rules – A swimmer may not kick or glide beyond the completion of the lock-out position.
 - After the backstroke turn a swimmer should push off the wall on their back in a streamline position and do some underwater kicking and not begin to breakout until their face has broke the water
 - Work on these in the water
- Introduce Backstroke starts
 - Gutter starts only – In the center of the lane
 - Place feet (not on the same plane may work better for a stronger push – hands holding gutter about shoulder width apart – they should pull themselves into the gutter when they take their marks
 - To start they should throw their arms to side and then back to streamline – They should be driving off the wall with their legs and trying to lift their hips high over the water – while in the air over the water they should tilt their head back to look at the water
 - Enter into the water with fingertips first and with legs & feet last – Stay streamline – Kick underwater and breakout when the face breaks the surface

Week 7 – (100-300 yd warm-up swims)

- Continual work on Freestyle , Backstroke, Breaststroke, Breaststroke underwater pulls, Flip Turns(free & back), & Starts

- **Introduce the Butterfly**

- Work on kicking – emphasize legs & feet together – Kick begins from the upper body and body works like a whip to get a snappy up/down kick with the feet
- Kick may be done with a kick board or without a kickboard – Emphasize a rhythm – the body acting like a whip – not a lot of knee bend – and the feet kick both down and upward
- Work on Arm stroke out of the water – Hands enter into the water with the arms extended straight above the shoulder thumbs down, palms out – Entries should be downward to press the head, shoulders and chest (The “T”) slight down into the water – Hands should turn over and inward to catch the water and then press down through the middle of the body and slight flare outward and back to straight arms with acceleration and exit the water with straight arms and a lot of speed and recover with straight arms, thumbs down, palms out – and then the hands enter into the water with the arms extended straight above the shoulder thumbs down, palms out
- To breathe in the Butterfly – Emphasize that when not breathing the face should be in the water looking at the bottom of the pool – when a swimmer needs to breathe they should push the chin forward (not lift the head) when the hands are catching and beginning to press backwards – The face should be back into water by the time the swimmer is into their recovery
- Every stroke of Fly should have a press on the “T”
- There should be two kicks to every one arm cycle
- Work on swimming the stroke both in and out of the water
- Work on swimming stroke without breathing – Emphasize face in water looking at bottom of pool

- Refer to stroke progressions for more Butterfly Drills

Week 8 – (100-300 yd warm-up swims) – Two days this week (Thanksgiving)

- Continual work on Freestyle, Backstroke, Breaststroke, Butterfly, Breaststroke underwater pulls, Flip Turns(free & back), & Starts

Week 9 – (100-300 yd warm-up swims) – Mock Meet on Wednesday – Sprint meet on Saturday

- Continual work on Freestyle, Backstroke, Breaststroke, Butterfly, Breaststroke underwater pulls, Flip Turns(free & back), & Starts
- Prepare for swim meets
 - Relay starts – Hand to Hand relay starts
 - Meet warm-up – 100-200 yd swim – 4 x 25 Build-ups - 25's from starts
 - Turns on 50's and 100's – Open Turns for Backstroke if needed

Week 10 – (100-400 yd warm-up swims)

- Continual work on Freestyle, Backstroke, Breaststroke, Butterfly, Breaststroke underwater pulls, Flip Turns(free & back), & Starts
- IM Exchanges & Fall-away Turn
 - Work on Fall-away turn against wall
 - Two hand touch – one hand under (like jabbing someone with your elbow)
 - While still facing wall – Fall back away from wall and have feet ready to push away from wall
 - Trail hand should come along & over forehead and meet 1st hand in a streamline position and do your underwater work and come up and swim
 - Work on this in water
 - Work on doing this Breast & Fly – Work on this with Fly to Back/Back to Breast/Breast to Free
- Work on IM's (100 IM's)

Week 11 – (100-400 yd warm-up swims) –

- Continual work on Freestyle , Backstroke, Breaststroke, Butterfly, Breaststroke underwater pulls, Flip Turns(free & back), IM's, Fall-away Turns/ IM Exchanges & Starts
- Stroke of the Week – Freestyle
- Skill of the Week – Freestyle Flip Turns

Week 12 – Holiday relays on Wednesday

- Continual work on Freestyle , Backstroke, Breaststroke, Butterfly, Breaststroke underwater pulls, Flip Turns(free & back), IM's, Fall-away Turns/ IM Exchanges & Starts
- Stroke of the Week – Backstroke
- Skill of the Week – Backstroke Turns (Flip turns & open turns if needed)

Week 13 – Week between the holidays – Team Bowling party

- Continual work on Freestyle , Backstroke, Breaststroke, Butterfly, Breaststroke underwater pulls, Flip Turns(free & back), IM's, Fall-away Turns/ IM Exchanges & Starts
- Stroke of the Week – Backstroke
- Skill of the Week – Backstroke Turns (Flip turns & open turns if needed)

Week 14 – (100-400yd warm-up swims)

- Continual work on Freestyle , Backstroke, Breaststroke, Butterfly, Breaststroke underwater pulls, Flip Turns(free & back), IM's, Fall-away Turns/ IM Exchanges & Starts
- Stroke of the Week – Breaststroke
- Skill of the Week – Breaststroke underwater pulls
- Work on Starting Blocks
- Introduce Training Sets
 - 1. 50's on 1:30-2:00

Week 15 – (100-400yd warm-up swims)

- Continual work on Freestyle , Backstroke, Breaststroke, Butterfly, Breaststroke underwater pulls, Flip Turns(free & back), IM's, Fall-away Turns/ IM Exchanges & Starts; Training Sets (incorporate all strokes)
- Stroke of the Week – Butterfly
- Introduce Underwater dolphin kick (The 5th Stroke)
 - 1. Vertical kicking in deep water
 - 2. ½ pool underwater kicking
 - 3. incorporate underwater kicking into swimming 25's

Week 16 – (100-400 yd warm-up swims) – GBY Winter Open Week

- Continual work on Freestyle , Backstroke, Breaststroke, Butterfly, Breaststroke underwater pulls, Flip Turns(free & back), IM's, Fall-away Turns/ IM Exchanges & Starts; Training Sets (incorporate all strokes); The 5th stroke
- Stroke of the Week – Backstroke
- Skill of the Week – Backstroke Turns (Flip turns & open turns if needed)
- Relay Starts (hand to hand & blocks)

Week 17 – (100-400 yd warm-up swims)

- Continual work on Freestyle , Backstroke, Breaststroke, Butterfly, Breaststroke underwater pulls, Flip Turns(free & back), IM's, Fall-away Turns/ IM Exchanges & Starts; Training Sets (incorporate all strokes); The 5th stroke
- Stroke of the Week – Freestyle
- Skill of the Week – IM's & IM exchanges

Week 18 – (100-400 yd warm-up swims)

- Continual work on Freestyle , Backstroke, Breaststroke, Butterfly, Breaststroke underwater pulls, Flip Turns(free & back), IM's, Fall-away Turns/ IM Exchanges & Starts; Training Sets (incorporate all strokes); The 5th stroke
- Stroke of the Week – Breaststroke
- Skill of the Week – Breaststroke Underwater Pulls

Week 19 – (100-400 yd warm-up swims)

- Continual work on Freestyle , Backstroke, Breaststroke, Butterfly, Breaststroke underwater pulls, Flip Turns(free & back), IM's, Fall-away Turns/ IM Exchanges & Starts; Training Sets (incorporate all strokes); The 5th stroke
- Stroke of the Week – Butterfly
- Skill of the Week – Starts & Relays Starts

Week 20 – (100-400 yd warm-up swims)

- Continual work on Freestyle , Backstroke, Breaststroke, Butterfly, Breaststroke underwater pulls, Flip Turns(free & back), IM's, Fall-away Turns/ IM Exchanges & Starts; Training Sets (incorporate all strokes); The 5th stroke
- Stroke of the week – Backstroke
- Skill of the week – The 5th Stroke (underwater dolphin kicking)

Week 21 – (100-400 yd warm-up swims)

- Continual work on Freestyle , Backstroke, Breaststroke, Butterfly, Breaststroke underwater pulls, Flip Turns(free & back), IM's, Fall-away Turns/ IM Exchanges & Starts; Training Sets (incorporate all strokes); The 5th stroke
- Stroke(s) of the week – IM
- Skill of the week – IM exchanges

Week 22 – (100-400 yd warm-up swims)

- Continual work on Freestyle , Backstroke, Breaststroke, Butterfly, Breaststroke underwater pulls, Flip Turns(free & back), IM's, Fall-away Turns/ IM Exchanges & Starts; Training Sets (incorporate all strokes); The 5th stroke
- Stroke(s) of the week – All
- Skill of the week – Turns

Week 23 – (100-400yd warm-up swims) – Last Chance Meet week

- Continual work on Freestyle , Backstroke, Breaststroke, Butterfly, Breaststroke underwater pulls, Flip Turns(free & back), IM's, Fall-away Turns/ IM Exchanges & Starts; Training Sets (incorporate all strokes); The 5th stroke
- Work on all strokes, prepare for final meet
- Work on starts & relay starts

Week 24 – (100-400 yd warm-up swims) – Y State Swimmers only – Y State Week

- Continual work on Freestyle , Backstroke, Breaststroke, Butterfly, Breaststroke underwater pulls, Flip Turns(free & back), IM's, Fall-away Turns/ IM Exchanges & Starts; Training Sets (incorporate all strokes); The 5th stroke
- Work on all strokes, prepare for final meet
- Work on starts & relay starts