



Stroke

Stroke 25/50

Duration: 30 Minutes

Ratio: Maximum 6

Achievable Goals

- Freestyle and Backstroke 100m
- Breaststroke 50m
- Butterfly 25m
- Breaststroke pull-outs
- Touch turns

Stroke 100/200

Duration: 30 Minutes

Ratio: Maximum 6

Achievable Goals

- Freestyle 200m
- Backstroke 200m
- Breaststroke 100m
- Butterfly 50m
- Standing/Race dives

Stroke 400

Duration: 45 Minutes

Ratio: Maximum 6

Achievable Goals

- IM 100m with turns
- Freestyle 100m < 2:00mins
- Backstroke 100m < 2:00mins
- Backstroke starts
- Freestyle 800m

Squad

Our Squads are training levels.

It is expected that all four strokes have been learnt. In the Squad levels endurance, strength and stamina are worked on.

These sessions are suitable for swimmers that have finished the 'Learn to swim' levels and wish to remain swimming for training or fitness purposes.

Junior Squad *(See office for availability)*

Duration: 45 minutes

Ratio: Maximum 8

Senior Squad *(See office for availability)*

Duration: 60 minutes

Ratio: Maximum 10

Achievable Goals

- Freestyle correct technique 1k
- Backstroke correct technique 500m
- Breaststroke 400m
- Butterfly 100m
- Correct Turns for all strokes
- Correct Starts/Finishes
- Correct Dives