Weekly Training Plan/Outline

Novice Groups week of October 25th
1 and 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			5:45-6:45			
10/24	***10/25***	***10/26***	**10/27**	***10/28***	***10/29***	***10/30***
Focus: OFF	***Focus: underwater skils*** ***Focus: Drop down/ Push off*** **Streamline drills** **SLK drills(no board)** **Challenge:4 quad kick drills** **50, 100 free set**	OFF	**Focus: Buttterfly** Drop-push / UWDK with dolphin kicks Butterfly drills head position pull- arm position and catch body line consistent kick Fly set	OFF	**COACHES CHOICE OF SETS** **Focus: IM transition** Drop-push / UWDK with IM drills, IM kick IM swim set	OFF