



## Saints Swim Club Summer Programme



Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23rd May	1	2	3	4	5	6
30th May	2	3	4	Closed	Closed	Closed
6th June	3	4	5	6	7	8
13th June	4	5	6	7	8	9
20th June	5	6	7	8	9	10
27th June	6	7	8	9	10	1
4th July	7	8	9	10	1	2
11th July	8	9	10	1	2	3
18th July	9	10	1	2	3	4
25th July	10	1	2	3	4	5

Session 1 – Butterfly drills and aerobic fitness

Session 3 – Breaststroke drills and technique

Session 5 – Water Polo

Session 7 – Backstroke drills and aerobic fitness

Session 9 - Aerobic stamina & distance swimming

Session 2 – Breaststroke and frontcrawl speed and sprints

Session 4 – Frontcrawl drills and technique

Session 7 – Butterfly and Backstroke speed and sprints

Session 8 – Strength and circuit training

Session 10 – Lifesaving/Coaches choice