

**PROGRAM  
GUIDE**

**Lane X**

Tawa Swim Club Term Plan

	GCZ Tawa 24 Feb			PCA DIVIII 9 Mar		PCA Novice 24 March		GCZ Tawa 7 Apr		
10 Week	1	2	3	4	5	6	7	8	9	10
Warm Up										
Focus or Skill	<b>Assess Group</b>  8 x 25 4 x 50		<b>Backstroke</b> Practice flag count		<b>Breaststroke</b>		<b>Butterfly</b> Max 25m			
Fitness										
Second Activity - Kick or Coaches Choices	Coaches Choice	100 IM Related <i>Options</i> 50m IM 4 x 25m Ims FRIM IM Turns from Mid Pool	Coaches Choice	100 IM Related	Coaches Choice	100 IM Related	Coaches Choice	100 IM Related		
Starting Skills, Sprints	<b>Dives</b>	Dives	Dives	Dives	Dives	Dives	BK Starts	BK Starts	BK Starts	

**NOTE:** Activities Listed in bold must be done

Relays      Mini Olympics      Relays  
Talk as a group about relay changeovers have a demonstration from two older swimmers

50m Timetrial