

MAY-AUG 2015

15 WEEK CYCLE

Week	Date	6.00pm -7.00pm	7pm – 7.30pm SKILLS	7.30pm – 8.30pm
1	7th May	NPTS- LEGS	DRILLS	BUTTERFLY
2	14th May	NPTS-ARMS	DRILLS	FRONTCRAWL
3	21st May	NPTS-FLOAT	DRILLS	BACK STROKE
	28th May	No swim	No swim	No swim
4	4th June	NPTS-HOLD BREATH	DRILLS	BREAST STROKE
5	11th June	NPTS-SCULLING	STARTS	50M`s
6	18th June	NPTS-DOLPHIN	TURN S	100M`s
7	25th June	NPTS-GAMES	STARTS	200M`s
8	2nd July	NPTS-ARMS	IM TURNS	100M IM`s
9	9th July	DISTANCE	DISTANCE	DISTANCE
10	16th July	NPTS-LEGS	FINISHES	25M SPRINTS
11	23rd July	NPTS-TEAMWORK	50M PB`S	50M PB`S
12	30th July	NPTS-PUSH/GLIDE	STARTS	FRONT/BACKCRAWL
13	6th Aug	NPTS-TREADWATER	TURN S	FLY/BREASTSTROKE
14	13th Aug	NPTS-ARMS	FINISHES	25/50M SPRINTS
15	20th Aug	FUN SWIM/GALA	FUN SWIM	FUN SWIM/POLO