

EAST Friday Session Plan - 2008

Date	Stroke	Other focus
Fri 04-Jan-08	Frontcrawl	
Fri 11-Jan-08	Backcrawl	
Fri 18-Jan-08	Frontcrawl	Dives
Fri 25-Jan-08	Breaststroke	
Fri 01-Feb-08	Butterfly	Turns
Fri 08-Feb-08	Frontcrawl	Introduction to Heart Rates
Fri 15-Feb-08	Frontcrawl	
Fri 22-Feb-08	Backcrawl	
Fri 29-Feb-08	Breaststroke	Turns
Fri 07-Mar-08	Butterfly	
Fri 14-Mar-08	Frontcrawl	Maximum Heart Rates
Fri 21-Mar-08	Frontcrawl	
Fri 28-Mar-08	Backcrawl	Turns
Fri 04-Apr-08	Breaststroke	
Fri 11-Apr-08	Butterfly	Dives
Fri 18-Apr-08	Frontcrawl	Turns
Fri 25-Apr-08	Frontcrawl	Pacing
Fri 02-May-08	Backcrawl	
Fri 09-May-08	Breaststroke	
Fri 16-May-08	Butterfly	Turns
Fri 23-May-08	Frontcrawl	
Fri 30-May-08	Frontcrawl	
Fri 06-Jun-08	Backcrawl	Dives
Fri 13-Jun-08	Breaststroke	Turns
Fri 20-Jun-08	Butterfly	
Fri 27-Jun-08	Frontcrawl	Stroke Lengths & Stroke Rates
Fri 04-Jul-08	Backcrawl	Turns
Fri 11-Jul-08	Breaststroke	
Fri 18-Jul-08	Butterfly	

Notes:

- 1) The following topics are included on a regular basis:
 - All aspects of swimming technique
 - Stroke Counting
 - Swim Efficiently (Stroke lengths versus speed)
 - Using pace clock

- 2) Wherever possible lane(s) will be available on the Breaststroke and Butterfly sessions for those swimmers not wishing to improve their technique on those two strokes
On those weeks an alternative session will be available