

Intermediate (Blue Group) Syllabus:

Requirements:

Swimmers must:

- Must know how to streamline
- Be legal in all 4 strokes
- Must know how to dive properly
- Must be familiar with intervals and getting times
- Must be ready for increased yardage and training

Equipment List:

Swimmers need certain equipment in order to train efficiently. You can find all of the equipment you will need on our team store at:

<https://www.swimoutlet.com/collections/championscoachingfirebirds?ref=SWIMTOPIA>

All proceeds return to the Firebirds and help continue to support the team.

Please have your athletes equipment by:

Primary Equipment Needed (ASAP):

- Team swim suit: Before the start of October. (Please allow 3 - 4 weeks for the suit to ship)
- Kickboard: Before the end of September
- Fins: Before the end of September
- Water bottle: before the first practice

Secondary Equipment (needed by the end of October) :

- Pull buoy
- Paddles
- Sports Snorkel
- At least 1 Practice Suit
- Pacers (Beepers)

Other equipment (not required but helpful):

- Net bag

Month By Month Technique Progression

Here is what is expected to be taught month by month:

Month	Primary Goals	Mandatory Swimming Skills Day Focus (Mon/Wed)	Key Milestones
September	-Building kicking endurance -Enhancing turn -Enhancing Underwaters - Enhancing dives	-Kick strengthening -Turns (Flip and open) -Breakouts/Pullouts/ Underwaters -Dives	-Swimmers complete full 25s/50s kick sets without stopping or breaking streamline -Flip turns and open turns performed legally and consistently -Breakouts show correct timing (no breathing on first stroke) -Underwaters reach at least 5 yards off each wall -Dives become consistent: clean entry, tight streamline, no belly-flops -Athletes demonstrate basic interval awareness (leave times, simple pacing)
October	-Continued kicking strength -Short/mid distance freestyle/backstroke focus -Short/mid distance	-Continued kick focus/strengthening -Freestyle and backstroke technique and conditioning	-Freestyle and backstroke stroke counts decrease (efficiency improves) -Athletes hold mid-distance intervals

	freestyle/backstroke -IM introduction	-Breaststroke/butterfly technique/conditioning -IM focus	without stroke breakdown -Breaststroke timing becomes legal (no scissor kicks, proper pull timing) -Butterfly rhythm improves (2-beat kick, controlled breathing) -IM transitions introduced and performed legally at slow/moderate pace -Swimmers demonstrate improved aerobic consistency
November	-Significantly increased lung capacity -IM focus (HEAVY) -Championship stroke focus	-Endurance/Lung Capacity focus (significant yardage increased) -Prep/Planning for Championships	-Athletes complete longer IM sets without stroke legality issues -Lung capacity visibly improves (longer underwaters, fewer breaths in FR/BK) -Stroke endurance increases — no major fade in 100s/200s of any stroke -IM transitions remain legal under fatigue -Race-pace 50s/100s introduced with correct technique -Swimmers demonstrate readiness for

			-December's BB-time push (consistent pacing, improved aerobic base)
December	-Maintain technique from heavy IM/stroke work -Stabilize aerobic capacity -Protect athlete health during holiday season - Keep intricate skills sharp - Begin mental prep for championship season	-Continued October & November work -Calendar year yardage wind down - No dryland last two weeks	-Athletes maintain legality in all strokes under moderate fatigue -Turns, underwaters, and breakouts remain consistent despite yardage wind-down -Stroke integrity does not regress during holiday schedule -Swimmers complete baseline aerobic sets without decline -No dryland regression — mobility and core stability maintained
January	-Rebuild aerobic base -Reintroduce dryland strength -Re-establish mid-distance conditioning -Refine IM transitions and stroke efficiency - Increase yardage gradually back to full load -Reintroduce race-pace sets (not taper intensity)	-Mid-distance conditioning -Return of dryland -Gradual yardage -Refinement/execution of IM race strategies - Stroke efficiency -Strong focus on transitions (FL→BK→BR→FR)	-Full yardage restored by Week 3 -Dryland strength baseline re-established -IM transitions performed legally and smoothly at moderate pace -Mid-distance FR/BK sets completed with improved pacing consistency -Aerobic test set

			improvement -Stroke efficiency regained after December break
February	-Reduce yardage increase quality and precision -Sharpen race-pace execution -Finalize race strategies -Maximize rest, recovery, and mental readiness -Perfect starts, turns, underwaters	-Taper/Championships Prep	-Race-pace 50s/100s executed with correct breathing patterns -Starts, turns, and underwaters performed at championship quality -Stroke tempo increases without loss of technique -Athletes demonstrate readiness through descending sets and pace accuracy -Championship race plans finalized (splits, strategy, breathing) -Visible increase in speed + decrease in fatigue indicators
March	-Final SCY refinement -Technical polishing Race rehearsal -Maintain speed without overloading -Evaluate athlete progress for LC transition	Review: starts, turns, technique, final SCY meet prep	-SCY race rehearsal completed (full meet simulation) -Turns and finishes are consistently legal and fast -Stroke corrections from February fully integrated -IM transitions remain clean at race pace

			-Swimmers maintain taper speed while returning to moderate volume -LC readiness check: ability to hold pace in longer repeats
April - July	-Max yardage aerobic development -Long-course pacing (50/100/200/400) -Stroke endurance under LC conditions -Strong kick development -High-volume IM training -Race-pace 50s/100s/200s LC -Build championship-level stamina -Prepare for summer meets	Long course meet prep (max yardage)	-Yardage increases significantly (max yardage phase begins) -Athletes complete longer LC sets (ex: 4×200 FR, 3×400 FR) -Kick endurance improves (long kick sets without breakdown) -Stroke endurance holds up in LC distances -IM sets extended (ex: 200 IM repeats) -LC turns and underwaters adapted to longer pool