



## FINA Swimming Coaches Certification Programme - Coach Level (L2)- FACE TO FACE WEBINAR

### DAY 1

#### Week 1 (3h15')

Welcome & Introduction	30'
Review Training Classifications	30'
Review Planning & Periodisation	30'
Coffee Break	15'
Stroke Mechanics, Faults, Corrections & FINA Laws (Freestyle)	1h
Coffee Break	15'
Overview of FLP/Google Classroom & Assessment Process	30'
Questions	15'

### DAY 2

#### Week 2 (3h45')

Learning Review	15'
Anatomy & Physiology	1h15'
Scientific Principles (including CAS, FMS)	45'
Coffee Break	15'
Stroke Mechanics, Faults, Corrections & FINA Laws (Backstroke)	1h
Questions	15'

### DAY 3

#### Week 3 (3h15')

Learning Review (Day 2/ Week 2)	15'
Review Land Training	45'
Coffee Break	15'
Data Collection	30'
Coffee Break	15'
Stroke Mechanics, Faults, Corrections & FINA Laws (Breaststroke)	1h
Questions	15'

### DAY 4

#### Week 4 (3h15')

Learning Review (Day 3/ Week 3)	15'
Review Test Sets	1h30'
Coffee Break	15'
Stroke Mechanics, Faults, Corrections & FINA Laws (Butterfly)	1h
Questions	15'

### DAY 5

#### Week 5 (3h30')

Learning Review (Day 4/ Week 4)	15'
Skills Analysis (Starts/Turns)	1h30'
Coffee Break	15'
Continuing Professional Development	1h
Questions/Summary	30'