<table>
<thead>
<tr>
<th>S.No.</th>
<th>Topics</th>
<th>Contents</th>
</tr>
</thead>
</table>
| 1.    | Build Strong Skills - Phase I | Fundamentals of Swim Coaching  
Long Axis Stroke (FS & BK)  
Short Axis Stroke (BR & FLY)  
Technique: Start, Turn & Finish  
Adaptations in Stroke Pattern & Pacing: Distance vs Sprints |
| 2.    | Elements of coaching design, structure and analysis--Phase II | Energy Systems: In training & Racing  
Principles of Long Term Athlete Development  
Periodization: Importance & Approach  
Use of Technology in Technique assessment & race analysis  
Importance of Recovery in training & Racing: fundamentals and tools |
| 3.    | Ideas and Guidelines | Developing an Elite Swimmer  
Talent Identification Perspective: Early & Late Developers  
Current FINA rules  
Grouping a class for different Levels: Practice & Challenges  
Strength & Conditioning: When & HoW  
Group Discussion (day to day challenges)  
Transitioning from Elite Swimmer to Coach |
| 4.    | Coaching beyond the pool | Mind Training  
Doping  
Nutrition  
Challenges as a Swimmer(Past vs Present)  
Social Recognition of Swimming & Need for Aquatic Education |
<table>
<thead>
<tr>
<th></th>
<th>Coaching Toolbox</th>
<th>Development Strategies for Competitive Swimming in India</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Safer You &amp; Safer Me</td>
</tr>
</tbody>
</table>