Need

Warm-up:

Lane 1

WARM UP 200m FC

Main content:

DRILL SET

• 2 x 100m FC focus on the big toes turned in and gently tapping against each other as you kick and stretching through the core to feel as though your hips are sitting higher in the water. *15sec Rest after each 100m*
• 2 x 50m Kicking on the Side, alternating each side per 25m : *15sec Rest after each 50m*
• 2 x 50m 6-1-6 : *15 sec Rest after each 50m*

MAIN SET
focus on ensuring the middle finger extends forward in the water in front of the same shoulder, rather than crossing over the centre-line. Finger-tip entry first into the water - not a thumb-first entry.
• 1 x 100m @ 1500m race pace *20 sec Rest*
• 1 x 200m @ 1500m race pace *20 sec Rest*
• 1 x 400m @ 1500m race pace *20 sec Rest*
• 1 x 200m @ 1500m race pace *20 sec Rest*
• 1 x 100m @ 1500m race pace *20 sec Rest*

Cool-down:

• 100m cool down

Session summary & wrap up

Stretching

Total 1,700m

Warm-up:

Lane 2

WARM UP 200m FC

Main content:

DRILL SET

- 1 x 100m @ 1500m race pace *20 sec Rest*
- 1 x 200m @ 1500m race pace *20 sec Rest*
- 1 x 100m @ 1500m race pace *20 sec Rest*

- 2 x 100m FC focus on the big toes turned in and gently tapping against each other as you kick and stretching through the core to feel as though your hips are sitting higher in the water. *15sec Rest after each 100m*
- 2 x 100m Kicking on the Side, alternating each side per 25m : *15sec Rest after each 100m*
- 2 x 100m 6-1-6 : *15 sec Rest after each 100m*

MAIN SET

focus on ensuring the middle finger extends forward in the water in front of the same shoulder, rather than crossing over the centre-line. Finger-tip entry first into the water - not a thumb-first entry.

- 1 x 100m @ 1500m race pace *20 sec Rest*
- 1 x 200m @ 1500m race pace *20 sec Rest*
- 1 x 400m @ 1500m race pace *20 sec Rest*
- 1 x 200m @ 1500m race pace *20 sec Rest*
- 1 x 100m @ 1500m race pace *20 sec Rest*

Cool-down:

- 100m cool down

Session summary & wrap up

Stretching

Total 2,100m

Warm-up:

Lane 3

WARM UP 200m FC

Main content:

DRILL SET

- 1 x 50m @ 1500m race pace *20 sec Rest*
- 1 x 100m @ 1500m race pace *20 sec Rest*
- 1 x 150m @ 1500m race pace *20 sec Rest*
- 1 x 100m @ 1500m race pace *20 sec Rest*
- 1 x 50m @ 1500m race pace *20 sec Rest*

- 2 x 100m FC focus on the big toes turned in and gently tapping against each other as you kick and stretching through the core to feel as though your hips are sitting higher in the water. 15sec Rest after each 100m
- 2 x 100m Kicking on the Side, alternating each side per 25m : 15sec Rest after each 100m
- 2 x 100m 6-1-6 : 15 sec Rest after each 100m

MAIN SET

focus on ensuring the middle finger extends forward in the water in front of the same shoulder, rather than crossing over the centre-line. Finger-tip entry first into the water - not a thumb-first entry.

- 1 x 100m @ 1500m race pace 20 sec Rest
- 1 x 200m @ 1500m race pace 20 sec Rest
- 1 x 400m @ 1500m race pace 20 sec Rest
- 1 x 200m @ 1500m race pace 20 sec Rest
- 1 x 100m @ 1500m race pace 20 sec Rest

Cool-down:

- 100m cool down

Session summary & wrap up

Stretching

Total 2,350m

Coaches Notes

Get the swimmers to bring paddles and pull buoys

This is all about getting the body position and kick right which will help with swimming efficiency and reducing the drag

The kick drills are to reduce drag by keeping the leg kick efficient and streamlined. Most of us bend our legs too much, so we need to kick from the hips. We also often do a scissor kick, particularly when we lift our head to breath

Feeling our legs and / or toes brush against each other demonstrates that our legs are not separating

Ensuring our hand entry is at shoulder width apart reduces the snaking motion and make sus more streamlined and reduces wasted effort

We can help with finger tip entry by imagining our arm follow the shape of a barrel, we need to emphasise how important it is to have your elbows above your wrists and your wrists above your hands and your hands above you fingers