

Warm-up:

Lane 1

WARM UP 200m FC

Main content:**DRILL SET ALL WITH PULL BUOY**

- 2x 25m Scull#1/with pull buoy, 25m swim FC return *Rest 10secs*
- 50m easy swim focus on the catch *Rest 10secs*
- 2x (25m Scull#2 with pull buoy, 25m swim FC return) *Rest 10secs*
- 50m easy swim focus on the catch *Rest 10secs*
- 2x (25m Doggy Paddle, 25m swim FC return) *Rest 10secs*
- 50m easy swim focus on the catch *Rest 10secs*
- 2x (25m Doggy Paddle, 25m swim FC return) *Rest 10secs*
- 50m easy swim focus on the catch *Rest 10secs*

MAIN SET

- 3 x 200m / *Rest 20secs*
Focus on the Catch
- 3 x 100m / *Rest 10secs*
Focus on the Catch

Cool-down:

- 2 x (25m Scull#1, 25m FC return) *Rest 10secs*
- 2 x (25m Doggy Paddle, 25m FC return) *Rest 10secs*
- 2 x (25m Backstroke) *Rest 10secs*
 - 50m easy swim focus on the catch

Session summary & wrap up

Stretching

Total 1,700m

Warm-up:

Lane 2

WARM UP 200m

Main content:

DRILL SET ALL WITH PULL BUOY

- 6 x 25m Build from easy to hard over each 25 / on Lane Clear
- 2x (25m Doggy Paddle, 25m swim FC return) *Rest 10secs*
- 50m easy swim focus on the catch *Rest 10secs*
- 2x (25m Doggy Paddle, 25m swim FC return) *Rest 10secs*
- 50m easy swim focus on the catch *Rest 10secs*
- 2x (25m Scull#1, 25m swim FC return) *Rest 10secs*
- 50m easy swim focus on the catch *Rest 10secs*
- 2x (25m Scull#2, 25m swim FC return) *Rest 10secs*
- 50m easy swim focus on the catch *Rest 10secs*
- 2x (25m Scull#3, 25m swim FC return) *Rest 10secs*
- 50m easy swim focus on the catch *Rest 10secs*

CONDITIONING MAIN SET

- 3 x 200m / *Rest 20secs* ****Focus on the Catch****
- 3 x 100m / *Rest 10secs* ****Focus on the Catch****

Cool-down:

- 2 x (25m Scull#1, 25m FC return) *Rest 10secs*
- 2 x (25m Doggy Paddle, 25m FC return) *Rest 10secs*
- 2 x (25m Back stroke) *Rest 10secs*

Session summary & wrap up

Stretching

Total 2,000m

Warm-up:

Lane 3

WARM UP AT RPE 5

- 200m FC *Rest 20 secs*
- 2x (25m Butterfly then lane clear before the 25m swim FC return) *Rest 20 secs*
- 50m easy swim focus on the catch *Rest 20*
- 6 x (25m Build from easy to hard over each 25, On Lane Clear)

Main content:

DRILL SET ALL WITH PULL BUOY

- 2x (25m Doggy Paddle/25m swim FC return) *Rest 10secs*
- 50m easy swim focus on the catch *Rest 10secs*
- 2x (25m Doggy Paddle/25m swim FC return) *Rest 10secs*
- 50m easy swim focus on the catch *Rest 10secs*

CONDITIONING MAIN SET

- 4x 200m @ CSS *Rest 20secs*
Focus on the Catch

- 5 x 100m *Rest 10secs*
Focus on the Catch

ALL WITH PULL BUOY

- 2x (25m Scull#1 25m swim FC return) *Rest 10secs*
- 50m easy swim focus on the catch *Rest 10secs*
- 2x (25m Scull#2 25m swim FC return) *Rest 10secs*
- 50m easy swim focus on the catch *Rest 10secs*
- 2x (25m Scull#3 25m swim FC return) *Rest 10secs*
- 50m easy swim focus on the catch

Cool-down:

- 2 x 50m Back stroke

Session summary & wrap up

Stretching

Total 2,350

Coaches notes

Get the swimmers to bring pull buoys

This is all about increasing the power and efficiency of the hands through the water

Scull number 1 is having your hands in front with your fingertips pointing down, where you would normally start the catch. The scull motion should be very small movements with your hands in the catch position in a figure of 8 motion. It should not look like breaststroke, the objective is to feel what it is like to have your hands in the right position at the beginning of the catch and feel the power your hands have in propelling you through the water

Scull number 2 is having your hands beneath you where the most power is coming from, again it is about that feel for the water. Still use the small figure of 8 motion

Scull number 3 is having your hands beneath level with your hips, most of us stop the power in the water at this stage, but this is where a significant amount of power comes from and also stops out legs dropping

Again it is about that feel for the water and muscle memory. Still use the small figure of 8 motion

Doggy paddle is bringing Scull number 1, 2 and 3 together and again feel the power your hands have in propelling you forward. In the Doggy Paddle your hands should always be facing the back of the pool. If you had a smiley face draw on them the person behind would always be able to see the smiley face!!