

Swim Set – Michaelmas 2022 Week 4

Technique workshop

- trying out other swimming styles to improve your feeling of the water and overall swimming fitness

Novice – 1000m

WU: 200 freestyle (switch to back if tired)

Drills: 5x50m - legs

1. Sculling with dolphin kicks
2. Dolphin kicks on the back
3. Breaststroke kicks – try to alternate between long & slow kicks and fast, springy kicks
4. Breaststroke kicks on your backs with arms moving together
5. Breaststroke kicks with dolphin arms (do one arm at a time if you can't do both at a time)

Drills: 5x50 arms

1. Dolphin dives
2. Straight arm front crawl
3. Fists front crawl
4. Head up front crawl (water polo stroke)
5. One arm stroke

WD:

4x50 backstroke

100 catch up

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Intermediate – 1400m

WU: 200 freestyle

Drills: 5x50m - legs

1. Sculling with dolphin kicks
2. Dolphin kicks on the back
3. Breaststroke kicks – try to alternate between long & slow kicks and fast, springy kicks
4. Breaststroke kicks on your backs with arms moving together
5. Breaststroke kicks with dolphin arms (do one arm at a time if you can't do both at a time)

Drills: 5x50 arms

1. Dolphin dives – do 1 stroke between
2. Straight arm front crawl
3. Fists front crawl
4. Head up front crawl (water polo stroke)
5. One arm stroke

Set: 5x100 backstroke with long underwater swim after each turn/push of the wall

WD: 200 catch up

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Senior – 1800m

WU: 250 freestyle

Drills: 5x50m - legs

1. Sculling with dolphin kicks
2. Dolphin kicks on the back
3. Breaststroke kicks – try to alternate between long & slow kicks and fast, springy kicks
4. Breaststroke kicks on your backs with arms moving together
5. Breaststroke kicks with dolphin arms (do one arm at a time if you can't do both at a time)

Drills: 6x50 arms

1. Dolphin dives – do 1 stroke between
2. Straight arm front crawl
3. Fists front crawl
4. Head up front crawl (water polo stroke)
5. One arm stroke
6. Pull

Set: 6x100 backstroke with long underwater swim after each turn/push of the wall

2x100 IM

WD: 200 catch up