

Warm-up:

Lane 1

WARM UP 200m FC

Main content:

DRILL SET ALL WITH PULL BUOY TRY TO KEEP YOUR NORMAL BREATHING

- 50m easy swim with head pointing straight down

Rest 10 secs

- 50m easy swim with head pointing 10 degrees forward

Rest 10 secs

- 50m easy swim with head pointing 45 degrees forward

Rest 10 secs

- 50m easy swim head up with chin on the surface still breathing normally

Rest 10 secs

Discussion on which feels easier

2 X 50m easy swim Focus on the head position Rest 10 secs

MAIN SET

- 1 x 400m / *Rest 20secs*

****Focus on the head position****

- 2 x 200m / *Rest 20secs*

****Focus on the head position****

- 3 x 100m / *Rest 10secs*

****Focus on the head position****

Cool-down:

- 100m cool down

Session summary & wrap up

Stretching

Total 1,700m

Warm-up:

Lane 2

WARM UP 200m FC

Main content:

MAIN SET

- 1 x 400m / *Rest 20secs*
Focus on the head position
- 3 x 200m / *Rest 20secs*
Focus on the head position

DRILL SET ALL WITH PULL BUOY TRY TO KEEP YOUR NORMAL BREATHING

- 50m easy swim with head pointing straight down
Rest 10 secs
 - 50m easy swim with head pointing 10 degrees forward
Rest 10 secs
 - 50m easy swim with head pointing 45 degrees forward
Rest 10 secs
 - 50m easy swim head up with chin on the surface still breathing normally
Rest 10 secs
- Discussion on which feels easier
- 2 X 50m easy swim Focus on the head position *Rest 10 secs*

MAIN SET

- 4 x 100m / *Rest 10secs*
Focus on the head position

COOL DOWN

- 100m cool down
- Session summary & wrap up
Stretching

Total 2,000m

Warm-up:

Lane 3

WARM UP AT RPE 5

- 200m FC

Main content:

DRILL SET ALL WITH PULL BUOY TRY TO KEEP YOUR NORMAL BREATHING

- 2 x 400m / *Rest 20secs*

****Focus on the head position****

- 50m easy swim with head pointing straight down

Rest 10 secs

- 50m easy swim with head pointing 10 degrees forward

Rest 10 secs

- 50m easy swim with head pointing 45 degrees forward

Rest 10 secs

- 50m easy swim head up with chin on the surface still breathing normally

Rest 10 secs

Discussion on which feels easier

2 X 50m easy swim with you head in its most natural position with a paddle resting on your forehead (the pressure of water should keep it in place)

Rest 10 secs

- 3 x 200m / *Rest 20secs*

****Focus on the head position****

- 3 x 100m / *Rest 10secs*

****Focus on the head position****

Cool-down:

- 100m cool down

Session summary & wrap up

Stretching

Total 2,400m

Coaches notes

Get the swimmers to bring paddles and pull buoys

This is all about getting the head position right which will help with breathing and reducing the drag

In these drills We exaggerate the head position in the water to demonstrate how inefficient the wrong position is and how it affects our legs sinking. In the debrief get them to comment on which is most natural and how they can ensure they can maintain that position in open water

This exercise "1 X 50m easy swim with your head in its most natural position with a paddle resting on your forehead (the pressure of water should keep it in place)" is just for lane three, they may be able to go half a length before the paddle falls off, so get them to consider why that is and how they can stop it falling off