

## Equipment

Board, Sinkable Object

**Session 10**

Total length = 46 lengths

Total distance = approx. 900m

## Warm up

10 lengths FC easy pace

## Main Set

1. 4 lengths FC as
  - 1<sup>st</sup> 25m leg kick only
  - 2<sup>nd</sup> 25m leg kick with catch up arm pull
  - 3<sup>rd</sup> 25m leg kick only
  - 4<sup>th</sup> 25m leg kick catch up arm pull**30 seconds rest**
2. 5 lengths FC moderate pace  
**30 seconds rest**
3. 4 lengths FC as
  - 1<sup>st</sup> 25m leg kick only
  - 2<sup>nd</sup> 25m leg kick with catch up arm pull
  - 3<sup>rd</sup> 25m leg kick only
  - 4<sup>th</sup> 25m leg kick catch up arm**30 seconds rest**
4. 5 lengths FC moderate pace **rest 30 seconds**
5. 2 lengths BRST easy pace
6. 2 lengths FC x 3 as Each first 15m off wall fast  
**15 seconds rest between lengths**
7. 4 lengths BRST easy pace

## Cool Down

6 lengths continuous swimming BC

## Relax

Surface Dive and swim under water

12 week programme

**Tips for Session 10**

## Front Crawl leg kick without a board

- 1) Leg kick as normal
- 2) Keep both arms straight out in front with one hand on top of the other
- 3) Head down between arms, close that ears are touching arms
- 4) Lift your head to the front to breathe while keeping legs kicking continuously

## Catch Up Arm Pull

- 1) As tips for session 5 working one arm at a time
- 2) Concentrate on pulling each hand back until each thumb rubs of the leg to complete the pull before taking the hand out of the water
- 3) Using the arm from shoulder to fingers push the hand forward until the arm is fully extended just under the surface of the water.
- 4) Reach forward without over stretching

## Back Crawl

- 1) Streamlined horizontal body position with ears level with the water
- 2) Straight leg with alternating kick. Knees bending slightly as the leg kicks downwards and straightens out as the leg kicks upwards, toes make a small splash while legs stay in the water
- 3) Arms start at your legs, alternating action with one arm starting when the other arm enters the water. Straight arm coming out of the water keeping in line with the shoulder and turning so the little finger enters the water first. Rotating the shoulder as the hand enters the water. Bend the elbow and with the hand facing towards your toes push the hand towards the thigh keeping the arm slightly below water level. Breathe normally

## Surface Dive

- 1) Starting with floating face down with arms out straight in front
- 2) In one movement sweep your arms back, tuck your knees up to your chest and bend your waist forward
- 3) When your head is pointing downwards push your legs up out of the water keeping legs close together.
- 4) As the legs come out of the water pull your arms back using a breast stroke arm pull and pull yourself towards the floor of the pool
- 5) Use arm pull only and NO leg kick
- 6) Always keep your arms in front of you to protect your head
- 7) Swim breaststroke under water for a few strokes (be aware of other swimmers)

**Session 11**

Total lengths = 48

Total distance = approx. 950m

**Warm up**

10 lengths as 3 FC, 3 BC, 2 FC, 2 BC

**Main set**

1. 4 lengths FC moderate pace  
30 seconds rest
2. 2 lengths FC x 3 1<sup>st</sup> 25m fast pace and 2<sup>nd</sup> 25m moderate pace  
15 seconds rest between each set
3. 4 lengths FC moderate pace  
45 seconds rest
4. 2 lengths FC x 3 1<sup>st</sup> 25m moderate pace 2<sup>nd</sup> 25m fast pace  
20 seconds rest between each set
5. 4 lengths FC moderate pace  
30 seconds rest
6. 2 length FC x 3 1<sup>st</sup> 25m fast pace and 2<sup>nd</sup> 25m moderate pace  
15 seconds rest between each set
7. 2 lengths FC fast/moderate pace  
30 seconds rest

**Cool Down**

6 lengths 3 FC easy 3 BRST or BC

**Relax**

Surface dive to pick up object from the bottom of the pool

**Tips for Session 11**

## Concentrating on FC Body and Head Position

- 1) As we swim, our bodies do not move through the water in a straight forward position; allow your body to rotate with the stroke.
- 2) Imagine a centre line down your body, avoid excessive rolling and don't let either side pass over that line.
- 3) Keep your right side on the right side of the line and your left side on the left.
- 4) Keep your head in a neutral position to prevent any strain on your body, eyes looking downwards in a slightly forward direction (look slightly ahead at the bottom of the pool)

## Swimming at Moderate Pace

This will be a great set to increase your fitness

- 1) Be sure to control your pace throughout the whole set
- 2) Have a full water bottle to consume liquids throughout
- 3) Maintain FC technique

## Surface Dive to pick up weight

- 1) Starting with floating face down with arms out straight in front
- 2) In one movement sweep your arms back, tuck your knees up to your chest and bend your waist forward
- 3) When your head is pointing downwards push your legs up out of the water keeping legs close together.
- 4) As the legs come out of the water pull your arms back using a breast stroke arm pull and pull yourself towards the floor of the pool
- 5) Use arm pull only and NO leg kick
- 6) Always keep your arms in front of you to protect your head
- 7) Swim breaststroke under water for a few strokes (be aware of other swimmers) and reach out to pick up weight on floor

**Session 12**

Total lengths = 50

Total distance = approx. 1,000m

## Warm up

10 lengths FC easy pace

## Main set

1. 4 sets of 4 lengths FC (breathe every 3 strokes and concentrate on turns)  
30 seconds rest between each length
2. 2 sets of 3 lengths (50m) FC kick with board  
15 seconds rest between each set
3. 6 sets of 2 lengths (50m) FC  
Odd lengths fast pace and Even lengths easy pace  
15 seconds rest between each set

## Cool Down

6 lengths BRST or BC easy

## Relax

Mushroom Float

**Tips for Session 12**

## Breathing Practise

- 1) Keep a streamlined position
- 2) Rotate your shoulders while rolling your head
- 3) When breathing to the left side keep your right ear in the water
- 4) When breathing to the right side keep your left ear in the water

## Front Crawl Leg Kick

- 1) Straight legs with toes pointing behind you
- 2) Kick from your hips
- 3) Only heels and toes break the surface

## Breast Stroke

- 1) Streamlined body position with a slight decline from head to toes.
- 2) Head is turned slightly downwards
- 3) Hands straight together out in front, pull back in a small circular movement bending your elbows to allow your hands to pull in a downwards outward direction and then pull your hands inwards and upwards until your elbows are in line with your shoulders, turn your hands to face each other push in towards each other. Bring your hands and arms close together while gliding back to the start position out in front.
- 4) Legs start straight out together (legs will be under the water if body position is correct). Bend your knees bringing your ankles up towards your seat turning your feet out with your toes pointing to either side of the pool. Using a circular movement push your feet out making sure the soles of your feet are pushing back through the water. Push your feet back until your legs are close together out straight.
- 5) As your hands pull up towards your chest lift your head forward out of the water to breathe, as your legs push back and your hands glide forward your head goes back into the water.
- 6) Correct timing for Breaststroke starts with legs and arms out straight, as your elbows bend your legs bend, as your hands pull in to your chest your legs are pushing outwards, as your arms are gliding out in front your legs are pushing back bringing you back to the start position

## Mushroom Float

- 1) Start with a front float
- 2) Tuck the knees into your chest and bring your chin to your knees
- 3) Wrap your arms around your knees and let your body roll
- 4) Blow out through your nose as you tuck your chin in and hold your breath
- 5) You will roll forward slightly and then stop with your back arched looking like a mushroom above the water.