

Equipment

Kick Board (these may be supplied at pool)

Session 1

Total length = 20 lengths

Total distance = 500m

Warm up

4 lengths (100m) FC easy

Main Set

Push and Glide practises off the wall concentrating on body position for FC

1. Push and Glide into swimming 1 length FC x 4
Have a short rest between each length
2. Hold onto the side bar or wall to practise breathing techniques
3. 2 lengths (50m) FC concentrating on breathing x 5
(Practise push and glide off each wall and concentrate on breathing)
Rest for 30 seconds after each set of 2 lengths

Cool Down

1. Push and Glide practises on back
2. Push and Glide into swimming 1 length BC x 2
Have a short rest between each length

Relax

Float on your front and then gently roll over to float on your back

TIP- if you are having difficulty floating use a float between your legs

Tips for Session 1

Push and Glide on Front

- 1) Stretch your arms out in-front above your head remembering to lock the hands together
- 2) Push off the wall or pool floor on your front in a streamlined position with your nose pointing down
- 3) Push from your feet up to your hips
- 4) If you are holding onto the wall with one hand remember to bring the arm over your head.
- 5) Try and keep your body as streamlined as possible throughout bracing your core to help stabilise

Breathing

- 1) If you are holding onto the side of the wall hold securely with two hands, keep the elbow bent to the side you are breathing to
- 2) Keep in a streamlined body position; face down, ears level with the water with your nose pointing downward.
- 3) When breathing to the left side rotate your left shoulder out of the water and submerge the right shoulder while keeping your right ear in the water. Practise several times. Repeat the on the right side submerging the left shoulder down while keeping your left ear in the water.
- 4) Introduce arm pull by holding the side with one hand and use the other arm. Exhale as your arm pulls through the water and roll your head as our arm pulls back towards your leg.
- 5) Take a breath in as your arm comes back over the water roll your head back into the water.
- 6) Practise first with a float between your legs then when your confidence builds introduce the kick

Back Crawl

- 1) Hold on to the wall/ bar with your feet and your head facing the wall
- 2) Keep your elbows and knees bent and pull yourself close to the wall finding a comfortable position without strain
- 3) Tilt your head back slowly into the water and push off in streamline position bringing your ears level with the surface
- 4) Keep your body on top of the water trying to keep your stomach to the ceiling and legs extended

Floating

On your front

- 1) Face down, nose pointing downwards keeping your body flat on top of the water.
- 2) Arms out in front and legs straight out behind

On your back

- 1) Relax your head back in the water with your face out and ears level
- 2) Keep your tummy up and hands by your side with legs out

Session 2

Total Lengths = 24

Total Distance = 600m

Warm up

4 lengths (100m) FC/BC easy

Main Set

1. Using a board: FC breathing and leg kick practise
1 length (25m) x 4 **15 seconds rest between each length**
2. Catch up arm pull FC (concentrating on arm reach)
1 length (25m) x 4 **15 seconds rest between each length**
3. Full stroke FC following three steps at start of each length
2 lengths (50m) x 3 **15 seconds rest between each length**
4. 4 lengths (100m) FC easy swim concentrating on stroke technique and bilateral breathing

Cool Down

1 length (25m) BRST and 1 length (25m) FC

Relax

Sculling Head First and Feet First

Tips for Session 2

Breathing Practises

- 1) Hold the bottom of the board with your fingers over and thumb under with one arm out straight and the other by your side
- 2) Breathe to one side by rolling your head onto the shoulder of the arm holding the board
- 3) Rotate your body bringing the shoulder of the side you are breathing to out of the water keeping the opposite ear in the water then repeat on the other side.
- 4) Breathe and roll your head back into your normal breathing position, face down with nose pointing down.

FC Leg Kick

- 1) The kick starts from the hip and finished at your toes so kick your legs working from your hips to toes.
- 2) Keep your legs straight yet relaxed with toes pointed- imagine a ballerina
- 3) Keep your ankles loose to let them move naturally through the water alternating the leg kick as one leg goes up the other leg goes down and repeat remaining under the water throughout the whole stroke
- 4) For the depth of the kick think of types of walking, baby steps, normal steps and gaint steps you are aiming for normal
- 5) Remember streamlining keeping your legs close together

Sculling Head First

- 1) Lie flat on top of the water: face up, head back in the water with ears at water level
- 2) Cupping your hands move them in small circular actions simultaneously pushing your hands towards your feet and then gliding them back with your palms facing downwards
- 3) Keep your hands below the surface to prevent splashing
- 4) Try and keep your arms close by your sides and elbows slightly bent
- 5) Legs close together with toes pointing forward

Sculling Feet First

- 1) Keep your body flat on top of the surface, face up ears level with the water
- 2) Cup your hands with your fingers pointing down, arms by your side and elbows bent
- 3) Pull your hands back towards your head simultaneously
- 4) Turn your hands and glide them back with your fingers pointing towards your feet and palms facing down
- 5) Keep your hands below the surface and your legs close together with pointed toes

Changing Direction while Sculling

- 1) Start with head first sculling and to change direction stop moving your arms, place your two arms by your side and keep floating for about 2 seconds. Then start pulling your hands back towards your head and keep your arms close to your side.

Session 3

Total Lengths = 26

Total Distance = 650m

Warm up

4 lengths (100m) FC/BC easy

Main Set

1. Using a board: FC breathing and leg kick practise
1 length (25m) x 4 **15 seconds rest between each length**
2. 2 lengths (50m) concentrating on leg kick in FC swim
3. Catch up arm pull FC (concentrating on arm reach)
1 length (25m) x 4 **15 seconds rest between each length**
4. Full stroke FC following three steps at start of each length
2 lengths (50m) x 3 **15 seconds rest between each length**
5. 4 lengths (100m) FC easy swim concentrating on stroke technique and bilateral breathing

Cool Down

1 length (25m) BRST and 1 length (25m) FC

Relax

Push and Glide on your front

Tips for Session 6

Breathing Practises

- 1) Hold the bottom of the board with your fingers over and thumb under with one arm out straight and the other by your side
- 2) Breathe to one side by rolling your head onto the shoulder of the arm holding the board
- 3) Rotate your body bringing the shoulder of the side you are breathing to out of the water keeping the opposite ear in the water then repeat on the other side.
- 4) Breathe and roll your head back into your normal breathing position, face down with nose pointing down.

FC Leg Kick

- 1) The kick starts from the hip and finished at your toes so kick your legs working from your hips to toes.
- 2) Keep your legs straight yet relaxed with toes pointed- imagine a ballerina
- 3) Keep your ankles loose to let them move naturally through the water alternating the leg kick as one leg goes up the other leg goes down and repeat
- 4) The leg kick should remain under the water throughout the whole stroke
- 5) For the depth of the kick think of types of walking, baby steps, normal steps and gaint steps you are aiming for normal
- 6) Remember streamlining keeping your legs close together

Push and Glide on Front

- 1) Stretch your arms out in-front above your head remembering to lock the hands together
- 2) Push off the wall or pool floor on your front in a streamlined position with your nose pointing down
- 3) Push from your feet up to your hips
- 4) If you are holding onto the wall with one hand remember to bring the arm over your head.
- 5) Try and keep your body as streamlined as possible throughout bracing your core to help stabilise