

Equipment

None required

Session 4

Total length = 26 lengths

Total distance = 650m

Warm up

6 lengths (150m) as 2 lengths (50m) FC, 2 lengths (50m) BC, 2 lengths (50m) BRST

Main Set

1. Practise turning- start from the middle of the pool and swim to the wall, turn and swim back to the middle
Repeat a few times to build confidence
2. 4 length (100m) FC x 2 try and hold average pace concentrating on turns
Rest 30 seconds between each set
Why not try a few floating practise before the next block
3. 2 lengths (50m) FC x 4
Swim easy for the 1st length and faster for the 2nd length concentrating on bilateral breathing.
Rest for 20 seconds between each set

Cool Down

4 lengths (100m) choice of stroke at an easy pace

Relax

Sculling in different directions, experiment using your hands to pull you through the water in different directions.

Tips for Session 4

Turning

- 1) Swim towards the wall, reach one hand forward to grab the wall/ bar
- 2) As you grab onto the wall/ bar quickly pull your body into the wall, tucking your knees into your chest
- 3) Imagine the wall is a trampoline and you need to bounce off fast turning your body to face the opposite end of the pool
- 4) As you turn drop your shoulder of the side you are turning too and turn your feet towards the wall while gliding your free hand out in the direction you are turning too
- 5) Plant both feet on the wall and push off into a streamline position and back into full stroke

Bilateral Breathing

- 1) Keeping your body in a streamlined position roll your head to one side while rotating your body slightly to the other side dropping your shoulder below the surface and keep the ear in the water
- 2) Breathe and roll your head back to a streamlined position
- 3) Breathe every 3 strokes

Sculling in Different Directions

Try experimenting by moving your hands in different directions while lying on your front or back. Feel how your hands move you through the water and then imagine your arm action for all strokes. Play about it with and have some fun!

Session 5

Total Lengths = 28

Total Distance = 700m

Warm up

6 lengths (150m) as 2 lengths (50m) FC, 2 lengths (50m) BC, 2 lengths favourite stroke

Main Set

1. Practise turns in and out of the wall on front
2. 4 lengths (100m) FC x 5
Swim moderate pace on the first 3 lengths then try to increase the speed on the last length
30 seconds rest between each set
3. Practise floating on your back to unwind after your set

Cool Down

2 lengths (50m) choice stroke

Relax

Practise threading water

Tips for Session 5

Turning

- 1) Swim towards the wall, reach one hand forward to grab the wall/ bar
- 2) As you grab onto the wall/ bar quickly pull your body into the wall, tucking your knees into your chest
- 3) Imagine the wall is a trampoline and you need to bounce off fast turning your body to face the opposite end of the pool
- 4) As you turn drop your shoulder of the side you are turning too and turn your feet towards the wall while gliding your free hand out in the direction you are turning too
- 5) Plant both feet on the wall and push off into a streamline position and back into full stroke

Bilateral Breathing

- 1) Keeping your body in a streamlined position roll your head to one side while rotating your body slightly to the other side dropping your shoulder below the surface and keep the ear in the water
- 2) Breathe and roll your head back to a streamlined position
- 3) Breathe every 3 strokes

Treading Water

- 1) Use a woggle and practise where you can stand placing the woggle around your back holding it in front of you with both hands (think of sitting in a chair)
- 2) Moving both legs bend your knees and raise them up towards your chest as if sitting down
- 3) Separate your knees and push them out to the side then downwards with the sole of your feet facing the pool floor
- 4) Avoiding straightening the legs out completely and bring them back together to start again
- 5) Let go of the woggle and practise your hands and legs together. Keep your arms out in front with your elbows bent just below the surface of the water in line with your shoulders. Using circular arm movements push your hands downwards and outwards away from you then turn your hands towards each other and push them back to where they started from like in a figure of 8
- 6) Relax while treading water the more you force it the harder it will be.

Session 6

Total Lengths = 32

Total Distance = 800m

Warm up

8 lengths (200m) as 4 lengths (100m) FC/ 2 lengths (50m) BC/ 2 lengths (50m) BRST

Main Set

1. 2 lengths (50m) FC x 4 (concentrating on the arm pulls)
30 seconds rest between each set
2. 2 length (50m) x 2 (catch up arm pull)
15 seconds rest between each set
3. 2 lengths (50m) x 4 count each arm pull on the 1st length and see if you can use less strokes every length
30 seconds rest between each set

Cool Down

2 lengths (50m) BRST and 2 lengths (50m) FC

Relax

Tread water in a deeper part of the pool use a woggle if needed

Tips for Session 6

Front Crawl Arm Pull

- 1) Start in a streamlined body position, arms straight out in front close to your head with your hands meeting in an imaginary centre line
- 2) Using an alternating action pull one arm back through the water keeping the arm in line with your body.
- 3) Use your sculling technique and pull your hand through the water bending your elbow as you pull. Brush your thumb past your leg while you pull through allowing your shoulder to roll.
- 4) As your arm comes out of the water with your elbow leaving the water first keep your arm close to your head as you bring it over the water entering back into the water with your thumb first in a slight downward position.
- 5) Allow your shoulders to roll as you reach your each arm out in front of you entering the water at the centre of the imaginary line and reach forward until your arm is out straight ready to start again
- 6) Using a continuous alternating stroke as the first arm finishes the under water phase of the stroke the other arm is beginning. One arm is coming out of the water as the other is entering the water

Catch up Front Crawl

- 1) Start with your arms straight out in front, keeping them close to your head
- 2) Pull one arm back through the water keeping the other hand out in front
- 3) Bending the arm slightly pull the hand back through the water until your thumb brushes past your leg and your arm is straight
- 4) Bring the arm out of the water bending your elbow as you bring it over your head and glide your fingers into the water reaching your arm out until one hand meets the other hand.
- 5) When one arm finished the other arm starts
- 6) Concentrate on reaching forward, your shoulders should move forward as your hand reached out to touch the other hand

Treading in deeper water

- 1) Follow what you did in the previous training session
- 2) To relax in the deep end, try floating in a vertical position staying very still with your legs close together and your hands by your side. All you need to do is keep your face above water to breath
- 3) Tilt your head back and relax, you will initially go under the surface but you will float back up. Keep your head tilted back and blow out gently through your nose. ENJOY!