

Equipment

None required

Session 19

Total lengths = 48 lengths

Total distance = 1,200m

Warm up

200m FC (concentrating on push and glide at the start of each length)

Main set

1. 100m FC X 4 (pace yourself so last length is as good as the first)
Rest 30 seconds
2. 100m BC easy
Rest 15 seconds
3. 100m FC X 4 (pace yourself so last length is as good as the first)
Rest 30 seconds

Cool down

100m your choice of stroke, nice and easy

Relax

Tumbling at the wall

Tips for Session 19

Push and Glide

- 1) With one hand on the wall/bar turn your body slightly sideways with both feet against the wall and the other arm straight out in front on top of the water
- 2) Push off the wall using the power of your legs and keep the arm straight out in front
- 3) As you push off put your face into the water, nose pointing down and ears level
- 4) To prevent irritation from water going into your nose blow out gently through your nose as your face enters the water and during the push off
- 6) At the same time bring the other arm over your head to meet the other hand as in streamline positioning
- 7) Start swimming using your 3 steps
 1. push to glide
 2. kick
 3. arm pull

Tumbling at the wall

- 1) Swim towards the wall, when you are an arm pull away start to tumble.
- 2) Tuck your chin in towards your chest
- 3) Tuck your knees into your chest using your arms to assist the roll over
- 4) As you roll over push your legs back towards the wall
- 5) A tumble turn is not a complete turn, you want to come out facing the other way
- 6) You will be on your side as you push off the wall
- 7) Push your two feet off the wall and at the same time push your two arms out in front to bring your body into a streamlined position keeping your head tucked between your arms
- 8) As you glide away from the wall turn on to your front
- 9) Start with leg kick as a normal push off and then start arm pull

Session 20

Total lengths = 52 lengths

Total distance = 1,300m

Warm up

200m FC easy pace controlling breathing for each length

Main set

1. 200m FC X 2 (concentrate on bilateral breathing)
Have a go at a tumble turn
60 seconds rest between each set
2. 100m BRST
30 seconds rest
3. 200m FC X 2 (count strokes on each length and try and do less on each next length)
Have a go at a tumble turn
60 seconds rest between each set
4. 100m BC
30 seconds rest

Cool down

100m your choice of stroke, nice and easy

Skill

Practise Turning

Relax

Floating positions

Tips for Session 20

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

Front Crawl Arm Pull

- 1) As your hand enters the water turn your hand downwards and inwards first to pull and then to push through the water
- 2) Bring the hand back until your thumb reaches your leg
- 3) Lift your elbow out of the water first
- 4) Bringing your hand up and over the water (elbow high)
- 5) Reach your hand out, rotating your shoulders to increase the distance
- 6) Glide your fingers into the water, turned slightly with thumb entering the water first

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
- 2) surface and keep the ear in the water
- 3) Breathe and roll your head back to a streamlined position
- 4) Breathe every 3 strokes
- 5) If you find it hard on longer distance to breath every 3 strokes try breathing twice to
- 6) one side then do 3 strokes and breath twice to the other side

Tumbling at the wall

- 1) Swim towards the wall, when you are an arm pull away start to tumble.
- 2) Tuck your chin in towards your chest
- 3) Tuck your knees into your chest using your arms to assist the roll over
- 4) As you roll over push your legs back towards the wall
- 5) A tumble turn is not a complete turn, you want to come out facing the other way
- 6) You will be on your side as you push off the wall
- 7) Push your two feet off the wall and at the same time push your two arms out in front to bring your body into a streamlined position keeping your head tucked between your arms
- 8) As you glide away from the wall turn on to your front
- 9) Start with leg kick as a normal push off and then start arm pull

Session 21

Total lengths = 52 lengths

Total distance = 1,300m

Warm up

200m as (100 FC, 50 FC Kick, 50 BC)

Main Set

1. 50m FC
30 seconds rest
2. 100m FC kick with board
40 seconds rest
3. 150m FC
45 seconds rest
4. 200m FC
60 seconds rest
5. 200m FC
45 seconds rest
6. 150m FC
40 seconds rest
7. 100m FC kick with board
30 seconds rest
8. 50m FC

Cool Down

100m (50 BC, 50 BRST)

Relax

Floating positions

Tips for Session 21

Control your breathing: use different breathing technique, change how you breathe on different lengths and you will find what works for you

Floating concentrating on body position

On your front

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

On your back

- 1) Head back in the water, face out.
- 2) Ears level and head relaxed.
- 3) Keep your tummy up and hands by your side with legs out straight.

Mushroom Float

- 1) Start with a front float.
- 2) Tuck your 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.
- 5) You will roll forward slightly and then stop with your back arched looking like a mushroom above the water.

Combination Floating

- 1) Start with a front float; keep your legs close together.
- 2) Rolling over from your front to your back (rotate your shoulders and hips)
- 3) Float on your back; keep your legs close together.
- 4) Brings your knees up towards your chest while you bend at your waist bringing your shoulders towards your knees and wrap your arms around your knees.
- 5) Roll forward into a mushroom float, exhaling as you roll forward.
- 6) Try holding each position for 5 seconds.