

Equipment

None required

Session 31

Total lengths = 64 lengths

Total distance= 1,600m

Warm up

200m FC/ BC

Main set

1. 400m X 3 FC (Swim 25m easy BRST or BC per 100 if required but swim continuous)
Take 60-90 seconds rest between each 400
2. 25m x 4 FC (first 10m fast then easy rest of the length)

Cool down

100m favourite stroke

Relax

Feet first surface dives

Tips for Session 31

At this stage you have developed your stroke, relax and find your rhythm for:

- 1) Pushing off
- 2) Streamlining
- 3) Stroke technique
- 4) Breathing
- 5) Turning

Feet First Surface Dive

- 1) Start with threading water, slow relaxed movements
- 2) Bring your two hands out wide and sweep them up over the water, bring them together in a straight line up over your head
- 3) Bring your two legs together, keep them straight with toes pointed to the pool floor
- 4) The momentum of the sweep action combined with straightening out your legs will bring you down under the surface
- 5) To bring yourself up push your two hands down by your side, repeat this action until you return to the surface
- 6) Keep practising and see how far you can go down: can you touch the floor? (please be aware of diving in deep pools if you have ear problems)

Session 32

Total lengths = 68 lengths

Total Distance = 1,700m

Warm Up

200m FC

Main Set

1. 400m FC (work on long strokes)
60 seconds rest
2. 100m X 2 FC steady
15 seconds rest between each 100
3. 400m FC (work on push offs the wall)
60 seconds rest
4. 100m X 2 BC steady
15 seconds rest between each 100
5. 50m x 4 FC (fast last 15m into the wall)
15 seconds rest

Cool Down

100m your choice of stroke

Relax

Head first surface dive

Tips for Session 32

Head First Surface Dive

- 1) Starting 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, remember to always keep your arms in front of you to protect your head

Session 33

Total lengths = 72 lengths

Total Distance= 1,800m

Warm Up

300m as (100FC, 100 Kick, 100BC)

Main Set

1. 600m FC (Control your breathing and stroke rhythm)
2 minutes rest
2. 100m easy swim
3. 600m FC (Control your breathing and stroke rhythm)
2 minutes rest
4. 100m easy swim

Cool Down

100m BRST

Relax

Float and relax

Tips for session 33

Relax, go slow and concentrate on your stroke

Turning

- 1) Swim towards the wall, reach one hand forward and grab the wall/bar
- 2) As you grab onto the wall/bar tuck your knees into your chest and rotate your body to the opposite side of the hand holding the wall
- 3) As you turn drop the 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
- 4) Plant both feet on the wall and push off into a streamline position
- 5) Using the 3 steps for FC continue swimming

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