

Session Plan: Technique

20m pool

Lane

Aim: **Improving Body Rotation**



	Time	Objective	Your Pace	Interval between phase	Concentrate on:
<b>Warm Up</b>	5	F/S only	Easy		Controlling your stroke
<b>Drill Set</b>	5	<b>Catch up</b> F/S back	50%		Concentrate on full extension
	5	<b>Catch up with thigh tap (with pull buoy)</b>	50%		Concentrate on full stroke
	5	<b>One arm drill – left arm only up/right arm down</b> other arm by your side (with fins)	50%		Hold at full extension point, hip drives down first
	5	<b>6-3-6 kick (with fins)</b>	60%		Do not over rotate
	5	<b>Bilateral breathing</b>	60%		Head still, body rotating on a spit
<b>Main Set</b>	15	<b>100m's trying to take 1 less stroke each 20m eg 15 strokes 1<sup>st</sup> 20m, 14strokes 2<sup>nd</sup> 20m etc</b>	<b>75%</b>	60secs	Concentrate on not overgliding but long full strokes
	10	<b>200m F/S bilateral breathing</b>	<b>75%</b>	60secs	Concentrate on full extension at the front
<b>Cool Down</b>	5	4 x F/S, 1 x Breaststroke (repeat)	Easy		to Lower Heart Rate and stretch