

Session Plan: Technique

20m pool

Lane

Aim: Arm entry and catch



	Time	Objective	Your Pace	Interval between phase	Concentrate on:
Warm Up	5	F/S only	Easy		Controlling your stroke
Drill Set	5	Superman push off into F/S	50%		arms shoulder width apart, make sure your hand entry follows this position
	5	Water Polo up F/S back	50%		Look where hand entry is
	5	Catch Up using float and pull buoy	50%		Hands finish on side of float
	5	Catch up with Pull buoy up F/S back	50%		Concentrate on wide hand entry and no crossing over
	5	Doggy paddle up F/S back	50%		Fingers pointing to the floor, pivot from elbow
Main Set	25	100m, 200m, 400m, 200m 100m (Repeat) maintaining same speed throughout and good technique	75%	60secs rest between sets	Concentrate on hand entry and not crossing
Cool Down	5	4 x F/S, 1 x Breaststroke (repeat)	Easy		to Lower Heart Rate and stretch