

Session Plan: Technique

20m pool

Lane

Aim: **Body position**



	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>Superman Push Off</b> into F/S	50%		Feel body position in water as you push off
	5	<b>Superman Push Off</b> kick for 5m into F/S	50%		Feel body position, pointed toes
	5	<b>Superman Push Off</b> kick for 10m into F/S	60%		Kicking from hip
	5	<b>Torpedo Kick off</b> arms by side kick for 5m into F/S			Think of head position
	5	<b>Torpedo Kick off</b> arms by side kick for 10m into F/S	60%	60 secs	Think of chest pressing into water
<b>Main Set</b>	5	<b>F/S hard kick up easy back</b>		60secs	Thinking about body position
	20	<b>400m TT</b>			Get baseline for winter work
<b>Cool Down</b>	5	4 x F/S, 1 x Breaststroke (repeat)	Easy		to Lower Heart Rate and stretch