

Session Plan: Technique

20m pool

Lane

Aim: **Catch and Pull Improvement**



	Time	Objective	Your Pace	Interval between phase	Concentrate on:
Warm Up	5	F/S only	Easy		Controlling your stroke
Drill Set	5	Doggy paddle up F/S back	50%		High elbows in the water
	5	Skulling – arms at 90 degrees / F/S back (with fins or pull buoy)	50%		Feel for the water, think rolling basketballs
	5	Fist drill up F/S back	50%		Concentrate on early catch
	5	Thigh tap – thumb scraping thigh at full extension (with Pull Buoy)	60%		Full extension of pull
	5	One arm drill – left arm only up/right arm only down other arm out in front	60%		Keep elbows high in the water
Main Set	10	100m repeats – Hard but not 100% sprints, concentrating on quality back end of the stroke	85%	60secs	Concentrate on early catch
	15	200m repeats – sprint every 4th length	75%	60secs	Concentrate on full and powerful back end
Cool Down	5	4 x F/S, 1 x Breaststroke (repeat)	Easy		to Lower Heart Rate and stretch