

Session Plan: Technique

20m pool

Lane

Aim: **Kicking 1**



	Time	Objective	Your Pace	Interval between phase	Concentrate on:
Warm Up	5	F/S only	Easy		Controlling your stroke
Drill Set	5	Kick Up F/S back. Arms out in front	50%		Steady flutter kick
	5	Kick on your back holding float to chest	50%		Straight legs, pointed toes
	5	Catch Up – with Pool Buoy	50%		Good stroke, rest legs ☺
	5	Kick on Left side up/Right Side back arms out front	60%		Kick from hip not knees
	5	6-3-6	60%		Good rotation
Main Set	10	Kick for 5m into F/S	70%	60secs	Feel the kick dictate the rhythm of the stroke
	15	200's maintaining steady pace	70%	60secs	Concentrate on heels just breaking the surface
Cool Down	5	4 x F/S, 1 x Breaststroke (repeat)	Easy		to Lower Heart Rate and stretch