



Session Plan 122

Core Routine

Date: 6 June 17

Safety Briefing

Observe lane etiquette – lane direction and giving way to faster swimmers.

Session Introduction

This week we look at speed from the perspective of reducing drag and more particularly, having an effective kick, with the potential to aid propulsion, rather than hinder it.

Warm Up:

200m easy pace

Technical set:

50m kick with (or without) kickboard

50m swim, focusing on engaged core, firing glutes, and kick amplitude

All X 3 - 5

Main set:

200m (8 lengths of the pool) at best pace for the distance 30 sec rest

400m (16 lengths of the pool) better than race pace 30 sec rest

600m (24 lengths of the pool) race pace 30 sec rest (Novice athletes can choose to skip this longest rep)

400m (16 lengths of the pool) better than race pace 30 sec rest

200m (8 lengths of the pool) at best pace for the distance – how does it compare to the first rep?

Warm down:

300m Very easy

Total Volume:

2000m – 2800m

Coaching Points:

Kick from the hip, with a straight but flexible leg, toes pointed, slightly inwardly rotated.

<https://www.youtube.com/watch?v=X2ipwMgVXYU>