



Session Plan 123



Date: 13 June 17

Safety Briefing

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

Session Introduction

This week we re-cap the basics of alignment, balance and catch ABC to keep us on track with great technique through the race season.

Warm Up:

200m easy pace

Technical set:

3 x 50m skating drill to halfway, swim to wall

3 x 50m scull to halfway, swim to wall

Main set:

6 x 200m OR 300m OR 400m (depending on ability and target race) at above race pace / intensity.

Warm down:

300m Very easy

Total Volume:

2000m – 3200m

Coaching Points:

Sprint distance athletes choose 200m, standard or middle distance choose 300m, Ironman athletes use the 400m reps.

Keep fingertips lower than your wrists during sculling (and freestyle catch) to avoid 'braking' the stroke

During skating seek out long straight body alignment and just enough rotation to balance. If you over rotate, you'll feel yourself using up precious energy trying to regain your balance. If that happens, check that your trailing arm is down in your 'front pocket', to close down the shoulder of the recovering arm. This should help regain balance for the drill and the follow-on swim stroke.

<https://www.youtube.com/watch?v=MrLj60KmUc8>

<https://www.youtube.com/watch?v=3WYyowAvb5U>