



## Session Plan 128

## Time Trial

Date: 18 July 17

### Safety Briefing

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

### Session Introduction

This week, we'll repeat / build on the stroke rate focus commenced in last week's session.

### Warm Up:

200m easy pace

### Technical set:

2 x 50m 1 – finger drill (incorporating EVF)

2 x 50m head-up lifesaver (feel the EVF effect)

4 x 100m focus on increasing your stroke rate (without diminishing stroke length) Use Tempo trainer if possible and experiment with varying your stroke rate.

### Main set:

3 – 5 x 400m all timed. Alternate increased focus on higher stroke rate (using tempo trainer if possible) and swimming without that specific focus (taking out the tempo trainer if previously used).

How do times compare to your last 400m timed swim? Is there any variance in reps with and without high stroke rate focus?

### Warm down:

300m Very easy

### Total Volume:

2300m – 3100m

### Coaching Points:

Familiarizing yourself with the tempo set at a slightly higher stroke rate, should help you to replicate that higher stroke rate when there are no stroke rate beeps from the tempo trainer, allowing you to adopt a sustainable high stroke rate than previous swims.

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