



## Session Plan 172

## Arrow Straight



Date: 29 May 18

### Safety Briefing

When drilling, consider moving down a lane, so as not to hold up swimmers doing faster sets.

### Session Introduction

All great swimmers exhibit excellent balance in the water. Let's look at what I consider to be the key drill for balance and alignment – skating drill and use an intermediate step (6-3-6) to carry that alignment into our freestyle stroke.

### Warm Up:

200m, easy

### Technical set:

6 x 50m as skate to halfway, swim to wall. Alternate left and right hand lead

6 x 50m 6-3-6

### Main set:

4 – 7 x 200m focusing between alignment and balanced rotation.

### Warm down:

200m – 400m Easy to very easy

### Total Volume:

1800m – 2400m

### Coaching Points:

In skating, the leading arm should be straight out in front of the rotated shoulder. The trailing arm should be 'in pocket' (straight down on the INSIDE of the thigh). Kick should not be so aggressive as to throw you off balance – consider a compact and rhythmic kick.

6-3-6 is as simple as counting to three (strokes) then switching sides. Breathing on the second stroke or just after the third stroke, when you have maximum propulsion, works best.

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