

**Lane 1 Session
September 1st 2010**

Phase Race	Technical Objectives Timing and Breathing
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Warm Up

1x100m	70% RI 30s
2x75m	75% Effort RI 25s
1x50m	80% Effort RI 20s

See Over for Drill Set

Main Set

Aerobic Development

Easy / Medium/ Hard Repeats

Note splits should be 2 secs quicker on each 100m
(i.e 1:30; 1:28; 1:26)

3 Times SET below with 1:30 between sets

1x75m	Swim Easy 70% RI 20s
1x75m	Swim Pace 85% RI 20s
1x50m	Swim Hard 90% RI 20s

Repeat TWICE MORE

Warm Down

100m	Easy Swim
2x50m	Choice Drill 25m + Swim 25m

Total Metres	1500
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TECHNICAL

Technique Set	Timing & Breathing Objective - Not allowing the breathing to affect the stroke timing
2x25m	25m Drill+ 25m Swim Catch Up + Swim THINK SLOW TO FAST and then glide on side
2x25m	25m Drill+ 25m Swim Single Arm (BP 2) - Popeye sighting (1/2 Length Left/ 1/2 Length Right) Look to pool side with one eye (other eye in water) - use Bow wave
2x25m	25m Drill+ 25m Swim Single Arm (BP 2) - Popeye underwater sighting (1/2 Length Left/ 1/2 Length Right) Look to side under water on breath (site on lane rope to side)
2x25m	25m Drill+ 25m Swim Catch Up (BP 3) - Popeye sighting Look to pool side with one eye (other eye in water)
4x25m	1x25m swim as (1/3:1/3:1/3) Catch UP; 1/2 Catch Up; Normal timing 1x25m (1/3:1/3:1/3) as Normal: 1/2 Catch Up; Catch Up 1x25m Half Length Normal; Half Length 1/2 Catch Up 1x25m Half Length 1/2 Catch Up; Half Length Normal
2x50m	2 TIMES DRILL 25m and SWIM 25m 123-1 Catch Up Timing Using Catch Up timing and breathing bi-lateral Count 1-2-3 (Breathe) AND then do an extra single arm stroke (keep head down in water)

**Lane 2 Session
September 1st 2010**

Phase	Technical Objectives
Race	Timing and Breathing

Warm Up

1x100m	70% RI 30s
2x75m	75% Effort RI 25s
1x50m	80% Effort RI 20s

See Over for Drill Set

Main Set

Aerobic Development

Easy / Medium/ Hard Repeats

Note splits should be 2 secs quicker on each 100m
(i.e 1:30; 1:28; 1:26)

3 Times SET below with 1:30 between sets

1x100m	Swim Easy 70% RI 20s
1x75m	Swim Pace 85% RI 20s
1x75m	Swim Hard 90% RI 20s

Repeat TWICE MORE

Warm Down

100m	Easy Swim
2x50m	Choice Drill 25m + Swim 25m

Total Metres	1700
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TECHNICAL

<u>Technique Set</u>	Timing & Breathing Objective - Not allowing the breathing to affect the stroke timing
2x25m	25m Drill+ 25m Swim Catch Up + Swim THINK SLOW TO FAST and then glide on side
2x25m	25m Drill+ 25m Swim Single Arm (BP 2) - Popeye sighting (1/2 Length Left/ 1/2 Length Right) Look to pool side with one eye (other eye in water) - use Bow wave
2x25m	25m Drill+ 25m Swim Single Arm (BP 2) - Popeye underwater sighting (1/2 Length Left/ 1/2 Length Right) Look to side under water on breath (site on lane rope to side)
2x25m	25m Drill+ 25m Swim Catch Up (BP 3) - Popeye sighting Look to pool side with one eye (other eye in water)
4x25m	1x25m swim as (1/3:1/3:1/3) Catch UP; 1/2 Catch Up; Normal timing 1x25m (1/3:1/3:1/3) as Normal: 1/2 Catch Up; Catch Up 1x25m Half Length Normal; Half Length 1/2 Catch Up 1x25m Half Length 1/2 Catch Up; Half Length Normal
3x50m	3 TIMES DRILL 25m and SWIM 25m 123-1 Catch Up Timing Using Catch Up timing and breathing bi-lateral Count 1-2-3 (Breathe) AND then do an extra single arm stroke (keep head down in water)

**Lane 3 Session
September 1st 2010**

Phase	Technical Objectives
Race	Timing and Breathing

Warm Up

1x150m	70% RI 30s
1x100m	75% Effort RI 25s
2x50m	80% Effort RI 20s

See Over for Drill Set

Main Set

Aerobic Development

Easy / Medium/ Hard Repeats

Note splits should be 2 secs quicker on each 100m
(i.e 1:30; 1:28; 1:26)

3 Times SET below with 1:30 between sets

1x100m	Swim Easy 70% RI 20s
1x100m	Swim Pace 85% RI 20s
1x100m	Swim Hard 90% RI 20s

Repeat TWICE MORE

Warm Down

1x100m	Easy Swim
3x50m	Choice Drill 25m + Swim 25m

Total Metres	1950
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TECHNICAL

<u>Technique Set</u>	Timing & Breathing Objective - Not allowing the breathing to affect the stroke timing
2x25m	25m Drill+ 25m Swim Catch Up + Swim THINK SLOW TO FAST and then glide on side
2x25m	25m Drill+ 25m Swim Single Arm (BP 2) - Popeye sighting (1/2 Length Left/ 1/2 Length Right) Look to pool side with one eye (other eye in water) - use Bow wave
2x25m	25m Drill+ 25m Swim Single Arm (BP 2) - Popeye underwater sighting (1/2 Length Left/ 1/2 Length Right) Look to side under water on breath (site on lane rope to side)
2x25m	25m Drill+ 25m Swim Catch Up (BP 3) - Popeye sighting Look to pool side with one eye (other eye in water)
4x25m	1x25m swim as (1/3:1/3:1/3) Catch UP; 1/2 Catch Up; Normal timing 1x25m (1/3:1/3:1/3) as Normal: 1/2 Catch Up; Catch Up 1x25m Half Length Normal; Half Length 1/2 Catch Up 1x25m Half Length 1/2 Catch Up; Half Length Normal
3x50m	3 TIMES DRILL 25m and SWIM 25m 123-1 Catch Up Timing Using Catch Up timing and breathing bi-lateral Count 1-2-3 (Breathe) AND then do an extra single arm stroke (keep head down in water)

**Lane 4 Session
September 1st 2010**

Phase Race	Technical Objectives Timing and Breathing
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Warm Up

1x200m	70% RI 30s
1x100m	75% Effort RI 25s
2x50m	80% Effort RI 20s

See Over for Drill Set

Main Set

Aerobic Development

Easy / Medium/ Hard Repeats

Note splits should be 2 secs quicker on each 100m
(i.e 1:30; 1:28; 1:26)

4 Times SET below with 1:30 between sets

1x100m	Swim Easy 70% RI 20s
1x100m	Swim Pace 85% RI 20s
1x100m	Swim Hard 90% RI 20s

Repeat THREE more times

Warm Down

150m	Easy Swim
3x50m	Choice Drill 25m + Swim 25m

Total Metres	2350
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TECHNICAL

<u>Technique Set</u>	Timing & Breathing Objective - Not allowing the breathing to affect the stroke timing
2x25m	25m Drill+ 25m Swim Catch Up + Swim THINK SLOW TO FAST and then glide on side
2x25m	25m Drill+ 25m Swim Single Arm (BP 2) - Popeye sighting (1/2 Length Left/ 1/2 Length Right) Look to pool side with one eye (other eye in water) - use Bow wave
2x25m	25m Drill+ 25m Swim Single Arm (BP 2) - Popeye underwater sighting (1/2 Length Left/ 1/2 Length Right) Look to side under water on breath (site on lane rope to side)
2x25m	25m Drill+ 25m Swim Catch Up (BP 3) - Popeye sighting Look to pool side with one eye (other eye in water)
4x25m	1x25m swim as (1/3:1/3:1/3) Catch UP; 1/2 Catch Up; Normal timing 1x25m (1/3:1/3:1/3) as Normal: 1/2 Catch Up; Catch Up 1x25m Half Length Normal; Half Length 1/2 Catch Up 1x25m Half Length 1/2 Catch Up; Half Length Normal
3x50m	3 TIMES DRILL 25m and SWIM 25m 123-1 Catch Up Timing Using Catch Up timing and breathing bi-lateral Count 1-2-3 (Breathe) AND then do an extra single arm stroke (keep head down in water)