



Lane 1 Session
July 7th 2010

| # | Technical Objectives |
|---|---|
| Aerobic Development | Posture & Kick |
| Warm Up | |
| 1x150m | Swim Easy |
| 4x50m | Vary BP every 50m |
| Technique Set | |
| | Posture & Kicking |
| | ENGAGE CORE - CONNECT LEGS TO CORE |
| 2x25m | Front Kick - Kick 12 / Swim 3 strokes (RI 20s) |
| 2x25m | Side Kick - Kick 12 Swim/ 3 strokes/ switch sides (RI 20s) |
| 2x25m | Back Stroke Side Kick - Kick 12/ stroke/ switch sides (RI 20s) |
| 2x25m | 2x25m Kick 3 Catch Up Stroke and Switch - Count kicks (This is like a 6 beat kick) |
| 2x25m | Catch Up - Count kicks (1,2,3,4) for each stroke cycle |
| 2x25m | Catch Up with Kick.... Start light and with 5m to go kick hard with <u>light arms</u> |
| SET 2 | |
| <i>Aerobic Development - Hard / Easy Set</i> | |
| Try and do same splits both up and down for 85% efforts.... | |
| 2 xSET | |
| Rest 2 Mins Between Sets | |
| 2x25m | Easy RI 15s |
| 4x75m | 90% Effort OFF 1m:50s |
| 1x100m | 75% Effort Steady |
| 4x75m | 90% Effort OFF 1m:50s |
| 2x25m | Easy RI 15s |
| Warm Down | |
| 1x100m | Easy Swim |
| 1x50m | Easy Swim |
| Total Metres | 1650 |



Lane 2 Session
July 7th 2010

Swim Fitness
Aerobic Development

Technical Objectives
Posture & Kick

Warm Up

1x150m Swim Easy
4x50m Vary BP every 50m

Technique Set Posture & Kicking

ENGAGE CORE - CONNECT LEGS TO CORE

2x25m Front Kick - Kick 12 / Swim 3 strokes (RI 20s)
2x25m Side Kick - Kick 12 Swim/ 3 strokes/ switch sides (RI 20s)
2x25m Back Stroke Side Kick - Kick 12/ stroke/ switch sides (RI 20s)
2x25m 2x25m Kick 3 Catch Up Stroke and Switch - Count kicks
(This is like a 6 beat kick)
2x25m Catch Up - Count kicks (1,2,3,4) for each stroke cycle
2x25m Catch Up with Kick.... Start light and with 5m to go kick hard
with light arms

Aerobic Development - Hard / Easy Set

SET 2

Try and do same splits both up and down for 85% efforts....

2 xSET Rest 2 Mins Between Sets
2x50 Easy Off 1m:05s
2x100m 90% Effort OFF 2m:10s
1x150m 75% Effort Steady

Warm Down

1x100m Easy Swim
2x50m Easy Swim

Total Metres 1750



Lane 3 Session
July 7th 2010

Swim Fitness Technical Objectives
Aerobic Development Posture & Kick

Warm Up

1x150m Swim Easy
4x50m Vary BP every 50m

Technique Set Posture & Kicking

ENGAGE CORE - CONNECT LEGS TO CORE

2x25m Front Kick - Kick 12 / Swim 3 strokes (RI 20s)
2x25m Side Kick - Kick 12 Swim/ 3 strokes/ switch sides (RI 20s)
2x25m Back Stroke Side Kick - Kick 12/ stroke/ switch sides (RI 20s)
2x25m 2x25m Kick 3 Catch Up Stroke and Switch - Count kicks
(This is like a 6 beat kick)
2x25m Catch Up - Count kicks (1,2,3,4) for each stroke cycle
2x25m Catch Up with Kick.... Start light and with 5m to go kick hard
with light arms

Aerobic Development - Hard / Easy Set

SET 2

Try and do same splits both up and down for 85% efforts....

2 xSET **Rest 2 Mins Between Sets**
2x50m Easy Off 1 minute
3x100m 90% Effort OFF 2min
1x150m 75% Effort Steady

Warm Down

1x150m Easy Swim
2x50m Easy Swim

Total Metres 2000



Lane 4 Session
July 7th 2010

| | |
|---|--|
| Swim Fitness Aerobic Development | Technical Objectives Posture & Kick |
| Warm Up | |
| 1x150m | Swim Easy |
| 4x50m | Vary BP every 50m |
| Technique Set | |
| Posture & Kicking | |
| ENGAGE CORE - CONNECT LEGS TO CORE | |
| 2x25m | Front Kick - Kick 12 / Swim 3 strokes (RI 20s) |
| 2x25m | Side Kick - Kick 12 Swim/ 3 strokes/ switch sides (RI 20s) |
| 2x25m | Back Stroke Side Kick - Kick 12/ stroke/ switch sides (RI 20s) |
| 2x25m | 2x25m Kick 3 Catch Up Stroke and Switch - Count kicks (This is like a 6 beat kick) |
| 2x25m | Catch Up - Count kicks (1,2,3,4) for each stroke cycle |
| 2x25m | Catch Up with Kick.... Start light and with 5m to go kick hard with <u>light arms</u> |
| SET 2 | |
| <i>Aerobic Development - Hard / Easy Set</i> | |
| Try and do same splits both up and down for 85% efforts.... | |
| 3 xSET | Rest 2 Mins Between Sets |
| 1x50m | Easy Off 1 minute (Recovery) |
| 3x100m | 90% Effort OFF 1m:50s |
| 1x150m | 75% Effort Steady |
| Warm Down | |
| 1x150m | Easy Swim |
| 2x50m | Easy Swim |
| Total Metres | 2400 |