



Lane 1 Session  
July 28 2010

Swim Fitness Race	Technical Objectives Catch
<b>Warm Up</b>	
100m	Easy
4x50m	70% Effort RI 30s
<b>Technique Set</b> Recovery / Entry and Catch	
<b>WRONG AND RIGHT</b> Exaggerate incorrect technique to feel the benefit of good technique Swim wrong and right 25m then normal swim back thinking about good technique!	
2x25m	25m Drill+ 25m Swim <b>Wrong</b> - Recovery pull elbow across back <b>Right</b> - Recovery lifting shoulder and along side of body Swim Back
2x25m	25m Drill+ 25m Swim <b>Wrong</b> - Over Extend Entry with pushing hands <b>Right</b> - Enter 3/4 of extension / relax hands (using shoulder for control of entry) Swim Back
2x25m	25m Drill+ 25m Swim <b>Wrong</b> - On entry and roll drop elbow and cross head line <b>Right</b> - Keep shoulder high and glide with wider arm (shoulder width at least) Swim Back
2x25m	25m Drill+ 25m Swim <b>Wrong</b> - Over extend glide with pushing hands <b>Right</b> - Stretch from shoulder/ allow hands to sink lower before catch Swim Back
2x25m	25m Drill+ 25m Swim <b>Wrong</b> - On pull use straighter arms outside body width <b>Right</b> - On pull allow hands to come up to body and through centre with bent arm (90 degrees) Swim Back
2x25m	25m Drill+ 25m Swim <b>Wrong</b> - On push point fingers to end of pool and flick across back at finish <b>Right</b> - On push fingers to pool bottom/ engage triceps for firm push to finish Swim Back
<b>Main Set</b> <b>Aerobic Development</b>	
Aim to Increase pace through sets Three Blocks (Sets) with 1:30 between	
5x50m	80% Effort RI 20s Or Off 1 min 10s on the clock
5x50m	85% Effort RI 20s Or Off 1 min 10s on the clock
5x50m	90% Effort RI 20s Or Off 1 min 10s on the clock
<b>Warm Down</b>	
1x100m	Easy Swim
2x50m	Swim 50m Drill 2x25m (choice) 50m Swim 50m
Total Metres	1550



Lane 2 Session  
July 28 2010

Swim Fitness Race	Technical Objectives Catch
<b>Warm Up</b>	
150m	Easy
2x100m	70% Effort RI 30s
<b>Technique Set</b> Recovery / Entry and Catch	
<b>WRONG AND RIGHT</b> Exaggerate incorrect technique to feel the benefit of good technique Swim wrong and right 25m then normal swim back thinking about good technique!	
2x25m	25m Drill+ 25m Swim <b>Wrong</b> - Recovery pull elbow across back <b>Right</b> - Recovery lifting shoulder and along side of body Swim Back
2x25m	25m Drill+ 25m Swim <b>Wrong</b> - Over Extend Entry with pushing hands <b>Right</b> - Enter 3/4 of extension / relax hands (using shoulder for control of entry) Swim Back
2x25m	25m Drill+ 25m Swim <b>Wrong</b> - On entry and roll drop elbow and cross head line <b>Right</b> - Keep shoulder high and glide with wider arm (shoulder width at least) Swim Back
2x25m	25m Drill+ 25m Swim <b>Wrong</b> - Over extend glide with pushing hands <b>Right</b> - Stretch from shoulder/ allow hands to sink lower before catch Swim Back
2x25m	25m Drill+ 25m Swim <b>Wrong</b> - On pull use straighter arms outside body width <b>Right</b> - On pull allow hands to come up to body and through centre with bent arm (90 degrees) Swim Back
2x25m	25m Drill+ 25m Swim <b>Wrong</b> - On push point fingers to end of pool and flick across back at finish <b>Right</b> - On push fingers to pool bottom/ engage triceps for firm push to finish Swim Back
<b>Main Set</b> <u>Aerobic Development</u>	
Aim to Increase pace through the 4 sets (1:30 RI between each)	
5x50m	80% Effort RI 20s Or Off 1 min 05s on the clock
5x50m	85% Effort RI 20s Or Off 1 min 05s on the clock
5x50m	90% Effort RI 20s Or Off 1 min 05s on the clock
5x50m	80% Effort RI 20s Or Off 1 min 05s on the clock (See if you can match set 1 times)
<b>Warm Down</b>	
1x100m	Easy Swim
2x50m	Swim 50m Drill 2x25m (choice) 50m Swim 50m
Total Metres	1850



Lane 3 Session  
July 28 2010

Swim Fitness Race	Technical Objectives Catch
<b>Warm Up</b>	
200m	Easy
2x100m	70% Effort RI 30s
<b>Technique Set</b> Recovery / Entry and Catch	
<b>WRONG AND RIGHT</b> Exaggerate incorrect technique to feel the benefit of good technique Swim wrong and right 25m then normal swim back thinking about good technique!	
2x25m	25m Drill+ 25m Swim <b>Wrong</b> - Recovery pull elbow across back <b>Right</b> - Recovery lifting shoulder and along side of body Swim Back
2x25m	25m Drill+ 25m Swim <b>Wrong</b> - Over Extend Entry with pushing hands <b>Right</b> - Enter 3/4 of extension / relax hands (using shoulder for control of entry) Swim Back
2x25m	25m Drill+ 25m Swim <b>Wrong</b> - On entry and roll drop elbow and cross head line <b>Right</b> - Keep shoulder high and glide with wider arm (shoulder width at least) Swim Back
2x25m	25m Drill+ 25m Swim <b>Wrong</b> - Over extend glide with pushing hands <b>Right</b> - Stretch from shoulder/ allow hands to sink lower before catch Swim Back
2x25m	25m Drill+ 25m Swim <b>Wrong</b> - On pull use straighter arms outside body width <b>Right</b> - On pull allow hands to come up to body and through centre with bent arm (90 degrees)
2x25m	25m Drill+ 25m Swim <b>Wrong</b> - On push point fingers to end of pool and flick across back at finish <b>Right</b> - On push fingers to pool bottom/ engage triceps for firm push to finish
<b>Main Set</b> <u>Aerobic Development</u>	
Aim to Increase pace through the 4 sets (1:30 RI between each)	
5x50m	80% Effort RI 20s Or Off 1 min 05s on the clock
5x50m	85% Effort RI 20s Or Off 1 min 05s on the clock
5x50m	90% Effort RI 20s Or Off 1 min 05s on the clock
5x50m	80% Effort RI 20s Or Off 1 min 05s on the clock (See if you can match set 1 times)
<b>Warm Down</b>	
1x100m	Easy Swim
3x50m	Swim 50m Drill 2x25m (choice) 50m Swim 50m
<b>Total Metres</b>	1950



Lane 4 Session  
July 28 2010

Swim Fitness Race	Technical Objectives Catch
<b>Warm Up</b>	
200m	Easy
3x100m	70% Effort RI 30s
<b>Technique Set</b> Recovery / Entry and Catch	
<b>WRONG AND RIGHT</b> Exaggerate incorrect technique to feel the benefit of good technique Swim wrong and right 25m then normal swim back thinking about good technique!	
2x25m	25m Drill+ 25m Swim <b>Wrong</b> - Recovery pull elbow across back <b>Right</b> - Recovery lifting shoulder and along side of body Swim Back
2x25m	25m Drill+ 25m Swim <b>Wrong</b> - Over Extend Entry with pushing hands <b>Right</b> - Enter 3/4 of extension / relax hands (using shoulder for control of entry) Swim Back
2x25m	25m Drill+ 25m Swim <b>Wrong</b> - On entry and roll drop elbow and cross head line <b>Right</b> - Keep shoulder high and glide with wider arm (shoulder width at least) Swim Back
2x25m	25m Drill+ 25m Swim <b>Wrong</b> - Over extend glide with pushing hands <b>Right</b> - Stretch from shoulder/ allow hands to sink lower before catch Swim Back
2x25m	25m Drill+ 25m Swim <b>Wrong</b> - On pull use straighter arms outside body width <b>Right</b> - On pull allow hands to come up to body and through centre with bent arm (90 degrees)
2x25m	25m Drill+ 25m Swim <b>Wrong</b> - On push point fingers to end of pool and flick across back at finish <b>Right</b> - On push fingers to pool bottom/ engage triceps for firm push to finish
<b>Main Set</b> <u>Aerobic Development</u>	
Aim to Increase pace through the 4 sets (1:30 RI between each)	
6x50m	80% Effort RI 20s Or Off 1 min on the clock
6x50m	85% Effort RI 20s Or Off 1 min on the clock
6x50m	90% Effort RI 20s Or Off 1 min on the clock
6x50m	80% Effort RI 20s Or Off 1 min on the clock (See if you can match set 1 times)
<b>Warm Down</b>	
1x150m	Easy Swim
3x50m	Swim 50m Drill 2x25m (choice) 50m Swim 50m
<b>Total Metres</b>	<b>2300</b>