



Lane 1 Session
August 4 2010

Swim Fitness
Race

Technical Objectives
Catch

Warm Up

100m

Easy

2x50m

70% Effort RI 30s

2x50m

70% Effort BP4 RI 20s

Technique Set

Entry & Catch

Objective - Finger and Forearm First Catch

See Over

Main Set

Aerobic Development

AIM - To repeat splits on second set

1x100m

80% Effort RI 25s / Off 2:40 on the clock

2x75m

85% Effort RI 20s Or Off 1:50 on the clock

2x50m

90% Effort RI 20s Or Off 1 min on the clock

REPEAT ONCE MORE AFTER 1:30 - 2:00 Rest

Warm Down

1x100m

Easy Swim

2x50m

Swim 50m
Drill 2x25m (choice) 50m
Swim 50m

Total Metres

1500

[www. T3 Performance.co.uk](http://www.T3Performance.co.uk)

Technique Set

Entry & Catch

Objective - Finger and Forearm First Catch

ENTRY & CATCH

Drill 25m + Swim 25m for Each Drill

2x25m

25m Drill+ 25m Swim

1/2 Catch Up - Entry Progressively Closer to Head

Start Far away and then bring closer to head - elbow higher than hand

2x25m

25m Drill+ 25m Swim

1/2 Catch Up - Short Hold before entry

Think about bow and arrow - control with shoulder don't push hands in!

2x25m

25m Drill+ 25m Swim

1/2 Catch Up - Short Hold before entry and slap water with hand

Keep shoulder high and use wrist to slap water

2x25m

25m Drill+ 25m Swim

1/2 Catch Up - Wide arm progression

Start with extra wide entry and then bring in to shoulder width

2x25m

25m Drill+ 25m Swim

1/2 Catch Up - Shoulder to cheek on roll

As you roll push shoulder up to cheek - hands drop for deep catch

2x25m

25m Drill+ 25m Swim

1/2 Catch Up - Light Deeper Catch

Allow hands to sink / fingers and hand pointing 45 degrees down when pressure applied



Lane 2 Session
August 4 2010

Swim Fitness
Race

Technical Objectives
Catch

Warm Up

150m

Easy

2x75m

70% Effort RI 30s

2x50m

70% Effort BP4 RI 20s

Technique Set

Entry & Catch

Objective - Finger and Forearm First Catch

See Over

Main Set

Aerobic Development

AIM - To repeat splits on second set

1x150m

80% Effort RI 25s / Off 2:40 on the clock

2x100m

85% Effort RI 20s Or Off 1:50 on the clock

2x50m

90% Effort RI 20s Or Off 1 min on the clock

REPEAT ONCE MORE AFTER 1:30 - 2:00 Rest

Warm Down

1x100m

Easy Swim

2x50m

Swim 50m
Drill 2x25m (choice) 50m
Swim 50m

Total Metres

1800

[www. T3 Performance.co.uk](http://www.T3Performance.co.uk)

Technique Set

Entry & Catch

Objective - Finger and Forearm First Catch

ENTRY & CATCH

Drill 25m + Swim 25m for Each Drill

2x25m

25m Drill+ 25m Swim

1/2 Catch Up - Entry Progressively Closer to Head

Start Far away and then bring closer to head - elbow higher than hand

2x25m

25m Drill+ 25m Swim

1/2 Catch Up - Short Hold before entry

Think about bow and arrow - control with shoulder don't push hands in!

2x25m

25m Drill+ 25m Swim

1/2 Catch Up - Short Hold before entry and slap water with hand

Keep shoulder high and use wrist to slap water

2x25m

25m Drill+ 25m Swim

1/2 Catch Up - Wide arm progression

Start with extra wide entry and then bring in to shoulder width

2x25m

25m Drill+ 25m Swim

1/2 Catch Up - Shoulder to cheek on roll

As you roll push shoulder up to cheek - hands drop for deep catch

2x25m

25m Drill+ 25m Swim

1/2 Catch Up - Light Deeper Catch

Allow hands to sink / fingers and hand pointing 45 degrees down when pressure applied



Lane 3 Session
August 4 2010

Swim Fitness
Race

Technical Objectives
Catch

Warm Up

150m

Easy

2x100m

70% Effort RI 30s

2x50m

70% Effort BP4 RI 20s

Technique Set

Entry & Catch

Objective - Finger and Forearm First Catch

See Over

Main Set

Aerobic Development

AIM - To repeat splits on second set

1x150m

80% Effort RI 25s / Off 2:40 on the clock

2x100m

85% Effort RI 20s Or Off 1:50 on the clock

4x50m

90% Effort RI 20s Or Off 1 min on the clock

REPEAT ONCE MORE AFTER 1:30 - 2:00 Rest

Warm Down

1x150m

Easy Swim

3x50m

Swim 50m
Drill 2x25m (choice) 50m
Swim 50m

Total Metres

2150

Technique Set

Entry & Catch

Objective - Finger and Forearm First Catch

ENTRY & CATCH

Drill 25m + Swim 25m for Each Drill

2x25m

25m Drill+ 25m Swim

1/2 Catch Up - Entry Progressively Closer to Head

Start Far away and then bring closer to head - elbow higher than hand

2x25m

25m Drill+ 25m Swim

1/2 Catch Up - Short Hold before entry

Think about bow and arrow - control with shoulder don't push hands in!

2x25m

25m Drill+ 25m Swim

1/2 Catch Up - Short Hold before entry and slap water with hand

Keep shoulder high and use wrist to slap water

2x25m

25m Drill+ 25m Swim

1/2 Catch Up - Wide arm progression

Start with extra wide entry and then bring in to shoulder width

2x25m

25m Drill+ 25m Swim

1/2 Catch Up - Shoulder to cheek on roll

As you roll push shoulder up to cheek - hands drop for deep catch

2x25m

25m Drill+ 25m Swim

1/2 Catch Up - Light Deeper Catch

Allow hands to sink / fingers and hand pointing 45 degrees down when pressure applied



Lane 4 Session
August 4 2010

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70% Effort BP4 RI 20s

Technique Set

Entry & Catch

Objective - Finger and Forearm First Catch

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90% Effort RI 20s Or Off 1 min on the clock

REPEAT ONCE MORE AFTER 1:30 - 2:00 Rest

Warm Down

1x150m

Easy Swim

3x50m

Swim 50m
Drill 2x25m (choice) 50m
Swim 50m

Total Metres

2400

Technique Set

Entry & Catch

Objective - Finger and Forearm First Catch

ENTRY & CATCH

Drill 25m + Swim 25m for Each Drill

2x25m

25m Drill+ 25m Swim

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Allow hands to sink / fingers and hand pointing 45 degrees down when pressure applied