



Lane 1 Session
August 11 2010

Phase	Technical Objectives
Race	Rolling & Finish

Warm Up

1x100m	Easy 70% RI 15s
2x50m	70% Effort RI 20s
1x50m	70% Effort BP 4

See Over for Drill Set

Main Set

Aerobic Development

**Swim Set TWICE THROUGH
(Rest 1:30 between)**

1x50m	Easy
2x75m	Hard Off 1:50s
1x100m	Steady @ 1500 Pace

Warm Down

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

Total Metres	1450
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<u>Technique Set</u>	Rolling & Finish Objective - Roll and Push for Finish
2x25m	25m Drill+ 25m Swim Torpedo Rolling - Kick hand on thighs; Head still & Rotate 45 degrees each way When breathing roll more and head straight up
2x25m	25m Drill+ 25m Swim Side Kick - Kick hand on thighs; Head still & Rotate 45 degrees/ Add single arm at half way When breathing roll more and head straight up/ on 2nd stroke after half way
2x25m	2x25m Drill Using Float Up between legs - Catch Up and aim to throw float each way on roll Think about hitting float to water as you roll!
2x25m	2x25m Drill Using Float Up between legs - 1/2 Catch Up and aim to throw float each way on roll Think about hitting float to water as you roll!
2x25m	2x25m Drill Catch Up - Extended Glide on Side - Minimum Strokes Extend Finish - Push and Glide
3x50m	Swimming Golf Good Push off. Swim against clock - count strokes each way and note time Score = Number of Strokes + Time for 50m in seconds



Lane 2 Session
August 11 2010

Phase Technical Objectives
Race Rolling & Finish

Warm Up

1x100m Easy 70% RI 15s

3x50m 70% Effort RI 20s

1x50m 70% Effort BP 4

See Over for Drill Set

Main Set

Aerobic Development

1x50m **Swim Set TWICE THROUGH**
(Rest 1:30 between)

Easy

2x100m Hard Off 1:50s

1x150m Steady @ 1500 Pace

Warm Down

150m Easy Swim

2x50m Choice Drill 25m + Swim 25m

Total Metres 1750

<u>Technique Set</u>	Rolling & Finish Objective - Roll and Push for Finish
2x25m	25m Drill+ 25m Swim Torpedo Rolling - Kick hand on thighs; Head still & Rotate 45 degrees each way When breathing roll more and head straight up
2x25m	25m Drill+ 25m Swim Side Kick - Kick hand on thighs; Head still & Rotate 45 degrees/ Add single arm at half way When breathing roll more and head straight up/ on 2nd stroke after half way
2x25m	2x25m Drill Using Float Up between legs - Catch Up and aim to throw float each way on roll Think about hitting float to water as you roll!
2x25m	2x25m Drill Using Float Up between legs - 1/2 Catch Up and aim to throw float each way on roll Think about hitting float to water as you roll!
2x25m	2x25m Drill Catch Up - Extended Glide on Side - Minimum Strokes Extend Finish - Push and Glide
3x50m	Swimming Golf Good Push off. Swim against clock - count strokes each way and note time Score = Number of Strokes + Time for 50m in seconds



Lane 3 Session
August 11 2010

Phase	Technical Objectives
Race	Rolling & Finish

Warm Up

100m	70% RI 25s
2x50m	70% Effort RI 20s
100m	70% Effort BP4

See Over for Drill Set

Main Set

Aerobic Development

**Swim Set THREE TIMES
(Rest 1:30 between)**

1x50m	Easy
2x100m	Hard Off 1:50s
1x150m	Steady @ 1500 Pace

Warm Down

150m	Easy Swim
2x50m	Choice Drill 25m + Swim 25m
Total Metres	2150

<u>Technique Set</u>	Rolling & Finish Objective - Roll and Push for Finish
2x25m	25m Drill+ 25m Swim Torpedo Rolling - Kick hand on thighs; Head still & Rotate 45 degrees each way When breathing roll more and head straight up
2x25m	25m Drill+ 25m Swim Side Kick - Kick hand on thighs; Head still & Rotate 45 degrees/ Add single arm at half way When breathing roll more and head straight up/ on 2nd stroke after half way
2x25m	2x25m Drill Using Float Up between legs - Catch Up and aim to throw float each way on roll Think about hitting float to water as you roll!
2x25m	2x25m Drill Using Float Up between legs - 1/2 Catch Up and aim to throw float each way on roll Think about hitting float to water as you roll!
2x25m	2x25m Drill Catch Up - Extended Glide on Side - Minimum Strokes Extend Finish - Push and Glide
3x50m	Swimming Golf Good Push off. Swim against clock - count strokes each way and note time Score = Number of Strokes + Time for 50m in seconds



Lane 4 Session
August 11 2010

Phase	Technical Objectives
Race	Rolling & Finish

Warm Up

100m	70% RI 25s
2x50m	70% Effort RI 20s
150m	70% Effort BP4

See Over for Drill Set

Main Set Aerobic Development

Swim Set THREE TIMES
(Rest 1:30 between)

1x50m	Easy
3x100m	Hard Off 1:50s
1x150m	Steady @ 1500 Pace

Warm Down

150m	Easy Swim
2x50m	Choice Drill 25m + Swim 25m

Total Metres 2500

<u>Technique Set</u>	Rolling & Finish Objective - Roll and Push for Finish
2x25m	<p>25m Drill+ 25m Swim Torpedo Rolling - Kick hand on thighs; Head still & Rotate 45 degrees each way When breathing roll more and head straight up</p>
2x25m	<p>25m Drill+ 25m Swim Side Kick - Kick hand on thighs; Head still & Rotate 45 degrees/ Add single arm at half way When breathing roll more and head straight up/ on 2nd stroke after half way</p>
2x25m	<p>2x25m Drill Using Float Up between legs - Catch Up and aim to throw float each way on roll Think about hitting float to water as you roll!</p>
2x25m	<p>2x25m Drill Using Float Up between legs - 1/2 Catch Up and aim to throw float each way on roll Think about hitting float to water as you roll!</p>
2x25m	<p>2x25m Drill Catch Up - Extended Glide on Side - Minimum Strokes Extend Finish - Push and Glide</p>
3x50m	<p>Swimming Golf Good Push off. Swim against clock - count strokes each way and note time Score = Number of Strokes + Time for 50m in seconds</p>