

Technical Set
November 24th 2010

Phase Off Season	Technical Objectives Stroke Length & Finish
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Technique Set

Speed = Stroke Length x Stroke Rate

**So to go faster lengthen stroke and keep stroke rate
or vice versa or ideally BOTH!**

2x25m	1x25 Single Arm - 1/2 Length Left + 1/2 Length Right Breath on 2, Focus on SLOW TO FAST 1x25m Single Arm with THUMBS (1/2 Length Left/ 1/2 Length Right) Breath on 2, Focus on SLOW TO FAST
2x25m	1x25 Single Arm - 4 strokes Left/ 4 Strokes Right (4-4) Breath on 2, Focus on SLOW TO FAST 1x25m Single Arm with THUMBS (4 strokes Left/ 4 Strokes Right (4-4)) Breath on 2, Focus on SLOW TO FAST
2x25m	1x25 Single Arm - 2 strokes Left/ 2 Strokes Right (2-2) Breath on 2, Focus on SLOW TO FAST 1x25m Single Arm with THUMBS (2 strokes Left/ 2 Strokes Right (2-2)) Breath on 2, Focus on SLOW TO FAST
2x25m	1x25 CATCH UP with THUMBS Breath on 2, Focus on SLOW TO FAST 1x25m HALF CATCH UP with THUMBS (2 strokes Left/ 2 Strokes Right (2-2)) Breath on 2, Focus on SLOW TO FAST
2x25m	1x25m Normal Timing Swim - BP4 - COUNT STROKES Brief rest at 25m and then repeat and lower stroke count!
3x50m	SWIM GOLF TIME 50m SWIM - COUNT STROKES EACH WAY ADD TIME (Secs) to No. of STROKES to give GOLF SCORE Repeat and try and LOWER YOUR SCORE

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NEXT SWIM COURSE JAN 8; JAN 29 and FEB 12 - 2011

**Lane 1 Session
November 24th 2010**

Phase Off Season	Technical Objectives Stroke Length & Finish
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Warm Up

2x100m	70% Effort RI 10s
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1x50m	80% Effort
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Technique Set **SEE OVER**

Main Set **Aerobic Development**

**FOLLOWING SET 2 TIMES OVER
(rest 2min between)**

1x50m	80% Off 55s
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2x100m	90% at threshold Off 1:50
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1x150m	85% Effort - Steady Aerobic
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Warm Down

1x100m	Easy Swim
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2x50m	Swim 50m Drill 2x25m (choice) 50m Swim 50m
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Total Metres	1650
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**Lane 2 Session
November 24th 2010**

Phase Off Season	Technical Objectives Stroke Length & Finish
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Warm Up

2x100m	70% Effort RI 10s
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1x50m	80% Effort
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Technique Set **SEE OVER**

Main Set **Aerobic Development**

**FOLLOWING SET 3 TIMES OVER
(rest 2min between)**

2x50m	80% Off 55s
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2x100m	90% at threshold Off 1:50
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1x150m	85% Effort - Steady Aerobic
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Warm Down

1x100m	Easy Swim
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2x50m	Swim 50m Drill 2x25m (choice) 50m Swim 50m
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Total Metres	2200
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**Lane 3 Session
November 24th 2010**

Phase Off Season	Technical Objectives Stroke Length & Finish
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Warm Up

2x150m	70% Effort RI 10s
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Technique Set **SEE OVER**

Main Set **Aerobic Development**

**FOLLOWING SET 3 TIMES OVER
(rest 2min between)**

2x50m	80% Off 55s
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2x100m	90% at threshold Off 1:50
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1x200m	85% Effort - Steady Aerobic
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Warm Down

1x100m	Easy Swim
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2x50m	Swim 50m Drill 2x25m (choice) 50m Swim 50m
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Total Metres	2400
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**Lane 4 Session
November 24th 2010**

Phase Off Season	Technical Objectives Stroke Length & Finish
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Warm Up

2x150m	70% Effort RI 10s

Technique Set **SEE OVER**

Main Set **Aerobic Development**

**FOLLOWING SET 3 TIMES OVER
(rest 2min between)**

2x50m	80% Off 55s
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3x100m	90% at threshold Off 1:50
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1x200m	85% Effort - Steady Aerobic
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Warm Down

1x100m	Easy Swim
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2x50m	Swim 50m Drill 2x25m (choice) 50m Swim 50m
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Total Metres	2750
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