

Clapham Chasers - Week by Week Technical Emphasis

Date	Technique Emphasis	Drills	Balance	Posture	Breathing	Rolling	Recovery	Entry	Catch	Grip	Finish	Timing	Pace	Kick	Scull
05 January 2011	Rolling & Breathing	Torpedo / Breathing (head position)	☺	☺	☺	☺									
12 January 2011	Kick & Postuure	Kick Sets	☺	☺		☺	☺								
19 January 2011	Balance	Single Arm/ CU with Skill Drills to stress balance													
26 January 2011															
02 February 2011															
09 February 2011															
16 February 2011															
23 February 2011															
02 March 2011															
09 March 2011															
16 March 2011															
23 March 2011															
30 March 2011															
06 April 2011															
13 April 2011															
20 April 2011															
27 April 2011															
04 May 2011															
11 May 2011															
18 May 2011															
25 May 2011															
01 June 2011															
08 June 2011															
15 June 2011															
22 June 2011															

Technical Set
January 5th 2011
(400m)

Phase Technical Objectives
Spring Development Rolling/ Breathing Technique

Technique Set

2x25m	1x25 Torpedo Rotations and Overrolls Rotate 45deg back and forth 3 time and roll on to back to breath Maintain a "T" position with the shoulders at all times 1x25m Swim Back
2x25m	1x25 Torpedo Rotations and Single Arm Rotate 45deg back and forth 3 time and then do 2 single arms with breathing - repeat through the 25m Maintain a "T" position with the shoulders at all times 1x25m Swim Back
2x25m	1x25m Single Arm (1/2 length each arm) Start in torpedo position, keep one arm on thigh Breath on 2 - keep the "T" 1x25m Swim Back
2x25m	1x25m Single Arm (1/2 length each arm) Normal Single Arm with lead arm Breath on 2 - keep the "T" and FOCUS on making a Bow Wave 1x25m Swim Back
2x25m	2x25m Single Arm (1/2 length each arm) Vary the position of the head - start low and change Change arms half way and repeat Keep level DON'T BOUNCE
2x25m	2x25m Swum as: Single Arm 4/4 and then 2/2 on the way back Focus on being 45 degrees and using head turn for breathing
2x25m	2x25m Catch Up Breathing on 3 (Bi-Lateral) Focus on rocking (rolling) AVOID Over rotation of upper body use hips Think about where belly button is pointing
1x50m	Normal Swim Focus on Creating a Bow Wave and Rolling

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NEXT SWIM COURSES - JAN 29 and FEB 12 - 2011

Technical Set
January 12th 2011
(400m)

Phase	Technical Objectives
Spring Development	Kicking & Posture

Technique Set

2x25m	2x25m Front Kick and then 3 strokes (breathe) Repeat down the pool Rest 15s and return
2x25m	2x25m Side Kick and then 3 strokes (breathe) Repeat down the pool alternating sides Rest 15s and return
2x25m	2x25m Side Kick Half Length one side / Half Length other side Repeat down the pool alternating sides rest 15s and return
2x25m	2x25m Side Kick (12 Kicks and switch with zipper recovery) Repeat down the pool alternating sides rest 15s and return
2x25m	2x25m Side Kick (12 Kicks holding arm vertical and switch sides) Repeat down the pool alternating sides rest 15s and return
2x25m	2x25m Side Kick (6 Kicks and switch with zipper recovery) Repeat down the pool alternating sides rest 15s and return
2x25m	2x25m Side Kick (6 Kicks holding arm vertical and switch sides) Repeat down the pool alternating sides rest 15s and return
1x50m	Normal Swim Focus on Rhythmic kicking on side as you swim COUNT KICKS (3 per side)

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NEXT SWIM COURSES - JAN 29 and FEB 12 - 2011

Technical Set
January 19th 2011
(400m)

Phase Spring Development	Technical Objectives Balance Skills
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Technique Set

2x25m	<p>2x25m Single Arm 1 Length L / 1 Length R (rest 10s after 25m) Breathe on 2 / Non stroke arm extended BODY 45 degrees</p> <p>VISUALIZE - T positions or HIPS UP</p>
2x25m	<p>2x25m Single Arm 1 Length L / 1 Length R (rest 10s after 25m) BP 2 / Start with arm out then bring back under to thigh Repeat down the pool</p> <p>AIM - Keep constant position whether arm out or under</p>
2x25m	<p>2x25m Single Arm - 1/2 Length L / 1/2 Length R (rest 10s after 25m) One finger on head (UNICORN) the other arm strokes</p> <p>VISUALIZE - Head pointing to end of pool/ HIPS UP</p>
2x25m	<p>2x25m Single Arm: 4/4 : BP2: Rest 10s between <u>Arm Under</u></p> <p>Aim to Keep Horizontal</p>
2x25m	<p>2x25m Single Arm - 1/2 Length L / 1/2 Length R (rest 10s after 25m) HIP TOUCH (count 1-2)</p> <p>VISUALIZE - Head pointing to end of pool/ HIPS UP</p>
2x25m	<p>2x25m Single Arm - 1/2 Length L / 1/2 Length R (rest 10s after 25m) HEAD TOUCH (count 1-2)</p> <p>VISUALIZE - Head pointing to end of pool/ HIPS UP</p>
2x25m	<p>2x25m Single Arm - 1/2 Length L / 1/2 Length R (rest 10s after 25m) HIP + HEAD TOUCH (count 1-2)</p> <p>VISUALIZE - Head pointing to end of pool/ HIPS UP</p>
2x25m	<p>2x25m CATCH UP BP 3 or 4 (rest 10s after 25m) HIP + HEAD TOUCH (count 1-2)</p> <p>VISUALIZE - Head pointing to end of pool/ HIPS UP</p>

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