

SWIM SESSION 1

Session Focus/Goal/Challenge: Focus on a strong catch and pull phase of stroke

LEVEL 1 **Distance:**
25m Pool = 1700m
33m Pool = 1800m
50m Pool = 2000m

Warm Up:
200 easy freestyle swim
(2 x) ½ length scull, ½ length swim
(2 x) 1 length backstroke + 1 length freestyle

Main:
100m build over the distance – start steady, finish strong
200m steady
300m (use pull buoy – focusing on a strong catch and pull phase of stroke)
2 lengths trickle drill
300m (use pull buoy – focusing on a strong catch and pull phase of stroke)
200m steady
100m build over the distance – start steady, finish fast

Warm Down:
4-10 lengths loosen (own choice of stroke – not butterfly)

LEVEL 2 **Distance:**
25m Pool = 2500m
33m Pool = 2600m
50m Pool = 2800m

Warm Up:
200 easy freestyle swim
(2 x) ½ length scull, ½ length swim
(2 x) 1 length backstroke + 1 length freestyle

Main:
100m build over the distance – start steady, finish strong
200m steady
300m (use pull buoy – focusing on a strong catch and pull phase of stroke)
400m steady
2 lengths trickle drill
400m steady
300m (use pull buoy – focusing on a strong catch and pull phase of stroke)
200m steady
100m build over the distance – start steady, finish fast

Warm Down:
4-10 lengths loosen (own choice of stroke – not butterfly)

LEVEL 3 **Distance:**
25m Pool = 3600m
33m Pool = 3733m
50m Pool = 4000m

Warm Up:
200m easy freestyle swim
(2 x) ½ length scull, ½ length swim
(4 x) 1 length backstroke + 1 length freestyle

Main:
100m build over the distance – start steady, finish strong
200m steady
300m (use pull buoy – focusing on a strong catch and pull phase of stroke)
400m steady
500m (use pull buoy – focusing on a strong catch and pull phase of stroke)
2 lengths trickle drill
500m (use pull buoy – focusing on a strong catch and pull phase of stroke)
400m steady
300m (use pull buoy – focusing on a strong catch and pull phase of stroke)
200m steady
100m build over the distance – start steady, finish fast

Warm Down:
4-10 lengths loosen (own choice of stroke – not butterfly)