

SWIM SESSION 9

Session Focus/Goal/Challenge: Kick efficiency and body position

LEVEL 1 **Distance:**
25m Pool = 2150m
33m Pool = 2133m
50m Pool = 2200m

Warmup:
200m easy free
100m backstroke (66m if 33m pool)
2 lengths kick

Main:
3x300m fins as 100sw + 100k + 100sw rest 30secs
#1 kick on back
#2 kick on left side
#3 kick on right side
1 lap easy if 33m pool
400m pull buoy and paddles, negative split
8x25m fin kick with board descend time each 4 by 2 seconds, rest 15sec, or 6 x 33m
200m pull buoy relaxed, perfect form

Warm Down:
100m easy loosen (66m if 33m pool)

LEVEL 2 **Distance:**
25m Pool = 3050m
33m Pool = 3066m
50m Pool = 3100m

Warm Up:
200m easy free
100m backstroke (66m if 33m pool)
2 lengths kick

Main:
4x300m fins as 100sw + 100k + 100sw rest 30secs
#1 kick on back
#2 kick on left side
#3 kick on right side
#4 fly kick on back
600m pull buoy and paddles, negative split
16x25m fin kick with board descend time each 4 by 2 seconds, rest 15sec, or 12 x 33m
400m pull buoy relaxed, perfect form

Warm Down:
100m easy loosen (133m if 33m pool)

LEVEL 3 **Distance:**
25m Pool = 3900m
33m Pool = 3933m
50m Pool = 3900m

Warm Up:
2 x (200m free + 100m back)
4 lengths kick, 2x if 50m pool

Main:
4x300m fins as 100sw + 100k + 100sw rest 30secs
#1 kick on back
#2 kick on left side
#3 kick on right side
#4 fly kick on back
600m pull buoy and paddles, negative split
16x25m fin kick with board descend time each 4 by 2 seconds, rest 15sec, or 12 x 33m
400m pull relaxed, perfect form
400m alternating drills - Trickle, Catch up, Long Dog, swim, alternate each 25 or 33m

Warm Down:
200m easy loosen