

**Session 1: Objectives: Maintaining Feel of the Water – Developing Technique**

*Notes: This session is designed to be conducted at drill pace, emphasis on good technique!*

*B/C stroke and drills have been omitted due safety concerns (no turn flags)*

*All kick drills with NO fins! Please estimate pool length/width before training and adapt the training plans to following them as closely as possible.*

**Warm Up: (Guide Time: 10mins)(10 Sec RI)**

200m F/C Easy Swim with bilateral breathing – every 3 strokes

200m F/C as 1L Easy Swim, 1L Catch –up (with strong/steady leg kick!)

100m F/C Easy Kick

**Stroke Count: (10mins) (10 Sec RI)**

2 x 50m: F/C Stroke Establishing Count

**F/C Stroke Count Pyramid -**

25m	50m	75m	100m	100m	75m	50m	25m
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**Sculling Drills: (4mins) (10 Sec RI) 4 x50m As:**

Odds) O/C Sculling Evens) Doggie Paddle

**Main Set: Mixed Drills: (12mins) (10 Sec RI)**

**Fly Drills: 4 X 50m**

50m Single Arm Fly - non pulling arm in front – breath to the side (right arm)

50m Single Arm Fly - non pulling arm in front – breath to the side (left arm)

50m Single Arm Fly - non pulling arm by the side – breath to the front (Right Arm)

50m Single Arm Fly - non pulling arm by the side – breath to the front (Left Arm)

**B/S Drills: 4 X 50m**

Odds) Pull, Kick, Glide 1-2-3 Evens) 2 Quick Kicks 1 Long Pull

**4 X 25m: Underwater Kicking**

Odds) As: Underwater Kicking on front – as far as you can go!

Evens) As: Underwater Kicking on front – **with arms folded** - as far as you can go!

**6 x 25m Super Slow Swimming As: 1+2) Fly 3+4) B/S 5+6) F/C**

**8 x 50m (8mins) (10 Sec RI) F/C As:**

Odds) Water Polo Drill – Swimming F/C with head up out of the water

Evens) F/C Pull – crossed legged – no pull buoy

**Warm Down: (4mins)**

**200m F/C Easy** – Max Distance Per Stroke - with strong/steady leg kick!

*Guide Time 46mins Guide Total Distance 2,450m*

## Session 2: Objectives: Maintaining Feel of the Water – Fitness Maintenance

*Notes: Although this session is designed for Fitness Maintenance it is still to be conducted at drill pace with the emphasis on good technique!*

*B/C drills have been omitted due safety concerns (no turn flags)- all kick drills with NO fins!*

### Warm Up: (Guide Time: 12mins)(10 Sec RI)

200m F/C as 1L Easy Swim, 1L Catch –up (with strong/steady leg kick!)

200m F/C Pull – crossed legged – Max Distance Per Stroke

200m F/C Kick As: 25m easy 25m build

### 12 X 50m Builds (Guide Time: 12mins)(10 Sec RI)

4 X 50m F/C Swim Builds

4 X 50m F/C Pull Builds - crossed legged

4 X 50m F/C Kick Builds

### 12 X 25m Short Stuff! (Guide Time: 6mins)(10 Sec RI)

4 X 25m **Underwater Kicking on front** – as far as you can go!

8 X 25m **F/C Swim** As Odds) Hard 90%+ effort Evens) Recovery

### Sculling Drills: (3mins) (10 Sec RI)

50m O/C Sculling

50m Doggie Paddle

### Warm Down: (4mins)

200m F/C Easy – Max Distance Per Stroke - with strong/steady leg kick!

*Guide Time 37mins Guide Total Distance 1800m*

**Session 3: Objectives: Maintaining Feel of the Water – Developing Technique**

*Notes: This session is designed to be conducted at drill pace, emphasis on good technique!*

*Please omit B/C stroke and drills if you have no turn flags.*

*All kick drills with NO fins! Please estimate pool length/width before training and adapt the training plans to following them as closely as possible.*

**Warm Up: (200m) (10mins) (0 Secs RI)**

<b>1L</b>	<b>2L</b>	<b>3L</b>	<b>4L</b>	<b>4L</b>	<b>3L</b>	<b>2L</b>	<b>1L</b>
<b>F/C</b>	<b>B/C</b>	<b>F/C</b>	<b>B/C</b>	<b>F/C</b>	<b>B/C</b>	<b>F/C</b>	<b>B/C</b>

**F/C Drills: 4 X 4L F/C As: 1L Drill 1L Swim) (10Secs RI)**

1. Catch-up
2. Trailing Fingers
3. Monkey
4. Fists

**B/C Drills: 4 X 4L B/C As: 1L Drill 1L Swim) (10Secs RI)**

- Single Arm Pull (Right)
1. Single Arm Pull (Left)
  2. Double Arm Pull
  3. Fists

**B/S Drills: 4 X 4L B/S As: 1L Drill 1L Swim) (10Secs RI)**

- Pull, Kick, Glide 1-2-3
1. 2 Kicks 1 Pull
  2. 4 strokes, 4 strokes Under Water
  3. Hands to Heels (on Front or Back)

**4 x 1L Sculling (10 SecRI)**

- 1- Otter Scull
- 2- Front End Scull
- 3- Feet 1<sup>st</sup> Layout Scull
- 4- Head 1<sup>st</sup> Layout Scull

**Fly Drills: (12 mins) (10 Sec RI)**

- 1) 1L x 2 Aqua Kicking progression: 1L as far as they can go. (minimum 15 m)
- 2) 1L X 2 Right Arm Pull – arm extended.
- 3) 1L X 2 Left Arm Pull – arm extended
- 4) 1L X 2 Right Arm Pull – arm by side
- 5) 1L X 2 Left Arm Pull – arm by side
- 6) 1L X 2 3 right pulls arm by side, 3 left pulls arm by side, 3 full strokes.
- 7) 1L X 2 fly stroke count
- 8) 1L X 2 Fly min-max

**Warm Down: 12 x 2L (10Sec RI)**

- 1-4) I.M. Order
- 5-8) Not F/C
- 9-12) F/C

*Guide Time 54mins Guide Total Distance 2700m*

## Session 4: Objectives: Fitness Maintenance

*Notes: Although this session is designed for Fitness Maintenance it is still to be conducted at drill pace with the emphasis on good technique!*

*Please omit B/C stroke and drills if you have no turn flags - all kick drills with NO fins!*

### Warm Up: Easy & Smooth (10 Sec RI)

- 4 x 2L F/C
- 4 x 2L B/C
- 4 x 2L B/S
- 4 x 2L F/C Kick

### I.M Progression Drill (10 sec RI) (2,400m, 48 mins)

**(F/S not considered weak or best stroke)**

4 X 2Lm 1L Under Water Kicking, 1L F/C Hard

4 X 4L IM minus weak stroke, 2L of best stroke

4 X 2L Weak Stroke as build

4 X 4L IM minus best stroke, 2L of weak stroke

4 x 2L Best Stroke as build

4 X 1L X 4 I.M. Order Stroke Count (Hold)

4 X 4L I.M. Order as: 1L drill 1L swim

4 X 2L I.M. Order 1L easy, 1L hard.

### 8 X 2L (8mins)

1. Fly Drill
2. Feet 1<sup>st</sup> Scull
3. B/C Drill
4. Doggy Paddle
5. B/S Drill
6. Head 1<sup>st</sup> Scull
7. F/C Drill
8. O/C Super Slow

*Guide Time 72mins Guide Total Distance 3600m*