

Equipment

Board

### Session 13

Total lengths = 50 lengths

Total distance = 1,000m

Warm up

10 lengths FC easy pace

Main set

1. 10 lengths FC X 2 Breathing every 3 strokes and using turning practices at each end  
45 seconds rest between sets
2. 3 lengths FC Kick with board X 2  
15 seconds rest between sets
3. 4 lengths FC X 2 Try and hold fast pace on 1<sup>st</sup> 50m and easier pace for 2<sup>nd</sup> 50m  
20 seconds rest between sets

Cool down

6 lengths BRST or BC

Relax and Skill

Practise your sculling techniques on your front

**Tips for Session 13**

## Breathing Practice

- 1) Keep a streamlined position
- 2) Rotate your shoulders while rolling your head
- 3) When breathing to the left side keep your right ear in the water
- 4) When breathing to the right side keep your left ear in the water

## Front Crawl Leg Kick

- 1) Straight legs with toes pointing behind you
- 2) Kick from your hips
- 3) Only heels and toes break the surface

## Breast Stroke

- 1) Streamlined body position with a slight decline from head to toes.
- 2) Head is turned slightly upwards
- 3) Hands straight together out in front, pull back in a small circular movement bending your elbows to allow your hands to pull in a downwards outward direction and then pull your hands inwards and upwards towards your chest. Tuck your elbows in to your side as your hands meet in front of your chest. Bring your hands and arms close together while gliding back to the start position out in front.
- 4) Legs start straight out together (legs will be under the water if body position is correct). Bend your knees bringing your ankles up towards your seat turning your feet out with your toes pointing to either side of the pool. Using a circular movement push your feet out making sure the soles of your feet are pushing back through the water. Push your feet back until your legs are close together out straight.
- 5) As your hands pull up towards your chest lift your head forward out of the water to breathe, as your legs push back and your hands glide forward your head goes back into the water.
- 6) Correct timing for Breaststroke starts with legs and arms out straight, as your elbows bend your legs bend, as your hands pull in to your chest your legs are pushing outwards, as your arms are gliding out in front your legs are pushing back bringing you back to the start position

## Sculling Practises on your front

- 1) For alternating arm action think of the doggie paddle, reach one hand out in front and pull back through the water bringing your hand back to your leg while keeping your arm in line with your body and both arms working on their side of your body. Then glide your hand out in front with palm facing downward. While one hand is pulling back the other hand should be gliding back out in front.
- 2) For simultaneous action start with both hands out in front and pull them back in a circle to finish at your chest. Bring the hands back together and push them out in front keeping both arms moving close together until they straighten out ready to start again.
- 3) For all sculling positions take your time, it is a gentle exercise and you should not feel tired while doing it, but remember: NO LEG ACTION.

**Session 14**

Total lengths = 54 lengths

Total distance = approx. 1,100m

## Warm up

10 lengths FC easy pace

## Main set

1. 5 lengths FC x 4 hold even pace  
Breathing every 3 strokes and using turning practices at each end  
30 seconds rest
2. 3 lengths x 2 FC Leg Kick  
20 seconds rest
3. 3 lengths FC x 4  
Swim fast pace on 1st half and slower pace for 2nd half of the length  
20 seconds rest

## Cool down

6 lengths BRST or BC

## Relax and Skill

Head first surface dive in deeper water

**Tips for Session 14**

## Front Crawl Leg Kick

- 1) Straight legs with toes pointing behind you
- 2) Kick from your hips
- 3) Only heels and toes break the surface

## Breathing Practice

- 1) Keep a streamlined position
- 2) Rotate your shoulders while rolling your head
- 3) When breathing to the left side keep your right ear in the water
- 4) When breathing to the right side keep your left ear in the water

## Head First Surface Dive

- 1) Starting floating face down with arms out straight in front
- 2) In one movement sweep your arms back, tuck your knees up to your chest and bend your waist forward
- 3) When your head is pointing downwards push your legs up out of the water keeping legs close together.
- 4) As the legs come out of the water pull your arms back using a breast stroke arm pull and pull yourself towards the floor of the pool
- 5) Use arm pull only and NO leg kick
- 6) Always keep your arms in front of you to protect your head

**Session 15**

Total lengths = 54 lengths

Total distance = approx. 1,100m

## Warm up

10 lengths FC easy pace controlling breathing for each length

## Main set

1. 3 lengths X 5 FC holding steady pace  
20 seconds rest
2. 4 lengths BC easy pace  
20 seconds rest
3. 3 lengths X 5 FC holding steady pace  
20 seconds rest
4. 4 lengths BRST easy pace

## Cool down

6 lengths as 1 BC and 1 BRST

## Relax and Skill

Feet First Surface Dive in deeper water

**Tips for Session 15**

As you are swimming the 50m at a faster pace than normal use the 100m BC and BS between each set as a relaxing swim to keep energy levels up

**Feet First Surface Dive**

- 1) Start with threading water, slow relaxed movements
- 2) Bring your two hands out wide and sweep them up over the water, bring them together in a straight line up over your head
- 3) Bring your two legs together, keep them straight with toes pointed to the pool floor
- 4) The momentum of the sweep action combined with straightening out your legs will bring you down under the surface
- 5) To bring yourself up push your two hands down by your side, repeat this action until you return to the surface
- 6) Keep practising and see how far you can go down: can you touch the floor? (please be aware of diving in deep pools if you have ear problems)