

Equipment

None required

### Session 7

Total length = 32 lengths

Total distance = 800m

Warm up

6 lengths (150m) FC easy pace

Rest until your breathing returns to normal

Main Set

- 1) 4 lengths (100m) FC x 2 Breathe every 3 strokes and focus on turns off each wall  
45 seconds rest between each set
- 2) 2 lengths (50m) x 2 Kick using a board  
15 seconds rest between each set
- 3) 2 lengths (50m) FC X 5 (Fast pace on 1<sup>st</sup> 25m then slower pace on 2<sup>nd</sup> 25m)  
15 seconds rest between each set

Cool Down

4 lengths (100m) continuous swimming BRST

Relax

Start in mushroom float from there move to a hand stand

**Tips for Session 7**

## Breathing Practises

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

## Front Crawl Leg Kick

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

## Breast Stroke

- 1) Streamlined body position with a slight decline from heads to toes
- 2) Head is turned slightly upwards
- 3) Hands straight together in front, pull back in a small circular movement bending your elbows to allow your hands to pull in a downwards outward direction until your elbows are in line with your shoulders, turn your hands to face each and push them in towards each other then glide them out in front. 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.

## Mushroom Float to Hand Stand

- 1) On your front tuck your knees into your chest and tuck your chin into your knees
- 2) Start with your arms wrapped around your legs then push your hands straight out in a downward direction towards the pool floor, with your head between your arms
- 3) As your hands are pushing downwards push your legs out of the water from their tucked up position and keep them close together
- 4) Reach your hands towards the floor. If you cannot reach the floor use a breaststroke arm pull, pulling back from a downward start position
- 5) Your hands should be on the floor and your legs straight out behind you completing the hand stand always keeping your hands in front of you to protect your head.

**Session 8**

Total Lengths = 34

Total Distance = 850m

**Warm up**

8 lengths (200m) as 2 lengths (50m) FC, 2 lengths (50m) BC, 2 lengths BRST , 2 lengths (50m) FC

Rest until your breathing returns to normal

**Main Set**

1. 4 lengths (100m) FC x 2 (Breathe every 3 strokes and concentrate on turns)  
30 seconds rest between each set
2. 1 length (25m) x 6 legs only Kick with a board  
10 seconds rest between each length
3. 2 lengths (50m) FC x 4  
Fast pace on 1<sup>st</sup> length and slower pace 2<sup>nd</sup> length  
15 seconds rest between each set

**Cool Down**

4 lengths (100m) continuous swimming choice stroke

**Relax**

Your choice

**Tips for Session 8**

## Concentrating on FC Body and Head Position

- 1) As we swim, our bodies do not move through the water in a straight forward position; allow your body to rotate with the stroke.
- 2) Imagine a centre line down your body, avoid excessive rolling and don't let either side pass over that line.
- 3) Keep your right side on the right side of the line and your left side on the left.
- 4) Keep your head in a neutral position to prevent any strain on your body, eyes looking downwards in a slightly forward direction (look slightly ahead at the bottom of the pool)

## FC Leg Kick

- 1) The kick starts from the hip and finished at your toes so kick your legs working from your hips to toes.
- 2) Keep your legs straight yet relaxed with toes pointed- imagine a ballerina
- 3) Keep your ankles loose to let them move naturally through the water alternating the leg kick as one leg goes up the other leg goes down and repeat
- 4) The leg kick should remain under the water throughout the whole stroke
- 5) For the depth of the kick think of types of walking, baby steps, normal steps and gaint steps you are aiming for normal
- 6) Remember streamlining keeping your legs close together

## Front Crawl Arm Pull

- 1) Start in a streamlined body position, arms straight out in front close to your head with your hands meeting in an imaginary centre line
- 2) Using an alternating action pull one arm back through the water keeping the arm in line with your body.
- 3) Use your sculling technique and pull your hand through the water bending your elbow as you pull. Brush your thumb past your leg while you pull through allowing your shoulder to roll.
- 4) As your arm comes out of the water with your elbow leaving the water first keep your arm close to your head as you bring it over the water entering back into the water with your thumb first in a slight downward position.
- 5) Allow your shoulders to roll as you reach your each arm out in front of you entering the water at the centre of the imaginary line and reach forward until your arm is out straight ready to start again
- 6) Using a continuous alternating stroke as the first arm finishes the underwater phase of the stroke the other arm is beginning. One arm is coming out of the water as the other is entering the water

**Session 9**

Total Lengths = 36

Total Distance = 900m

**Warm up**

8 lengths (200m) FC easy pace with controlled breathing

**Main Set**

1. 4 lengths (100m) FC x 3
  - 1<sup>st</sup> length Leg Kick
  - 2<sup>nd</sup> length Leg Kick with catch up arm pull
  - 3<sup>rd</sup> length Leg Kick
  - 4<sup>nd</sup> length Leg Kick with catch up arm pull

30 seconds rest between each set
2. 4 lengths (100m) BC moderate pace
3. 1 length (25m) x 4 max effort  
20 seconds rest between each length
4. 4 lengths (100m) BC or BRST moderate pace

**Cool Down**

4 lengths (100m) 50m FC, 50m BRST

**Relax and Skill**

Surface Dive (use deeper end if available)

**Tips for Session 9**

## Front Crawl leg kick without a board

- 1) Leg kick as normal
- 2) Keep both arms straight out in front with one hand on top of the other
- 3) Head down between arms, close that ears are touching arms
- 4) Lift your head to the front to breathe while keeping legs kicking continuously

## Swimming at a Faster Pace

- 1) Swimming fast is not the same as moving your arms as fast as you can.
- 2) It is important to keep concentrating on the stroke as you speed up.
- 3) Build your speed up gradually.

## Back Crawl

- 1) Streamlined horizontal body position with ears level with the water
- 2) Straight relaxed leg with alternating kick. Knees bending slightly as the leg kicks downwards and straightens out as the leg kicks upwards, toes make a small splash while legs stay in the water
- 3) Arms start at your legs, alternating action with one arm starting when the other arm enters the water. Straight arm coming out of the water keeping in line with the shoulder and turning so the little finger enters the water first. Rotating the shoulder as the hand enters the water. Bend the elbow and with the hand facing towards your toes push the hand towards the thigh keeping the arm slightly below water level.
- 4) Keep breathing at regular intervals.

## Surface Dive

- 1) Starting with 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. When your head is pointing downwards push your legs up out of the water keeping legs close together.
- 3) 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
- 4) Use arm pull only and NO leg kick
- 5) Always keep your arms in front of you to protect your head