

Equipment

Woggle/Noodle (see if they have some available at the pool)

Session 16

Total lengths = 44

Total distance = 1,100m

Warm up

200m FC easy pace

Main set

(control your breathing for each distance)

1. 50m FC fast pace
30 seconds rest
2. 100m FC moderate pace
30 seconds rest
3. 150m (6 lengths) FC moderate pace
45 seconds rest
4. 200m FC easy pace
60 seconds rest
5. 150m FC moderate pace
45 seconds rest
6. 100m FC moderate pace
30 seconds rest
7. 50m FC fast pace

Cool down

100m your choice of stroke

Relax

Mushroom float into a tumble

Tips for Session 16

Pace yourself for each set, you can go fast for the 50m but remember for the other distances you need enough energy to finish each set.

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

Tumbling

- 1) Normal floating position
- 2) Tuck your knees into your chest
- 3) Blow out through your nose
- 4) Use your arms to pull yourself over
- 5) Keep the two legs tucked into your chest
- 6) Think of how you use to tumble on land as a kid.
- 7) See how far you can roll over

Session 17

Total lengths = 44

Total distance = 1,100m

Warm up

100m FC easy pace

Main set

(concentrate on FC arm pull)

1. 100m FC moderate pace
30 seconds rest
2. 200m FC moderate pace
45 seconds rest
3. 300m FC easy pace
60 seconds rest
4. 200m FC moderate pace
45 seconds rest
5. 100m FC moderate pace
30 seconds rest

Cool down

100m choice of stroke

Relax

Treading Water

Tips for Session 17**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

Treading Water

- 1) Use a woggle and practise where you can stand placing the woggle around your back holding it in front of you with both hands (think of sitting in a chair)
- 2) Moving both legs bend your knees and raise them up towards your chest as if sitting down
- 3) Separate your knees and push them out to the side then downwards with the sole of your feet facing the pool floor
- 4) Avoiding straightening the legs out completely and bring them back together to start again
- 5) Let go of the woggle and practise your hands and legs together. Keep your arms out in front with your elbows bent just below the surface of the water in line with your shoulders. Using circular arm movements push your hands downwards and outwards away from you then turn your hands towards each other and push them back to where they started from like in a figure of 8
- 6) Relax will treading water the more you force it the harder it will be.

Session 18

Total lengths = 24

Total distance = 1,200m

Warm up

100m FC easy pace controlling breathing for each length

Main set

1. 200m FC X 2 moderate pace
60 seconds between each 200m
2. 100m BC/BRST easy use this to catch your breath
3. 200m FC X 2 moderate pace
60 seconds between each 200m
4. 100m BC/BRST easy use this to catch your breath

Cool down

100m choice

Relax and Skill

Practise tumbling

Tips for session 18

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

Tumbling

- 1) Normal floating position
- 2) Tuck your knees into your chest
- 3) Blow out through your nose
- 4) Use your arms to pull yourself over
- 5) Keep the two legs tucked into your chest
- 6) Think of how you use to tumble on land as a kid.
- 7) See how far you can roll over