

Equipment

Sinkable object

Session 25

Total lengths = 56 lengths

Total distance = 1,400m

Warm up

200m as 50FC/50BC/50FC/50BRST

Main set

1. 100m X 3 FC (concentrate on push and glides of each wall)
45 seconds rest
2. 200m X 3 FC (pace yourself to swim the last length as well as the first)
45 seconds rest
3. 50m BC X 4 (focus on long strokes)
15 seconds rest

Cool down

100m BRST

Relax

Sculling

Tips for Session 25

Sculling Head First

- 1) Lie flat on top of the water: face up, head back in the water with ears at water level
- 2) Cupping your hands move them in small circular simultaneously actions pushing your hands towards your feet and then gliding them back with palms facing downwards
- 3) Keep your hand below the surface to prevent splashing
- 4) Keep your arms close by your side and elbows bent
- 5) Legs close together with toes pointing forward

Sculling Feet First

- 1) Keep your body flat on top the surface, face up ears level with the water
- 2) Cup your hands with your fingers pointing downwards, arms by your side and elbows bent
- 3) Pull your hands back towards your head simultaneously
- 4) Turn your hands and glide them back with your fingers pointing towards your feet and palms facing downwards
- 5) Keep your hands below the surface
- 6) Keep your legs close together with toes pointing forward

Changing Direction while Sculling

Start with head first sculling and to change direction stop moving your arms, place your two arms by your side and keep floating for about 2 seconds. Then start pulling your hands back towards your head and keep your arms close to your side. You are now moving back to where you started from.

Session 26

Total lengths = 60 lengths

Total distance = 1,500m

Warm Up

100m FC

Main Set

Quick Tip (control your breathing for all distances and strokes)

1. 200m as 50m FC, 50m BC, 50m FC, 50m BC
45 seconds rest
2. 400m FC as (50m leg kick, 50m full stroke concentrating on long arm pull) x 4
Rest for 60 seconds if you need longer take 90 seconds
3. 200m as 50m FC, 50m BRST, 50m FC, 50m BRST
60 seconds rest
4. 400m FC as (50m leg kick, 50m full stroke concentrating on long arm pull) x 4
Rest for 60 seconds if you need longer take 90 seconds

Cool Down

100m your choice of stroke

Relax

Pick up an object from the pool floor

Tips for Session 26

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 Arm Pull

- 1) As your hand enters the water turn your hand downwards and inwards first to pull and then to push through the water
- 2) Bring the hand back until your thumb reaches your leg
- 3) Lift your elbow out of the water first
- 4) Bringing your hand up and over the water (elbow high)
- 5) Reach your hand out, rotating your shoulders to increase the distance
- 6) Glide your fingers into the water, turned slightly with thumb entering the water first

Picking up and Object from the pool floor

- 1) Floating on your front with face down keep arms and legs close together and out straight
- 2) In one movement sweep your arms back, tuck your knees up to your chest and bend at your waist
- 3) With your head a downwards position push your legs up out of the water keeping them 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) Always keep your arms in front of you to protect your head
- 6) Reach out to pick up the object

Session 27

Total lengths = 60 lengths

Total distance = 1,500m

Warm up

200m FC

Main Set

Tip (Try and only think about one 100 at a time it will help you pace throughout)

1. 100m FC X 10 (try and focus on your push and glides, turns and pace)
30 seconds rest between each 100
2. 25m FC X 8 as odds (1,3,5,7) max effort, evens (2,4,6,8) easy
15 seconds rest between each 25

Cool down

100m BC

Relax

Floating positions

Tips for Session 27

Front Crawl push and glide (read through the guide to getting back to the pool for push and glide)

- 1) Arms locked together held straight out in front
- 2) Head locked between arms with nose pointing downwards
- 3) Push off from the pool floor or from the wall
- 4) Push off into a streamlined position, body flat on top of the water
- 5) Push from your feet up to your hips
- 6) If you are holding on to the side to push off remember to bring the arm over your head
- 7) Keep your body as streamlined as possible throughout the push into the glide and then into the stroke