

**Session 1****Freestyle technique (Total Immersion)****Slow lane**

Superman flutter	50
Laser lead flutter	50
Core balance left + right	50
Skating left + right	50
Spear switch 2 pause	50
Spear switch 1 pause (sp)	50
Single arm switch left + right	50
Zipper switch	50
<b>Fast lane</b>	
Paddles - just put middle finger in and practice good hand alignment	50
Elbow circles left + right	50
Fingertip drag	50
Ear hops	50
Draw a line left & right	50
Mail slot	50
Fists	50
Swim with core	50
Focus on breathing	50
Whole stroke focusing on technique	50
	<b>850</b>

**Fly****Strokes/min- Breast Stroke****Fly****Pacing - Freestyle****Sprint - Medley****1100****Session 2****Butterfly Technique****Slow lane**

Head first dolphin (shoulder back & forward, press chest down, toe flick)	50
Dolphin (hands in front crossed over, arms by ears)	50
Exaggerated head first dolphin	50
Dolphin	50
Sculling dolphin	50
Dolphin	50
Dolphin on back	50
Dolphin	50
Dolphin on back	50
<b>Fast lane</b>	
Ride the wave (pulse/ sweep/pulse, straight arms, palms down)	50
Water angels (10 to 2 o'clock)	50
Minifly (hands exit water prematurely as fast as possible)	50
Dolphin dive	50
Focus on breathing (just above surface)	50
Focus on swimming with core	50
Whole stroke breathe alternate cycles	50
Whole stroke focusing on technique, breathe every cycle	50
	<b>850</b>

**Pacing pyramid - Freestyle**

6 x 200m

eg

30, 29,28,27,27,28s /25m

**1200****Session 3****Backstroke technique****Slow lane**

Arms outstretched, kicking	50
Active balance (alternate, touch hip to surface)	50
Core position left & right	50
Streamline left & right (active hand)	50
Arm lift streamline 30 deg with other hand outstretched	50
Arm lift streamline 90 deg with other hand outstretched	50
Rotate with recovery - focus on balance	50
Rotate with recovery - focus on propulsion	50
3:1 switch	50

**Fast lane**

1:1 switch	50
Back switch - slow to dynamic	50
Long axis combination (alt back stroke / freestyle)	50
Whole stroke focusing on technique	50
Backstroke turns	50

**850****Fly****Strokes/min-Freestyle (slow)****Fly****Pacing - Freestyle****Sprint - Breast Stroke**

100

3x100

100

3x100

350

**1750****Session 4****T60**

Maximum lengths in 60 mins

Freestyle

Even pacing e.g. 30 seconds / length

Estimate

3000

**Strokes per minute sessions:**

Freestyle

Slow 60,66,72

Fast 78,84,90

Breast stroke

30, 36, 42

Backstroke

40,46,52

Fly

40,46,52