

## 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

#### Fast lane

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	100
Strokes/min- Breast Stroke	3x100
Fly	100
Pacing - Freestyle	3x100
Sprint - Medley	300
	<b>1100</b>

## 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

#### Fast lane

Ride the wave (pulse/ sweep/pulse, straight arms, palms down)	50
Water angels (10 to 2 o'clock)	50
Minify (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	<b>1200</b>

## 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
	<b>850</b>

Fly	100
Strokes/min-Freestyle (slow)	3x100
Fly	100
Pacing - Freestyle	3x100
Sprint - Breast Stroke	350
	<b>1750</b>

## Session 4

T60	
Maximum lengths in 60 mins	
Freestyle	
Even pacing e.g. 30 seconds / length	
Estimate	3000

<b>Strokes per minute sessions:</b>
Freestyle
Slow 60,66,72
Fast 78,84,90
Breast stroke
30, 36, 42
Backstroke
40,46,52
Fly
40,46,52