

Session 5**Freestyle Technique (Swim smooth drills)**

Sink downs x3 in a row (exhale until you sink down)	3
Ballet kick (1 leg at a time, point toes down, drive from the hip, wide kick, gradually shortening, engage gluteals, kick hard for 5s)	3
Vertical kick	30s
Bubble out through your nose (breathe bubble bubble breathe)	50
Torpedo kick - torpedo push off, kick as hard as possible, breathe then swim focusing on tapping toes, engaging gluteals	50
Torpedo kick focusing on stretching through core, rib cage away from hips, lifting backside towards lower back)	50
Kick on side left and right (lower arm hand first)	50
6-1-6 (kick on side for 6 kicks, 1 stroke then alternate side for 6 kicks)	50
6-3-6 (as above, 3 strokes, breathe immediately after the 3 strokes)	50
Broken arrow (kick on side, lower arm straight forward, upper arm 90 deg, hold 2s, bend elbow then spear and rotate)	50
Popov (kick on side slide thumb up to armpit, back down to hip, up to armpit and through and stroke onto the other side, breathe)	50
Shoulder tap	50
Doggy paddle with pull buoy (reach and roll)	50
Scull - arms down at 90 deg, pull buoy	50
Unco (breathe away from the stroking arm and on every stroke, stroke and dip the shoulder, rotate body fully to the dead side)	50
Waterpolo (head up, head still, chin on surface, swim fast)	50
Swim with imaginary band around ankles	50
Whole stroke focusing on technique	50
	756

Backstroke with turns**Strokes/min-Breast stroke****Backstroke with turns****Pacing - Freestyle****Sprint - Fly**

100

3x200

100

3x200

150

1550**Session 6****Breast Stroke Technique****Slow lane**

Streamline (head between arms, just below surface)	50
Arm sweeps (no breathing, Y to I, fast return to I, move head forward to streamline), toe flick	50
Streamline and alternate dolphin and breast kick	50
Streamline with kicking	50
Minipull (breathe every kick)	50
Alternate dolphin and breast stroke	50
Kicking legs only - front, arms by side	50
Kicking legs only, on back, arms by side (knees below surface)	50
Kicking legs only - on back, arms behind head (knees below surface)	50

Fast lane

Dolphin small scull getting bigger to breast stroke	50
Building speed - 2s count in streamline	50
Building speed - 1s count in streamline	50
Building speed - touch & go (hands go when feet touch)	50
Short axis combination (fly/breast) 3:3	50
Whole stroke focusing on technique	50
	750

Fly**Strokes/min-Freestyle (Slow)****Fly****Pacing - Backstroke****Sprint - Freestyle**

100

3x200

100

3x200

350

1750**Session 7****Technique: Turns and Push Offs (TI)**

Streamline pushoff	50
Dolphin pushoff	50
Interrupted open turns (pause to plan push off, balance on side, balance & streamline to surface)	50
Continuous open turn (hug surface as rolling back)	50
Forward spin (splash free, tight)	3
Split hand spin (hands 1 at a time)	3
Spin to streamline (as heels reach surface)	3
Interrupted flip turn (pause at wall)	50
Continuous flip turn (strike wall at push off depth)	100
Flip turn rolling to opposite side	100
Spin mid pool	50
No wall flips	50
Spin then streamline on back	50
Spin then streamline on side	50
Backstroke turns	100
	759
Fly	100
Strokes/min-Freestyle (Fast)	3x200
Fly	100
Pacing - Breast Stroke	3x200
Sprint - Back Stroke	350
	1750

Session 8**T30****Freestyle**

Maximum lengths in 30 mins

Strokes / minute eg 64

Estimate	1500m
Backstroke with turns	100
Strokes/min-Freestyle (Fast)	3x200
Pacing - Breast stroke	2x200
Sprint - Freestyle	300
	1400

Pacing Sessions (seconds/25m)

Freestyle

29,28,27

31,30,29

Breast stroke

36,35,34

Backstroke

40,39,38

Fly

30,29,28