

Session Plan: Technique

20m pool

Lane

Aim: **Body position**



	Time	Objective	Your Pace	Interval between phase	Concentrate on:
Warm Up	5	F/S only	Easy		Controlling your stroke
Drill Set	5	Superman Push Off into F/S	50%		Feel body position in water as you push off
	5	Superman Push Off kick for 5m into F/S	50%		Feel body position, pointed toes
	5	Superman Push Off kick for 10m into F/S	60%		Kicking from hip
	5	Torpedo Kick off arms by side kick for 5m into F/S			Think of head position
	5	Torpedo Kick off arms by side kick for 10m into F/S	60%	60 secs	Think of chest pressing into water
Main Set	5	F/S hard kick up easy back		60secs	Thinking about body position
	20	400m TT			Get baseline for winter work
Cool Down	5	4 x F/S, 1 x Breaststroke (repeat)	Easy		to Lower Heart Rate and stretch