

Session Plan: Technique

20m pool

Lane

Aim: **Improving Body Rotation**



	Time	Objective	Your Pace	Interval between phase	Concentrate on:
Warm Up	5	F/S only	Easy		Controlling your stroke
Drill Set	5	Catch up F/S back	50%		Concentrate on full extension
	5	Catch up with thigh tap (with pull buoy)	50%		Concentrate on full stroke
	5	One arm drill – left arm only up/right arm down other arm by your side (with fins)	50%		Hold at full extension point, hip drives down first
	5	6-3-6 kick (with fins)	60%		Do not over rotate
	5	Bilateral breathing	60%		Head still, body rotating on a spit
Main Set	15	100m's trying to take 1 less stroke each 20m eg 15 strokes 1st 20m, 14strokes 2nd 20m etc	75%	60secs	Concentrate on not overgliding but long full strokes
	10	200m F/S bilateral breathing	75%	60secs	Concentrate on full extension at the front
Cool Down	5	4 x F/S, 1 x Breaststroke (repeat)	Easy		to Lower Heart Rate and stretch