

Session Plan: Technique

20m pool

Lane

Aim: **Catch and Pull Improvement**



	Time	Objective	Your Pace	Interval between phase	Concentrate on:
<b>Warm Up</b>	5	F/S only	Easy		Controlling your stroke
<b>Drill Set</b>	5	<b>Doggy paddle up F/S back</b>	50%		High elbows in the water
	5	<b>Skulling – arms at 90 degrees / F/S back (with fins or pull buoy)</b>	50%		Feel for the water, think rolling basketballs
	5	<b>Fist drill up F/S back</b>	50%		Concentrate on early catch
	5	<b>Thigh tap – thumb scraping thigh at full extension (with Pull Buoy)</b>	60%		Full extension of pull
	5	<b>One arm drill – left arm only up/right arm only down</b> other arm out in front	60%		Keep elbows high in the water
<b>Main Set</b>	10	<b>100m repeats – Hard but not 100% sprints, concentrating on quality back end of the stroke</b>	<b>85%</b>	60secs	Concentrate on early catch
	15	<b>200m repeats – sprint every 4<sup>th</sup> length</b>	<b>75%</b>	60secs	Concentrate on full and powerful back end
<b>Cool Down</b>	5	4 x F/S, 1 x Breaststroke (repeat)	Easy		to Lower Heart Rate and stretch