

Session Plan: Technique

20m pool

Lane

Aim: **Catch**



	Time	Objective	Your Pace	Interval between phase	Concentrate on:
Warm Up	5	F/S only	Easy		Controlling your stroke
Drill Set	5	Sculling Up F/S back. Arms out in front	50%		Keep fingers pointing to the floor, pivot from wrist
	5	Sculling Up F/S back. Arms at 90 degrees	50%		High elbows, fingers facing the floor
	5	Left Arm only up/Right Arm only back other arm out front	60%		Early pop of elbow
	5	Doggy paddle up F/S down	60%		Good rotation
	5	Catch up with Pull Buoy	60%	60 secs	High elbow
Main Set	5	F/S with paddles	70%	60secs	Tip wrist downwards
	20	100's increasing speed per length	80%	20secs	Concentrate on high elbow
Cool Down	5	4 x F/S, 1 x Breaststroke (repeat)	Easy		to Lower Heart Rate and stretch