

Session Plan: Technique

20m pool

Lane

Aim: **Kicking 1**



| | Time | Objective | Your Pace | Interval between phase | Concentrate on: |
|------------------|------|--|------------|------------------------|--|
| Warm Up | 5 | F/S only | Easy | | Controlling your stroke |
| Drill Set | 5 | Kick Up F/S back. Arms out in front | 50% | | Steady flutter kick |
| | 5 | Kick on your back holding float to chest | 50% | | Straight legs, pointed toes |
| | 5 | Catch Up – with Pool Buoy | 50% | | Good stroke, rest legs ☺ |
| | 5 | Kick on Left side up/Right Side back arms out front | 60% | | Kick from hip not knees |
| | 5 | 6-3-6 | 60% | | Good rotation |
| Main Set | 10 | Kick for 5m into F/S | 70% | 60secs | Feel the kick dictate the rhythm of the stroke |
| | 15 | 200's maintaining steady pace | 70% | 60secs | Concentrate on heels just breaking the surface |
| Cool Down | 5 | 4 x F/S, 1 x Breaststroke (repeat) | Easy | | to Lower Heart Rate and stretch |