

Session Plan: Technique

20m pool

Lane

Aim: **Kicking 2**



	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	Hard kick for 5m into F/S	50%		Straight legs, pointed toes
	5	Catch Up – with Pool Buoy	50%		Good stroke, rest legs ☺
	5	6-1-6 with fins up F/S back	60%		Kick from hip not knees
	5	6-3-6 with fins up F/S back	60%		Good rotation
Main Set	15	100m with pull buoy 100m without pull buoy (repeat)	70%	60secs	Feel the body position in the water
	10	F/S with fins	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