

Session Plan: Technique

20m pool

Lane

Aim: Pull Improvement



	Time	Objective	Your Pace	Interval between phase	Concentrate on:
Warm Up	5	F/S only	Easy		Controlling your stroke
Drill Set	2	Deck raises – arms shoulder width apart on edge of the pool, pulling yourself out of the water	50%		No straight arms, stand close to pool edge
	5	Back end scull with fins – (see coach for explanation)	50%		High elbows
	5	Thigh tap – thumb scraping thigh at full extension	60%		Full extension of pull
	5	One arm drill – left arm only up/right arm only down other arm out in front	60%		Keep elbows high in the water
	5	Catch up with paddles	50%		Early catch, powerful extension
	5	Finger drag (Zipper)	60%		High elbow recovery
Main Set	23	100m repeats – Hard but not 100% sprints, concentrating on quality back end of the stroke	85%	60secs	Concentrate on full and powerful back end
Cool Down	5	4 x F/S, 1 x Breaststroke (repeat)	Easy		to Lower Heart Rate and stretch