

SESSION FOCUS

Technique. This is a fun session and comprises 10 swimming drills ideal for triathletes. You will need to think about the focal points for each drill and concentrate on where your arms, legs, torso and head is in the water to reduce your drag in the water.

30 - 60 minutes

WARM UP

Dry side warm up and 200m mixed stroke

DRILLS

All drills are down 25m or 1L drill and return normal stroke for 25m or 1L. Compete each one or twice depending on time you have.

1. 616 – with fins.
2. Water Polo – high arm turnover
3. Straight Arm Recovery
4. Scull #1 with Pull Buoy
5. Modified Doggie Paddle with pull buoy
6. Fists – with table tennis or golf practice balls
7. Rotator Kick – arms by side facing pool floor for 6 kicks, rotate to left side for 6 kicks, facing down 6 kicks and right for 6 kicks. Always looking to the pool floor. Core strong.
8. Pull buoy and Paddles – use Finis Freestyler and pull buoy
9. Unco one arm drill with paddles – left and right sides
10. Javelin drill – Fins and Finis Freestyler paddles. Left and Right Sides. Breath away from paddle.

MAIN SESSION

2 X 100m continuous FC with 30 sec RI – putting it all together from above drills.

WARM DOWN

Easy mixed stroke swim and static stretches. Include backstroke to open up your chest.

EQUIPMENT

Pull Buoy, Fins, Finis Freestyler paddle