



South West Swim Session Name: Catching it

Date: 13-12-2019

Session Information

This session is a great little number to start feeling where you should be entering the water within your stroke, and gaining a good catch through the propulsive stages of front crawl. Don't rush the movements and pay attention to the position of the lead arm, thinking, fingertips lower than the wrist, wrist lower than the elbow, elbow lower than the shoulder, as per image below (Paul starting the catch phase of the stroke, image copyright of SwimSmooth).



A variation of this session was swum in our Technique squad this Tuesday, we have replaced some of the more complex and bespoke drills with some that are more well known.

Want to join us in squad? We have group coached sessions based in Swindon. More info and booking can be found at <http://southwestswim.co.uk/coaching/poolsquads> . Grab our Try Us Out deal at checkout to get a real feel for what we do in our group sessions.

Session Introduction

Focus: Catch set up and movement
Kit Recommended / needed for this session:

Fins
Pull Buoy
Paddles
(Optional) Centre Snorkel

Key:

> Means swim out

< Means swim back

All distances are in metres

Warm Up

Easy FC to warm up

200, 300 or 400m

Screaming Two's - 6 or 8 x 50

Start easy and get faster each 50m. Leave a strict 10 seconds rest

FINS 6-3-6 > < FC relaxed - Swim this nice and easy to ease the muscles down after all the hard work above.

150m

Notes:

Main

Fins section - The two drills below should be performed with Fins so that you can generate some momentum without over kicking. This will allow you to fully focus on the alignment and hand positions in the drills.

FINS Kick on side left > < Right - Focus on having a stable hand position under the water. Ensure your fingers are lower than the wrist and wrist is lower than the elbow.

2 x 100m

FINS Broken Arrow > < Easy Front crawl - Focus on your hand entry and spearing into the position practiced above position

4x50m

Pull Buoy Section - All the below with a pull buoy between the thighs, to add difficulty use the buoy between the ankles (or better still use a [Finis Axis Buoy](#)) - 10 seconds rest in between only, keep it flowing.

Scull 1 > < FC

100m

Scull2 > <FC

100m

Doggy paddles > < FC

100m

Scull1 into scull2 > < doggy paddle into FC (25m of each drill)

100m

Buoy and paddles - Swim easy focusing on bringing all aspects of the drills practiced above into your swim

200m, 300m or 400m

Repeat the blocks above but:

1. For the fins sections perform 2 x100m javelin Drill (instead of kick on side and broken arrow).
2. For the sculling part of the set lose the pull buoy and add a very light kick swimming 50m of each continuously (rather than separate blocks of 100m).

Cool Down

200-300m own choice drill and/ or swim - Still trying to think of the work you performed in the session