



## South West Swim - Swim Smooth Certified Coaching in Swindon, The Cotswolds & Surrounding Areas

[www.southwestswim.co.uk](http://www.southwestswim.co.uk)

### Session Introduction

**Focus:** Catch & Pull

**Kit Recommended / needed for this session:**

Fins

Pull Buoy

Paddles

Key

> means swim out

< means swim back

### Session Notes & Tips

This session focuses on getting a good feel for the catch and pull of the stroke, switching between aided swims with pull buoy and paddles and technical drills of sculling and doggy paddle. The aim is to bring the skills together and using shorter repeats with only 5-10 seconds rest (enough to swap kit). Each repeat in the main set finishes with a 200m swim to bring all of the skills together. These 200m swims should be swum progressively faster as the session builds, but still maintaining the great technique you have been practicing in the shorter sets. Try to think of one aspect of your stroke at a time during these longer swims.

Our cooldown today is own choice swim or drill, however try and focus on the aspects of the stroke we have been working on.

**TIME:** If time is an issue only do 2 or 3 repeats of the main set instead of 4, this session should take around 1 hour.

## Warm Up

300m  
Front Crawl warm up build from easy to 80% over the course the distance

4x50m  
Pull Buoy and 1 paddle (Finis Freestyler paddles for alignment development / Finis Agility for catch development). Always breathe away from the paddled hand every 4th Breath.

Odds = Paddle on the Left Hand - Breathe to the Right Side  
Evens = Paddle on the Right Hand - Breathe to the Left Side

100m  
Front Crawl Easy Breathing every 3 > < Breathing every 5

2x50m  
Pull Buoy ½ L scull #1 into ½ L doggy paddle > < Front Crawl

100m  
Front Crawl Breathe weakest side > < Breath Strongest side (breathe every 4 strokes)

**Notes:** To lengthen this session perform 200m or 300m swims instead of 100m

## Main

**3x (or 4x through this sets below, repeats of 50m**  
5-10 seconds rest between everything, quick kit changes

**Repeats 1 & 3**  
50m Buoy and Paddles

50m Buoy Only

50m Front Crawl Swim (no kit)bands only (if you struggle do this as 2x33)

50m Buoy Only

50m Buoy and Paddles

**Repeats 2 & 4 - All of the below performed with a Pull Buoy**

50m Scull #1 into Front Crawl > < Front Crawl

50m Scull #1 into Scull #2 > < Front Crawl

50m Pull Buoy Swim - Keep it relaxed and focused

50m Doggy Paddle > < Front Crawl

50m Scull 1 into Scull 2 > < Doggy Paddle > < Front Crawl

**All repeats finishing with 200m FC Swim each time add a little more effort to bring technique and speed together. No training aids are used for these swims.**

**TIP: When using paddles get a feel for tipping the wrist at the front of the stroke by lightly pressing the tips of the fingers into the top of the paddle after the reach phase of the stroke. This should tip the hand into a positive position to catch the water.**

## Cool Down

200-400m own choice swim or drill