



## Session Name: Not So Snappy

This technique session focuses firstly on getting a nice feel for rotation in the stroke, alongside some very smooth bilateral breathing. In fact the essence of this session plan is to marry your rotation up with the motion of your breathing, rotating into the breath rather than forcing your head to turn to the side. Do not over rotate when you breathe (see this week's Swim Smooth blog for an article on this) and make all breathing movements smooth and not jerky.

Some parts of this session plan are the same for all swimmers in distance, other parts have a choice of 3 different distances for your level of swim. Adjust distances to your own ability or time.

### See the video introduction to this session

Head to <https://youtu.be/bEVIPrgqlm4> to see Coach Jason's Introduction to this session plan

**Want to be coached?** Make South West Swim your swim home and book a session at [www.southwestswim.co.uk](http://www.southwestswim.co.uk)

### Recommended Kit

For this session we would recommend:

- Finis Floating Fins or Zoomer Gold Z2 Fins
- Finis Freestyler Paddles
- Finis Pull Buoy or Finis Axis Buoy

Swim Training Aids are available from [www.southwestswim.co.uk](http://www.southwestswim.co.uk)

## Warm Up

Perform a nice and easy front crawl swim, really feel relaxed in this swim and ensure you are solely focused on breathing out under the water in a smooth and controlled way. Think of counting your strokes (i.e. 1 - 2 - breathe - 4 - 5 - Breathe etc). This provides a cue to breathe out under the water as you count.

Experiment with breathing out through the mouth, and the nose. What feels best?

Set 1 - 400m

Set 2 - 300m

Set 3 - 200m

Notes:

## Main

### Fins Block

In this part of our session we are performing some kick on side based movements. You want to ensure your middle finger is inline with the shoulder and your palm is facing to the floor of the pool. This helps get a great feel for your alignment.

Wear Fins for this block and **repeat 2-3 times** focusing on:

**Repeat 1** - Focusing on rotating the head WITH the rotation of the body to breathe

**Repeat 2** - Focusing on the above AND keeping one goggle in the water on your breathing stroke, trust the bow wave created by the front of your head

**Repeat 3** - Focus on the above (if you can) and ensure you also have a lead arm position of fingertips lower than the wrist, wrist lower than the elbow, elbow lower than the shoulder. A speared entry with the hand 4-6 inches below the water surface.

25m Kick On Side Left + 25m Front Crawl

25m Kick On Side Right + 25m Front Crawl

25m 6-1-6 Drill + 25m 6-5-6 Drill

25m 6-3-6 Drill + 25m 6-5-6 Drill

100m Front Crawl (build up the speed on each repeat)

### **Buoy & Paddles Block**

Remember the work you have done above and we are now going to transfer this into a focused swim with pull buoy (to aid body position) and paddles (to start to feel a grip at the front of the stroke). Ensure your breathing is smooth and going with the rotation of the stroke, there should be very little neck movement. Keep one goggle in the water so your head is low in the water.

100m Pull Buoy and Paddles Swim breathing every 3 or 5 strokes

100m Pull Buoy and Paddle on the LEFT HAND ONLY, always breathe to the RIGHT SIDE ONLY

100m Pull Buoy and Paddle on the RIGHT HAND ONLY, always breathe to the LEFT SIDE ONLY

100m Pull Buoy and Paddles Swim breathing in a pattern of 3-2-3-2-3-2....

**Repeat x1** - For a more challenging session use the pull buoy between your ankles, or use the Axis buoy around the ankles (the Axis Buoy is better for this as it allows a more relaxed leg position).

### **Swim Block**

Put all elements together with no kit. Focus on breathing pattern and breathing technique/movement, basically rotating the head WITH the body and having your head in a still position when not breathing. Do NOT worry about speed

Set 1 - 3 x 200

Set 2 - 3 x 150

Set 3 - 3 x 100

REST: No defined rest in this technique focused block but try and take around 20 seconds - 30 seconds between exercises.

## Cool Down

We are all done, just cooldown to finish with 5-10 minutes of own choice easy swim, drills and own choice of kit.