



Session Name: Halvsies!

This session is very very basic, it is just 3 long swims but with a specific focus on one side of your body. We are going to swim set distances and I want you to think about 2-3 key things in your stroke:

- 1) Trickle Breathing out (no breath holding and no explosive breathing)
- 2) Hand entry - Ensuring you are driving the hand forward in front of the shoulder (not wide or crossing over)
- 3) Spearing into the water - Entering with the hand so that you travel around 8-12 inches under the water and have a finger tips lower than the wrist, wrist lower than the elbow alignment.

A lot to think about right? It is but I want you to break the swim down and think about each item for a short while per distance.

This session can be performed in the pool or in open water.

Remember these homework sets are just to get your swim fitness back up to speed, doing some longer swim work in your own sessions that we would not be doing in squad. This is session 2 of 4.

Warm Up

- 4 x 50m or a 200m (approx) open water swim as an easy relaxed swim with pull buoy for efforts 2 and 4 (don't worry about a pull buoy in the lake)
- 4 x 50m (or 4 x 1min swims) as drill of your own choice from what we have done in the pool so far

Notes:

Main

Half focus - focus on one half of your body at a time and then join it up on the final block.

REST PERIODS: Take 30 seconds to 1min of rest between each effort. It is designed to be easy.

KIT: Pull buoy is optional, pop it between your ankles to really challenge your balance

Block 1 - Choose from 400m, 600m or 800m swims - Perform this swim as an easy swim and focus heavily on your RIGHT side. Focus on your hand entry and set up position under the water specifically, and make sure you breathe out under the water consistently.

Block 2 - Choose the same distance but focus heavily on the LEFT side

Block 3 - Choose the same distance but focus on bringing the stroke together. Breathe bilaterally and gain a good feel of the stroke at the front with great rotation driving it

**REPEAT IF YOU WISH TO DO MORE DISTANCE -
Remember to work to your current fitness and effort levels**

To finish do a 200m swim as 20 strokes normal, 10 stroke sprint (repeated)

Cool Down

A nice relaxed swim of 200m or so, use any kit you wish but keep it flowing and easy.