



South West Swim Session Name:

Breathe and Flow

Session Introduction

Focus: This session aims to focus on the breathing action within the front crawl stroke and we are focusing on some key points:

1. Making the breathing action flow with the rotation and not snapping the neck round to breathe.
2. Keeping a nice still head during the non breathing stroke
3. Trying to keep our head low in the water and getting a good bow wave
4. Don't forget to breathe out underwater, don't hold your breath. MAKE your breathing as natural as it would be on dry land.

Our main set today only has 3 drills, but these are very effective drills in what we are trying to feel within the session. Do them well and make it happen

Kit Recommended / needed for this session:

Fins
Pull Buoy
Paddles
Snorkel (optional)

Key

> Swim out
< Swim back

About Us

South West Swim specialise in Front Crawl for Open Water, Pool, Triathlon or Fitness swimmers and are based in Swindon & The Cotswolds. Head coach Jason Tait is Swim Smooth Certified with a passion for stroke correction. We offer Video Analysis, 1-2-1's, Group Coaching / Squads, Open Water, Clinics and workshops.

Check out more at www.southwestswim.co.uk

Session Notes & Tips

Don't rush or race through this session, it is a pure technique based session where your key focus is a feel for the movements and thinking about what you should be doing (and resisting what you should not be doing if you have specific stroke faults).

We have not stipulated rest periods, except for our sprint block, but you should be aiming for 20-30 seconds max. Just enough time to reset yourself or change kit, without totally losing the feel.

Reduce the distances as needed for the time you have in the pool, if you have additional time run through the main set twice.

Warm Up

400m Easy FC

300m FINS 6-5-6 Drill > < Front Crawl (breathing every 5 strokes)

**6 kicks on your side (or a count of 6) and then 5 full and focused strokes, then back to kicking on your side. Breathe AFTER you have taken your stroke.*

200m Front Crawl Swim using a breathing pattern of 3,5,7,3,5,7 (sequence)

** Make your breathing action smooth*

100m FINS Torpedo Kick for half a length and then INTO Front Crawl swim

** Get a good stretch and engage your core*

(reduce distances as needed for your level or time)

Notes: Even though this is the warm up element of the session try and think of your goal for the set. Start working on those smooth breathing transitions from the very first stroke.

Main

4x100m FINS Javelin Drill (2 sets on the left and 2 sets on the right)

**Javelin Drill - Wear a paddle on the lead arm and perform a kick on side drill for ½ a length, then bring in the full stroke but ONLY breathing away from the paddled hand. Breathe Every 4th Stroke.*

2x100 Pull Buoy and Paddles

**Focus on smooth breathing rotations, one goggle in, head still*

4x50m FINS Broken Arrow Drill > < Front Crawl (breathing a bilateral breathing pattern)

2 x 150m Buoy and Paddles

**A choice of TWO focuses in this part of the set, either*

1) As above, Focus on smooth breathing rotations, one goggle in, head still

2) Use a centre snorkel and focus on keeping your head still and inline with the spine at all times. Work with your head position under the water, trying different head positions during the swims.

8x25m Front Crawl Sprints

**Here we are putting the stroke under pressure, going flat out each length. We really want to still be focusing on that still head position and a great rotation into the breathing. Keep everything in check and inline.*

(reduce distances as needed for your level or time)

Cool Down

200-400m of own choice swimming or easy drills to finish

5-10 mins of stretching

Pat yourself on the back and go and have a nice coffee or beverage of choice)