

Session Theme & Focus

Propulsion & Distance Per Stroke

Session 3 – Propulsion & Distance Per Stroke

This session is about improving your propulsion, about travelling well with our pull. When we talk about propulsion and about distance per stroke, we are thinking of several things.

- **Keeping your stroke long** - A good, long reach at the front of your stroke and then pushing all of the way back to your hip. So, you are long at the front and at the back of the stroke.
- **Power** - You want to try and generate more power on these strokes - giving you good propulsion - so you travel a little further on each stroke. Make sure you have good hand pressure (feel for the water) too.

Warm Up (200m)

2 x 100m nice and easy, finding your rhythm (20s rest)

Main Set - Propulsion (1200m)

12 x 25m - swimming the length in as few strokes as you can (distance per stroke) (20s rest). Remember, this is about stroke length and the power of the underwater pull.

12 x 50m - swim the first 25m with a focus on distance per stroke (in as few strokes as you can), followed by a 'normal' stroke rhythm. (30s rest)

12 x 25m - swim fast in as few strokes as you can. So, to do this, you need to keep the power and stroke length that you had on the earlier 25s, but increase stroke rate slightly. You are still thinking about maximising the propulsion from each stroke. (20s rest)

If you need a bit more rest after each rep to maintain the power, that's fine. Also, take a little break at the end of each set.

Cool Down (200m)

8 x 25m easy, smooth & relaxed.

If you need a bit more rest after each of the 'few strokes' 50's, that's fine. Also, take a little break at the end of each set.

Scaling

This is quite a short session. If you would like to increase the volume of swimming, you can extend the warm up, adding some additional 100s.

In our Squads, we have included 1 x 200m after each of the 25m, 50m & 25m sets. This is to focus on our long, propulsive strokes over a longer distance.

Feedback

I hope you give this session a try. If you do, let me know how you got on – and anything you learned during the session.

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