

Session Theme & Focus

Posture & Body Position

Improving Body Position

Warm Up (400m)

4 x 100m easy and relaxed (20s rest)

Main Set - Technique Focus

Set 1

8 x 25m - half kick, half swim

Push off the wall, hands above your head, really stretched out through your torso and kick only for 1/3 to 1/2 the length. Then, swim full stroke to the end - maintaining the same posture as you had for the kick.

1 x 100m smooth

Thinking about holding the same posture as above, swimming tall.

Set 2

8 x 25m – full stroke swimming

Focus on pointing your toes. Think ballerina!

1 x 100m smooth

Maintaining your flexed ankles and pointed toes.

Set 3

8 x 25m – swim

Keeping your legs straight, outstretched even. All movement / power is from the hip, not the knee.

1 x 100m – smooth

Keeping legs long and straight.

Set 4

8 x 25m – swim

Focus on your head position. Head should be low in the water, looking towards the bottom, about 1 metre in front of you.

1 x 100m smooth

Thinking about head position.

Set 5

8 x 25m – swim

Putting it all together. Swimming tall, minimising any drag.

Scaling

This session can be part of a longer session.

Instead of 8 x 25m, you can reduce this number if necessary. Or drop the 100m in between the 25s.

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.

bryan@triathlonswimsquad.com

www.triathlonswimsquad.com
