

JBST Early Winter Drill Session

Aim:	to concentrate on technique and "efficiency"
Theme:	short reps with good technique
Contrast:	***all-out swim whilst stoke counting

2000-2200m

Warm up 500	<p>5x [25fc/25pull/25kick(pb)/25fc] pb should always end up at far end <i>focus on gradually warming up, smoothly</i></p>
MAIN SET 1500	<p>8x [25kick left leg kick as left hand enters-10RI] 8x [25kick right leg kick as right hand enters-10RI] 8x [25kick right/left legs kick as right/left hands enter-10RI] <i>Focus on TIMING NOT SPEED</i></p> <p>3 x100 fc Long stroke (delay pullphase) - 15RI 4 x50 fast arm turnover' 6-beat kick - 15RI <i>by focussing on (FINAL) stroke press stage</i></p> <p>3 x25 'Australian' pullbuoy (15RI) + 25 fc (30RI) 3 x25 'Australian' 6-beat kick (30RI) + 25 fc <i>by focussing on (FINAL) stroke press stage</i> THEN REPEAT AUSSIE DRILLS AGAIN (if time allows)</p>
COOL DOWN/TECH 200	200m "perfect stroke"

**RP=Race Pace RI=Rest Interval Max=all out effort SC=stroke count
cup=Catchup br=breast stroke fc=front crawl kk=kick bs=back stroke
bi=bilateral pb=pull buoy hup=head up Ausie=touch armpit then head then enter**

