

BEGINNERS

FOCUS : Relaxation via correct Breathing & Balance, Rotating to find the Air, and Streamlining

s c h e d u l e

<p>1 ASSESS</p> <p>Kick Test, Breath Test, Flex Test, (Grouping into lanes by Kick ability) Prone Balance (Side arms, Front arms, 6 Strokes) -HOLD</p>	<p>2 BALANCE & BREATHING</p> <p>KICK Warm Up 200m, Prone Bal (Side,Front,Strokes), Kick on Back (100m), Kick on L&R SIDES (8x 10m HOLD), Swim 25m no breath</p>
<p>3 BALANCE & BREATHING</p> <p>Revise all last drills, adding Sculling and a Slow-Stop to the Prone Kick. Rotational Balance Kick, Side Kick (breathing) (opt)</p>	<p>4 BALANCE & BREATHING</p> <p>Streamlined Pushoffs, Rotational Bal. Kick (8x 25m), Side Kick (8x 25m), Kick 200m on Back, Shark Fin (opt), DISTANCE TEST</p>
<p>5 ADDING STROKES</p> <p>KICK Warm Up 200m, Streamlined kick (fins) 6x 50m, DPS 4x 25m <20str, Side Kick & Shark Fin 300m, Swim 4x 25m (HOLD), Six Kick (opt)</p>	<p>6 PUSHOFFS & INTERVALS</p> <p>Pushoffs into 200m Side & Six Kick, 8x 25m 1-armed, Hypoxic(5) 8x 25m, Intervals 6x 50m (on1.45/1.30) opt, DISTANCE TEST</p>
<p>7 INTERVALS & DIST. TEST</p> <p>KICK Warm Up 200m,, Pushoffs + DPS 8x 25m <20str HEAD DOWN, 200m Side Kick, 200m 1-armed,</p>	<p>8 SURF SKILLS & DIST. TEST</p> <p>Kick 200m Warm Up, Pushoffs into 400m Side & Six Kick, Head Up ½ DPS 8x 25m, 8x 25m Duckdive at halfway, DISTANCE TEST (10mins)</p>
<p>GOALS : to Float, Breath Easily, and Swim Multiple lengths Comfortably</p>	
<p>EXTRA: KICK WarmUps on all sessions after No.1. Pushoffs for the GLIDE (top of water) from Wall to "feel" the GLIDE</p>	
<p>© www.swimcoach.co.nz 021-2888715</p>	