



Masters Swimming Australia 50 x 50 x 50

<u>Session Focus:</u> Main Form Stroke holding pace and stroke counts	
<u>Warm-up:</u>	Distance
#10 x 50 Free (finz opt) as 2 x lateral kick, 2 x superman kick (breathe forward or snorkel), 2 x advanced single arm, 2 x 6 kick switch, 2 x 3 arms 8 kick (work lateral kicks), all on 1.15 #6 x 50 Free hypoxic breathing: odds breathe 2,4,5, evens breathe 3,5,7 @ 1.15, breathing patterns on stroke counts	800
<u>Drills and Skills/Preset:</u>	400
<u>Preset:</u> #8 x 50 as 25 IMO 25 mod easy @ 1.15 (or 15 sec RI)	
Main Set: <u>Choose 1 main form stroke</u> <u>Fly:</u> (if using finz-use faster time-s/be approx 10 sec RI) #16 x 50 as odds no 1,3,5,7,9,11,13,15 - 50 FKOB, evens no 2&10- combo 1, evens no 4&12 - combo 2, evens no 6&14 - combo 3, evens no 8&16 - combo 4 all on 1.00/1.10/1.20 or 10 sec RI <u>Back:</u> #16 x 50 as 4 x [50 shoulder roll kick, 50 single arm, 50 3 arms 8 kick (work rotation), 50 perfect] all on 1.00/1.10/1.20 or 10 sec RI <u>Breast:</u> #16 x 50 as 4 x [50 penguin (2 kicks 1 breathe- hands must touch ankles), 50 double kick drill (2 kicks 1 pull), 50 arms only (w pull buoy opt), 50 timing perfect mod speed] all on 1.10/1.20/1.30 or 10 sec RI	800

<p><u>Drill notes:</u></p> <p><u>Fly:</u> FKOB - fly kick on back (streamlined); combo 2 - 2 left 2 right 2 full strokes etc</p> <p><u>Back:</u> shoulder roll kick-hands by side roll shoulders out of water continuously; single arm-spare arm by side; 3 A 8 K- split arms position with leading arm in catch position body in lateral position</p> <p><u>Breast:</u> penguin-hands (with elbows locked straight) by butt to touch both ankles at kick set up position (does require good flexibility to touch ankles-not essential to touch), breathe by chin moving forward and to water surface every 2nd kick glide phase; double kick drill - 2 kicks 1 pull, emph should be streamline and breathe similar to pengiun, arms only - emphasis on hands outward, inward and recovery.</p>	
<p><u>Cool Down:</u></p> <p>#10 x 50 Free (opt pull, paddles, Band combo - can mix) @ 50/1.00/1.10 or 10 sec RI, working minimum stroke count only</p>	<p>500</p>
	<p>Total Distance 2500</p>
<p>Program Creator: Sharon Newstead - Vic</p>	