

Suggsted Pool Practice Set

Tune Up:		Form Set:		Control Set:	
Reps	Focus	Focus	Tempo		Tempo
2 x lengths	Head Position	Head Position	1.30		1.25
2 x lengths	Recovery - Elbow Exit to Skate	Hand Entry	1.40		1.2
2 x lengths	Recovery - hold water	Rails/fingers down	1.50		1.15
2 x lengths	Hips	Hold water	1.60		1.1
2 x lengths	Legs	Hold water	1.55		1.05
		Rails	1.50		1
Technical Set - 5 Mins		Hips/core	1.45		0.95
3 x strokes	Focal point, then swim	Legs	1.40		0.9
		Head Position	1.35		0.9
One of following sets:		Rails	1.30		0.95
					1
Form	1.30 -> 1.60 -> 1.30	10			1.05
Control	1.25 -> 0.90 -> 1.25	16			1.1
Tempo	Tempo @ 1.30 - 400m	16	Count strokes lap 2 & 15		1.15
					1.2
Cool Down:	5 or 10 lengths				1.25