

ADVANCED PROGRAM 1

Total Distance: 1800m

Equipment Needed: Kickboard

Warm-Up

Stretch – See Overleaf

200m swimming any style

4 x 50m – 1st Lap Slow, 2nd Lap Medium, 3rd Medium and 4th Lap Fast – 30 rest

2 x 50m Slow – 45 rest

Main Set

Repeat set twice* { 3 x 50m using kickboard - on your front
2 x 50m - freestyle using easy or a steady pace
1 x 50m using kickboard - on your front

* Each set is done continuously with 45 seconds rest after each kick or swim length

* 1 minute rest between sets

8 x 50m - 25m Freestyle & 25m Backstroke. 45 seconds rest between

Cool Down

3x 100m

1st 25m walk and stretch

2nd 25m & 3rd 25m slow freestyle,

4th 25m walk and stretch

45 seconds rest between

Stretch for 10-15 minutes at end of session

COACH NOTES

1) Using the kickboard in Training

The kickboard is a floatation device. However unlike the pool buoy it is most commonly used by being held in front of a prone body with extended arms- away from the body's centre of gravity.

The use of a kickboard improves the kick, isolating the efforts in the legs, and keeping the head out of the water. This allows the swimmer to be comfortable and apply attention to the kick action. The use of a kick board (front prone) does increase water resistance and place the body in an ad-normal floating position. The use of a kick board should be balanced and progressive in usage.

Common tips for using Kick boards:

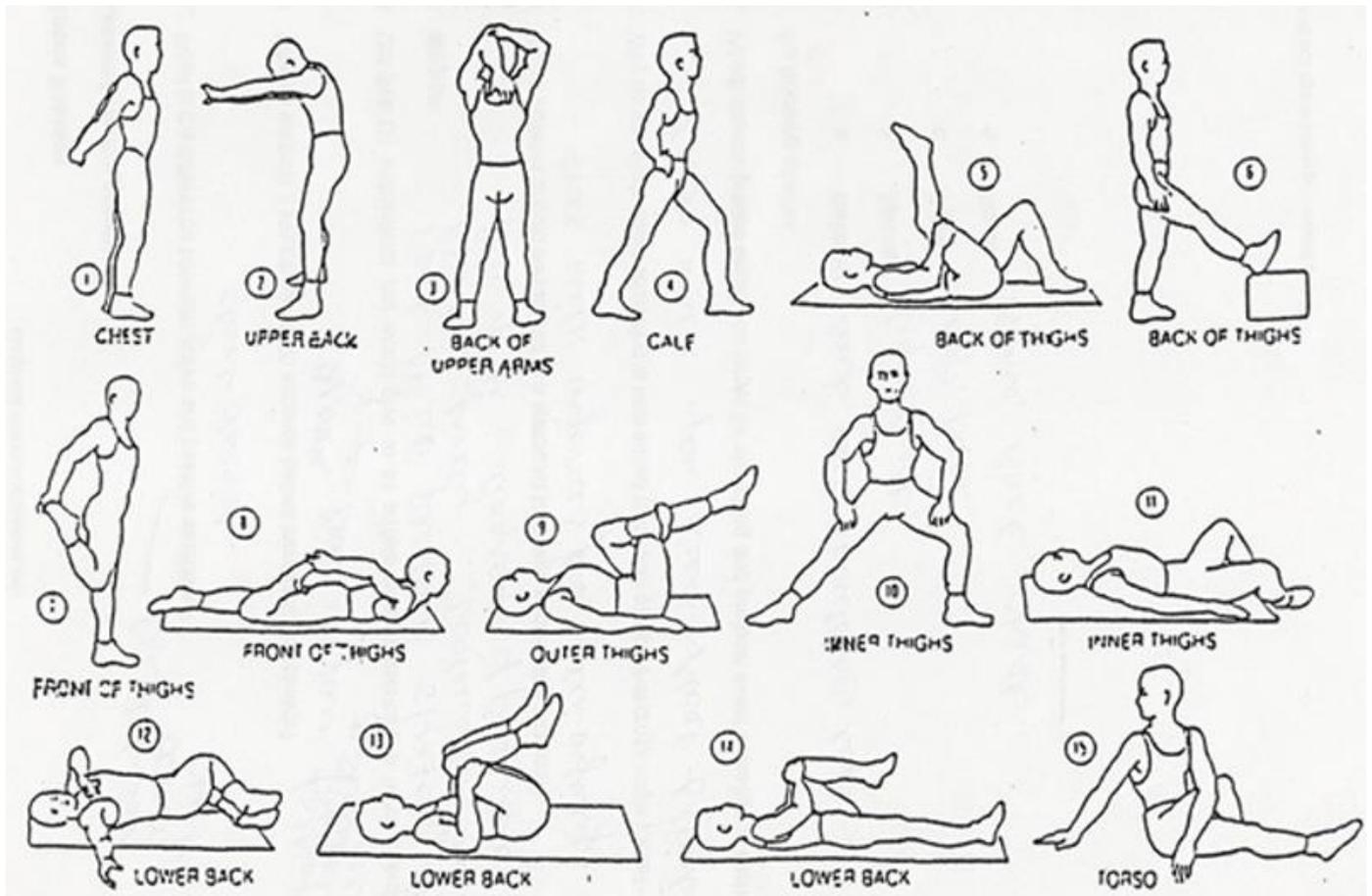
- The kick board should be held in front of the body with arms extended over the board
- Preferably, use kick boards appropriate to body size. You may use two boards; one on top of the other if you wish
- Body should sit naturally high, yet under the water and a kickboard should not require substantial downward pressure from the shoulders
- Emphasis should be on continuous flutter kick action - no stopping at the top or bottom
- *Your shoulders should stay relaxed.*

The kick rhythm can set the speed for your swimming. Being able to hold a specific kick tempo - or being able to control it - can be very important for swimming speed.

- *Do you feel like you cannot maintain that tempo?* If so, then it may take more specific kick or leg conditioning. That means trying to hold the kick rhythm for longer durations, and/or hold that rhythm for more frequent efforts of shorter durations with recovery between each effort.

2) Stretching Ideas & Tips - see overleaf

SOME STRETCHING IDEAS



SOME STRETCHING TIPS

Benefits of stretching include:

- enhanced ability to learn and perform skilled movements – **STROKE CORRECTION!**
- enhanced physical fitness
- increased mental and physical relaxation
- enhanced development of body awareness
- reduced risk of injury to joints, muscles, and tendons
- reduced muscular soreness
- reduced muscular tension

Unfortunately, even those who stretch do not always stretch properly and hence do not reap some or all of these benefits. Some of the most common mistakes made when stretching are:

- improper warm-up
- inadequate rest between workouts
- overstretching
- performing the wrong exercises
- performing exercises in the wrong (or sub-optimal) sequence