

INTERMEDIATE PROGRAM 2

Total Distance: 1300m

Equipment Needed: Kickboard

Warm-Up

Stretch – See stretching information on earlier programs

3 x 100m swimming any style

2 x 50m using kickboard - *You may float on your back or front!*

Main Set

4 x 50m - one lap backstroke / one lap freestyle; steady pace – 45 seconds rest

2 x 50m - freestyle full pace – 45 seconds rest

2 x 50m - freestyle using long strokes – 45 seconds rest

6 x 50m - slow freestyle – 45 seconds rest

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?

Front prone position

The kick board should be held in front of the body with arms extended over the board. The kickboard should provide minimal buoyancy, to assist your body to float and for you to breathe. It is essential that kickboard buoyancy does not unbalance you and cause you to rock'n'roll. And that you do not put down pressure on the boards, as this will create pressure on the shoulders – *and your shoulders should stay relaxed.*

Back prone position

The kick board should be held over the chest or the stomach area, or at a place between. Again it is essential that the kickboard buoyancy does not unbalance you in the water.

2) Backstroke Tips - See Overleaf

3) Long Freestyle Strokes

To achieve long strokes concentrate on reach for the end of the pool as each arm enters to water and ensure the arm leaving the water does so around your hip area.

4) Breathing - Not getting enough Air!

Make sure you breathe out all of your air before you roll to take a breath. When learning, some people try to exhale and inhale while they are rolling to the side for air. There simply is not enough time for this! At first the timing may seem difficult, but eventually you will get used to it.

Backstroke Technique – A Mental Picture

In short, the best way to begin thinking about Backstroke is to develop a mental picture within your head.

Once you create this picture you then need to translate this into action by consistently going through your *Backstroke Checklist* – below!

- **Head** - In-line with spine
- **Eyes** - Looking slightly back towards the feet so your neck is relaxed
- **Shoulders and chest** - Roll as you stroke, around your spine as a central axis. Hips stay in line and roll with shoulders. Lift shoulder is on recovery arm side, and lower shoulder on pulling arm side.
- **Arms** - Arms are always 180-degrees from each other. Recovery arm should be relaxed but loosely straight from wrist to shoulder and fingers points up
- **Forearm and hand pull** – Use the arm surface from fingertips through wrist and forearm to pull. Elbow points towards the bottom, as the arm is bent when pulling. Finish the stroke by pushing the water towards the feet.
- **Forearm and hand recovery** - Straight arm from shoulder through wrist
- **Forearm and hand entry** - Pinky first, directly above and just outside the shoulder with arm fully extended, with body rotation allowing entry hand to reach deep into the catch
- **Hips** - Rotate around central axis of spine in same plane as shoulders. Attempt to initiate body rotation from the hips
- **Legs** - Kick is steady 2,4 or 6-beat, with faster tempo resulting in faster hands
- **Feet** - Boiling water at the toes is not only OK but encouraged to facilitate better flow of movement
- **Breathing** - One breath per cycle; inhale on one pull, exhale on the next pull

