

KENDAL TRI CLUB

SET 10

PULL EFFICIENCY 2

LANE 1

WARM UP

200m relaxed front crawl Count how many strokes it takes you per length. **REMEMBER**

MAIN SET

2 x 100m swim. 1 minute rest

Try to feel the pull phase of the stroke the palm of your hand is always facing backwards and the push phase makes the palm of your hand leave the water first

Pyramid Swim

1 length 10 seconds rest 2 lengths 20 second rest
3 lengths 30 seconds rest 4 lengths 40 seconds rest

Only do the 4 lengths once and then go back down

On the way up (lengths 1- 4) Use a float catch up. On the way down (length 3 -1) no float.

4 x 100m 1 minutes rest

1st 100m Pull buoy

Stretch forward with leading arm, should end up 2 inches below surface of the water. The stretch should make your body roll.

2nd 100m Pull buoy

Push back making sure your thumb pushes past your thigh and the palm of your hand leaves the water first

3rd 100m Pull buoy

Coordinate the stretch forward and the push back to get a really good body roll. This should be exaggerated because you are using a pull buoy

4th 100m No pull buoy

Use your leg kick but still try to use an exaggerated roll

SWIM DOWN

200m see if you do it in less strokes than in the warm up

KENDAL TRI CLUB

SET 10

PULL EFFICIENCY 2

LANE 2

WARM UP

200m relaxed front crawl Count how many strokes it takes you per length. **REMEMBER**

MAIN SET

2 x 100m swim. 1 minute rest

Try to feel the pull phase of the stroke the palm of your hand is always facing backwards and the push phase makes the palm of your hand leave the water first

Pyramid Swim

1 length 10 seconds rest 2 lengths 20 second rest
3 lengths 30 seconds rest 4 lengths 40 seconds rest

Only do the 4 lengths once and then go back down

On the way up (lengths 1- 4) Use a float catch up. On the way down (length 3 -1) no float.

4 x 100m 1 minutes rest

1st 100m Pull buoy

Stretch forward with leading arm, should end up 2 inches below surface of the water. The stretch should make your body roll.

2nd 100m Pull buoy

Push back making sure your thumb pushes past your thigh and the palm of your hand leaves the water first

3rd 100m Pull buoy

Coordinate the stretch forward and the push back to get a really good body roll. This should be exaggerated because you are using a pull buoy

4th 100m No pull buoy

Use your leg kick but still try to use an exaggerated roll

SWIM DOWN

200m see if you do it in less strokes than in the warm up

KENDAL TRI CLUB

SET 10

PULL EFFICIENCY 2

LANE 3

WARM UP

300m relaxed front crawl Count how many strokes it takes you per length. **REMEMBER**

MAIN SET

2 x 100m swim. 1 minute rest

Try to feel the pull phase of the stroke the palm of your hand is always facing backwards and the push phase makes the palm of your hand leave the water first

Pyramid Swim

1 length 10 seconds rest

2 lengths 20 second rest

3 lengths 30 seconds rest

4 lengths 40 seconds rest

5 lengths 50 seconds rest

Only do the 5 lengths once and then go back down

On the way up (lengths 1- 5) Use a float (tube) catch up.

On the way down (length 4 -1) no float (tube)

4 x 100m 1 minutes rest

1st 100m Pull buoy

Stretch forward with leading arm, should end up 2 inches below surface of the water. The stretch should make your body roll.

2nd 100m Pull buoy

Push back making sure your thumb pushes past your thigh and the palm of your hand leaves the water first

3rd 100m Pull buoy

Coordinate the stretch forward and the push back to get a really good body roll. This should be exaggerated because you are using a pull buoy

4th 100m No pull buoy

Use your leg kick but still try to use an exaggerated roll

SWIM DOWN

200m see if you do it in less strokes than in the warm up

KENDAL TRI CLUB

SET 10

PULL EFFICIENCY 2

LANE 4

WARM UP

300m relaxed front crawl Count how many strokes it takes you per length. **REMEMBER**

MAIN SET

2 x 100m swim. 30 seconds rest

Try to feel the pull phase of the stroke the palm of your hand is always facing backwards and the push phase makes the palm of your hand leave the water first

Pyramid Swim

1 length 5 seconds rest

2 lengths 10 second rest

3 lengths 15 seconds rest

4 lengths 20 seconds rest

5 lengths 25 seconds rest

Only do the 5 lengths once and then go back down

On the way up (lengths 1- 5) Use a float (tube) catch up.

On the way down (length 4 -1) no float (tube)

4 x 150m 30 minutes rest

1st 100m Pull buoy

Stretch forward with leading arm, should end up 2 inches below surface of the water. The stretch should make your body roll.

2nd 100m Pull buoy

Push back making sure your thumb pushes past your thigh and the palm of your hand leaves the water first

3rd 100m Pull buoy

Coordinate the stretch forward and the push back to get a really good body roll. This should be exaggerated because you are using a pull buoy

4th 100m No pull buoy

Use your leg kick but still try to use an exaggerated roll

SWIM DOWN

300m see if you do it in less strokes than in the warm up

KENDAL TRI CLUB

SET 10

PULL EFFICIENCY 2

LANE 5

WARM UP

400m relaxed front crawl Count how many strokes it takes you per length. **REMEMBER**

MAIN SET

3 x 100m swim. 30 seconds rest

Try to feel the pull phase of the stroke the palm of your hand is always facing backwards and the push phase makes the palm of your hand leave the water first

Pyramid Swim

1 length 5 seconds rest

2 lengths 10 second rest

3 lengths 15 seconds rest

4 lengths 20 seconds rest

5 lengths 25 seconds rest

6 lengths 30 seconds rest

Only do the 6 lengths once and then go back down

On the way up (lengths 1- 6) Use a tube catch up. On the way down (length 5 -1) no tube.

4 x 200m 30 minutes rest

1st 200m Pull buoy

Stretch forward with leading arm, should end up 2 inches below surface of the water. The stretch should make your body roll.

2nd 200m Pull buoy

Push back making sure your thumb pushes past your thigh and the palm of your hand leaves the water first

3rd 200m Pull buoy

Coordinate the stretch forward and the push back to get a really good body roll. This should be exaggerated because you are using a pull buoy

4th 200m No pull buoy

Use your leg kick but still try to use an exaggerated roll

SWIM DOWN

400m see if you do it in less strokes than in the warm up

KENDAL TRI CLUB

SET 10

PULL EFFICIENCY 2

LANE 6

WARM UP

400m relaxed front crawl Count how many strokes it takes you per length. **REMEMBER**

MAIN SET

4 x 100m swim. 1 minute rest

Try to feel the pull phase of the stroke the palm of your hand is always facing backwards and the push phase makes the palm of your hand leave the water first

Pyramid Swim

1 length 5 seconds rest

2 lengths 10 second rest

3 lengths 15 seconds rest

4 lengths 20 seconds rest

5 lengths 25 seconds rest

6 lengths 30 seconds rest

Only do the 6 lengths once and then go back down

On the way up (lengths 1- 6) Use a tube catch up. On the way down (length 5 -1) no tube.

4 x 200m 30 minutes rest

1st 200m Pull buoy

Stretch forward with leading arm, should end up 2 inches below surface of the water. The stretch should make your body roll.

2nd 200m Pull buoy

Push back making sure your thumb pushes past your thigh and the palm of your hand leaves the water first

3rd 200m Pull buoy

Coordinate the stretch forward and the push back to get a really good body roll. This should be exaggerated because you are using a pull buoy

4th 200m No pull buoy

Use your leg kick but still try to use an exaggerated roll

SWIM DOWN

400m see if you do it in less strokes than in the warm up

