

# KENDAL TRI CLUB

## SET 1                      TURNING EFFICIENCY.                      LANE 1

Everyone working together

### WARM UP

5 minutes warm up

### MAIN SET

Talk through turns with the whole group touch and tumble turns if needs be get the group to start halfway down the pool practice turns at both ends and finish in the middle of the pool 10 minutes

10 minutes swim

Swim steady, try to sprint into and out of turns only

Lanes 1,2,3

4 x 100m with 1 minute rest

1st 100m all steady.

GET YOUR TIME

2nd 100m work hard into turn

GET YOUR TIME

3rd 100m work hard in and out of turn

GET YOUR TIME

4th 100m work hard in and out of turns plus increase

speed on each length

GET YOUR TIME

You should be swimming faster each 100m

Lines 1,2,3,4

As above, but twice through with 30 seconds rest

Repeat the whole session but with the first part ask anybody what problems they're having or any questions they want to have answered see if they can improve that turns even more.

On the 100m see if their times can be faster than they did in the previous set

### SWIM DOWN

Any distance in the time you have left

# **KENDAL TRI CLUB**

**SET 1**                      **TURNING EFFICIENCY.**                      **LANE 2**

Everyone working together

## **WARM UP**

5 minutes warm up

## **MAIN SET**

Talk through turns with the whole group touch and tumble turns if needs be get the group to start halfway down the pool practice turns at both ends and finish in the middle of the pool 10 minutes

10 minutes swim

Swim steady, try to sprint into and out of turns only

Lanes 1,2,3

4 x 100m with 1 minute rest

1st 100m all steady.

GET YOUR TIME

2nd 100m work hard into turn

GET YOUR TIME

3rd 100m work hard in and out of turn

GET YOUR TIME

4th 100m work hard in and out of turns plus increase

speed on each length

GET YOUR TIME

You should be swimming faster each 100m

Lines 1,2,3,4

As above, but twice through with 30 seconds rest

Repeat the whole session but with the first part ask anybody what problems they're having or any questions they want to have answered see if they can improve that turns even more.

On the 100m see if their times can be faster than they did in the previous set

## **SWIM DOWN**

Any distance in the time you have left

# **KENDAL TRI CLUB**

**SET 1**

**TURNING EFFICIENCY.**

**LANE 3**

Everyone working together

## **WARM UP**

5 minutes warm up

## **MAIN SET**

Talk through turns with the whole group touch and tumble turns if needs be get the group to start halfway down the pool practice turns at both ends and finish in the middle of the pool 10 minutes

10 minutes swim

Swim steady, try to sprint into and out of turns only

Lanes 1,2,3,4

4 x 100m with 1 minute rest

1st 100m all steady.

GET YOUR TIME

2nd 100m work hard into turn

GET YOUR TIME

3rd 100m work hard in and out of turn

GET YOUR TIME

4th 100m work hard in and out of turns plus increase

speed on each length

GET YOUR TIME

You should be swimming faster each 100m

Lines 1,2,3,4

As above, but twice through with 30 seconds rest

Repeat the whole session but with the first part ask anybody what problems they're having or any questions they want to have answered see if they can improve that turns even more.

On the 100m see if their times can be faster than they did in the previous set

## **SWIM DOWN**

Any distance in the time you have left

# **KENDAL TRI CLUB**

**SET 1**                      **TURNING EFFICIENCY.**                      **LANE 4**

Everyone working together

## **WARM UP**

5 minutes warm up

## **MAIN SET**

Talk through turns with the whole group touch and tumble turns if needs be get the group to start halfway down the pool practice turns at both ends and finish in the middle of the pool 10 minutes

10 minutes swim

Swim steady, try to sprint into and out of turns only

Lanes 1,2,3,4

4 x 100m with 1 minute rest

1st 100m all steady.

GET YOUR TIME

2nd 100m work hard into turn

GET YOUR TIME

3rd 100m work hard in and out of turn

GET YOUR TIME

4th 100m work hard in and out of turns plus increase

speed on each length

GET YOUR TIME

You should be swimming faster each 100m

Lines 1,2,3,4

As above, but with 30 seconds rest

Repeat the whole session but with the first part ask anybody what problems they're having or any questions they want to have answered see if they can improve that turns even more.

On the 100m see if their times can be faster than they did in the previous set

## **SWIM DOWN**

Any distance in the time you have left

# **KENDAL TRI CLUB**

**SET 1**                      **TURNING EFFICIENCY.**                      **LANE 5**

Everyone working together

## **WARM UP**

10 minutes warm up

4 x 100m on 2 minutes TRY to tumble turn

## **MAIN SET**

Talk through turns with the whole group tumble turns if  
needs be get the group to start 1/4 way down the pool  
practice turns with two floats

10 minutes

Swim steady, try to sprint into and out of turns only

Lanes 5,6

4 x 100m with 20 rest

1st 100m all steady.

GET YOUR TIME

2nd 100m work hard into turn

GET YOUR TIME

3rd 100m work hard in and out of turn

GET YOUR TIME

4th 100m work hard in and out of turns plus increase  
speed on each length

GET YOUR TIME

You should be swimming faster each 100m

Lines 5,6

REPEAT twice more

On the 100m see if their times can be faster than they did  
in the previous set

## **SWIM DOWN**

Any distance in the time you have left

# **KENDAL TRI CLUB**

**SET 1**                      **TURNING EFFICIENCY.**                      **LANE 6**

Everyone working together

## **WARM UP**

10 minutes warm up

4 x 100m on 2 minutes TRY to tumble turn

## **MAIN SET**

Talk through turns with the whole group to tumble turns if needs be get the group to start 1/4 way down the pool practice turns with two floats 10 minutes

10 minutes swim

Swim steady, try to sprint into and out of turns only

LANE 5,6

4 x 100m with 1 minute rest

1st 100m all steady.

GET YOUR TIME

2nd 100m work hard into turn

GET YOUR TIME

3rd 100m work hard in and out of turn

GET YOUR TIME

4th 100m work hard in and out of turns plus increase

speed on each length

GET YOUR TIME

You should be swimming faster each 100m

Lines 5,6

REPEAT twice more

On the 100m see if their times can be faster than they did in the previous set

## **SWIM DOWN**

Any distance in the time you have left

