

KENDAL TRI CLUB

SET 2

BODY POSITIONING

LANE 1

WARM UP 200m **relaxed** swim any stroke

MAIN SET 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 (length 1-4) use fins, on the way back down
(length 3-1) no fins.

Having fins helps the heels just break the surface of the water. Lean forwards and push down with your chest to keep body horizontal. try to keep the body position horizontal.

4 x 100m with 45 seconds rest

Set off steady. Get your time for each 100m make 1 - 4 going faster

4 x 50m with 30 seconds rest

Build each length try not stop at each turn

400m steady half catch up

Try to stretch the entering hand further forward than the stationary hand as this helps the body to roll.

4 x 50m Faster pace, with 30 seconds rest

Try to keep stretching and rolling the body into each arm pull

SWIM DOWN

200m **steady** any stroke

KENDAL TRI CLUB

SET 2

BODY POSITIONING

LANE 2

WARM UP 200m relaxed swim any stroke

MAIN SET Pyramid swim

1 length 10 seconds rest

2 lengths 20 second rest

3 lengths 30seconds rest

4 lengths 40 seconds rest

Only do the 4 lengths once and then go back down.

On the way up use fins (length 1-4) On the way back down (length 3-1) no fins.

Having fins just helps the heels just break the surface of the water. Lean forwards and push down with your chest to keep body horizontal.

4 x 100m with 45 seconds rest

Set off steady. Get your time for each 100m make 1 - 4 going faster

4 x 50m with 30 seconds rest

Build each length to attack turn and finish

400m steady

Try to stretch the entering hand further forward than the stationary hand this helps the body to roll.

4 x 50m Faster pace, with 30 seconds rest

Try to keep stretching and rolling the body into each arm pull

SWIM DOWN

200m steady any stroke

KENDAL TRI CLUB

SET 2

BODY POSITIONING.

LANE 3

WARM UP 200m **relaxed** swim any stroke

MAIN SET Pyramid swim

1 length 10 seconds rest

2 lengths 20 second rest

3 lengths 30 seconds rest

4 lengths 400 seconds rest

5 lengths 50 seconds rest

Only do the 5 lengths once and then go back down.

On the way up use fins (length 1-5) On the way back down (length 4-1) no fins. At the end swim back to shallow end.

Having fins just helps the heels just break the surface of the water. Lean forwards and push down with your chest to keep body horizontal

4 x 100m with 30 seconds rest

Set off steady Get your time for each 100m make 1 - 4 going faster

4 x 50m with 20 seconds rest

Build each length to attack turn and finish

400m steady

Try to stretch the entering hand further forward than the stationary hand this helps the body to roll

4 x 50m Faster pace, with 20 seconds rest

Try to keep stretching and rolling the body into each arm pull

SWIM DOWN

200m **steady** any stroke

KENDAL TRI CLUB

SET 2

BODY POSITIONING

LANE 4

WARM UP 300m **relaxed** swim any stroke

MAIN SET 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 use fins (length 1-5) On the way back down (length 4-1) no fins. At the end swim back to shallow end

Having fins just helps the heels just break the surface of the water. Lean forwards and push down with your chest to keep body horizontal.

8 x 100m with 20 seconds rest

Set off steady Get your time for each 100m. Make 1 - 4 going faster

8 x 50m with 20 seconds rest

Build each length to attack turn and finish

400m steady

Try to stretch the entering hand further forward than the stationary hand this helps the body to roll

8 x 50m Faster pace, with 15 seconds rest

Try to keep stretching and rolling the body into each arm pull

SWIM DOWN

200m **steady** any stroke

KENDAL TRI CLUB

SET 2

BODY POSITIONING

LANE 5

WARM UP 300m **relaxed** swim any stroke

MAIN SET 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 use fins (length 1-6) On the way back down (length 5-1) no fins.

Having fins just helps the heels just break the surface of the water. Lean forwards and push down with your chest to keep body horizontal.

8 x 100m with 20 seconds rest

Set off steady Get your time for each 100m make 1 - 4 going faster

8 x 50m with 20 seconds rest

Build each length to attack turn and finish

400m steady

Try to stretch the entering hand further forward than the stationary hand this helps the body to roll.

8 x 50m Faster pace, with 15 seconds rest

Try to keep stretching and rolling the body into each arm pull

SWIM DOWN

400m **steady** any stroke

KENDAL TRI CLUB

SET 2

BODY POSITIONING

LANE 6

WARM UP 400m **relaxed** swim any stroke

MAIN SET 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 fins. On the way down (length 5 -1) no fins.

Having fins helps the heels just break the surface of the water. Lean forwards and push down with your chest to keep body horizontal.

8 x 100m with 20 seconds rest

Set off steady Get your time for each 100m make 1 - 4 going faster

8 x 50m with 20 seconds rest

Build each length to attack turn and finish

400m steady

Try to stretch the entering hand further forward than the stationary hand this helps the body to roll.

8 x 50m Faster pace, with 15 seconds rest

Try to keep stretching and rolling the body into each arm pull

SWIM DOWN

400m **steady** any stroke