

KENDAL TRI CLUB

SET 4

PULL EFFICIENCY.

LANE 1

WARM UP

200m **relaxed** stroke. Count number of strokes per length.
Remember.

MAIN SET

4 x 100m 30 seconds rest

1st 100m Pull buoy

Stretch forward with leading arm, fingers 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

3 x 200m 1 minute rest

1st 200m Using a float

Try to continue to push back and body roll. When taking a breath exaggerate staying on side whilst breathing

2nd 200m swim full stroke

Try the same thing remembering to keep the leading hand 2 inches below the water while on side taking a breath

3rd 200m swim full stroke

DON'T exaggerate the hold when breathing

SWIM DOWN

200m **steady**

Count your strokes and see if it is less per length than at the beginning of the set

KENDAL TRI CLUB

SET 4

PULL EFFICIENCY.

LANE 2

WARM UP

200m **relaxed** stroke. Count number of strokes per length.
Remember.

MAIN SET

4 x 100m 30 seconds rest

1st 100m Pull buoy

Stretch forward with leading arm, fingers should end up 2 inches below surface of the water. Roll the body into the stretch

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

400m swim

Each person in the group leads 100m then drops to the back (they stop after their 100m and everyone overtakes and they join in at the back) this is called drafting

300m swim continues

3 lengths easy, 2 medium, 1 hard

SWIM DOWN

200m **Steady** count your strokes and see if it is less per length than at the beginning of the set

KENDAL TRI CLUB

SET 4

PULL EFFICIENCY.

LANE 3

WARM UP

300m **relaxed** stroke.

Count number of strokes per length. Remember.

MAIN SET

4 x 100m 20 seconds rest

1st 100m Pull buoy

Stretch forward with leading arm. Fingers should end up 2 inches below surface of the water. Roll the body into the stretch

2nd 100m swim

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 swim

DON'T exaggerate the hold when breathing

500m swim

Each person in the group leads 100m then drops to the back (they stop after their 100m and everyone overtakes and they join in at the back) this is called drafting

300m swim continues

3 lengths easy, 2 medium, 1 hard

SWIM DOWN

300m **steady** count your strokes and see if it is less per length than at the beginning of the set

KENDAL TRI CLUB

SET 4

PULL EFFICIENCY

LANE 4

WARM UP

300m **relaxed** stroke. Count number of strokes per length.
Remember.

MAIN SET

4 x 100m 20 seconds rest

1st 100m Pull buoy

Stretch forward with leading arm Fingers should end up 2 inches below surface of the water. Roll the body into the stretch

2nd 100m swim

3rd 100m Pull buoy

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

4th 100m swim

800m swim

Each person in the group leads 100m then drops to the back (they stop after their 100m and everyone overtakes and they join in at the back) this is all drafting

600m swim continues

3 lengths easy, 2 medium, 1 hard

SWIM DOWN

200m **steady** count your strokes and see if it is less per length than at the beginning of the set

KENDAL TRI CLUB

SET 4

PULL EFFICIENCY.

LANE 5

WARM UP

300m **relaxed** stroke. Count number of strokes per length.
Remember.

MAIN SET

4 x 200m 20 seconds rest

1st 200m Pull buoy

Stretch forward with leading arm. Fingers should end up 2 inches below surface of the water. Roll the body into the stretch

2nd Swim

3rd Pull buoy

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

4th Swim

800m swim

Each person in the group leads 100m then drops to the back (they stop after their 100m and everyone overtakes and they join in at the back)

600m swim continues

3 lengths easy, 2 medium, 1 hard

SWIM DOWN

300m **steady** count your strokes and see if it is less per length than at the beginning of the set

KENDAL TRI CLUB

SET 4

PULL EFFICIENCY

LANE 6

WARM UP

400m **relaxed** stroke.

Count number of strokes per length. Remember.

MAIN SET

4 x 200m 20 seconds rest

1st 200m Pull buoy

Stretch forward with leading arm. Fingers should end up 2 inches below surface of the water. Roll the body into the stretch

2nd Swim

3rd Pull buoy

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

4th Swim

800m swim

Each person in the group leads 100m then drops to the back (they stop after their 100m and everyone overtakes and they join in at the back)

600m swim continues

3 lengths easy, 2 medium, 1 hard

SWIM DOWN

400m **steady** count your strokes and see if it is less per length than at the beginning of the set

