

1. Introduction

The goal of the class is to learn to focus on utilizing your core power to develop efficient swim technique. Students will learn and practice drills and exercises to improve body balance, awareness, and core strength.

Pool Tools: If you have fins and paddles, bring them to the pool.

2. Initial Video Capture One length under water video, and one length above water

3. Swim Drills: Each person will do 2 – 3 rotations

4 x 50 With Fins, first 25 no hand core rotation, second 25 as below: Total 200 yards

Focus: Be aware of your balance, core position, and rotation, when breathing on both sides.

Concentrate on maintaining good swim posture while drilling.

- 1: On second 25, one-arm stroke, 6 strokes each side
- 2: On second 25, one-arm stroke, 4 strokes each side
- 3: On second 25, one-arm stroke, 2 strokes each side
- 4: On second 25, one-arm stroke, 1 strokes each side

2 x 50 With paddles: Total 100 yards

Focus: 1) Learn to maximize weight in the front of the body by delaying the pull.

2) Learn to get the feel of holding the water while the core initiates the forward "vault".

First 50 catch up drill
Second 50 swim

100 yard swim

Focus: Maintain form and body position awareness as you build speed.

2 x 50 on interval (to be determined)

4. Swimlates Exercises

Focus: Improve balance, strength and posture specific to swimming demands

- Standing leg lifts
- Standing side rotations
- Quarter sit up on roller
- Full sit up on roller
- Three arm/upper body moves with roller and weights
- Table top into bike
- Alternating leg and arm
- Series of 3 kicks for back strengthening (on stomach)
- Plank

5. Group video review and analysis

Note: These Lesson Plans Are Available Online

Lesson plans for this session and all subsequent sessions will be available on the website:

<http://www.breakwatersportstraining.com/handouts.html>

(Look in the Core Power Swimming program section.)