

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 help 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.

2 x 100m use a float, with 30 seconds rest

Kick with face in the water when you want to breathe use just one arm do one pull.

When taking the breath try to keep your ear resting on your arm that is holding the float and try and keep your nose as close to the water as possible. If you lift your head, your feet will drop.

2 x 100m catch up without a float, with 30 seconds rest

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

4 x 25m Faster pace, with 15 seconds rest

Try to keep your body horizontal in the water so your heels break the surface stretching forward with the arms to keep the body horizontal.

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.

2 x 100m use a float, with 30 seconds rest

Kick with face in the water when you want to breathe use just one arm do one pull.

When taking the breath try to keep your ear resting on your arm that is holding the float and try and keep your nose as close to the water as possible. If you lift your head, your feet will drop.

2 x 100m Catch up without a float, with 30 seconds rest

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

4 x 25m Faster pace, with 15 seconds rest

Try to keep your body horizontal in the water so your heels break the surface stretching forward with the arms to keep the body horizontal.

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

3 x 100m Use a float, with 30 seconds rest

Kick with face in the water when you want to breathe use just one arm do one pull.

When taking the breath try to keep your ear resting on your arm that is holding the float and try and keep your nose as close to the water as possible. If you lift your head, your feet will drop.

3 x 100m Catch up without a float, with 30 seconds rest

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

6 x 25m Faster pace, with 15 seconds rest

Try to keep your body horizontal in the water so your heels break the surface stretching forward with the arms to keep the body horizontal.

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.

3 x 100m Use a float or tube with 30 seconds rest

Kick with face in the water when you want to breathe use just one arm do one pull.

When taking the breath try to keep your ear resting on your arm that is holding the float and try and keep your nose as close to the water as possible. If you lift your head, your feet will drop.

3 x 100m Catch up without a float or tube with 30 seconds rest

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

6 x 25m Faster pace with 15 seconds rest.

Try to keep your body horizontal in the water so your heels break the surface stretching forward with the arms to keep the body horizontal.

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.

4 x 100m with 30 seconds rest

Use a tube kick with face in the water when you want to breathe use just one arm do one pull.

When taking the breath try to keep your ear resting on your arm that is holding the float and try and keep your nose as close to the water as possible. If you lift your head, your feet will drop.

4 x 100m Catch up without a tube. with 30 seconds rest

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

4 x 50m Faster pace, with 20 seconds rest

Try to keep your body horizontal in the water so your heels break the surface stretching forward with the arms to keep the body horizontal.

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.

5 x 100m with 30 seconds rest

Use a float, (tube) kick with face in the water when you want to breathe use just one arm do one pull.

When taking the breath try to Keep your ear resting on your arm that is holding the float and try and keep your nose as close to the water as possible. If you lift your head, your feet will drop.

5 x 100m Catch up without a tube, with 30 seconds rest

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

5 x 50m Faster pace with 20 seconds rest

Try to keep your body horizontal in the water so your heels break the surface stretching forward with the arms to keep the body horizontal.

SWIM DOWN

400m steady any stroke