

KENDAL TRI CLUB

SET 8. BODY POSITION 2. LANE 1

WARM UP

200m relaxed any stroke

MAIN SET

200m swim steady.

Think about stretching forward with your arms. Hand should be 2" below the surface, the stretch should make your body roll.

3 x 100m with a pull buoy 20 seconds rest

This should keep your hips high, and the roll of your shoulder and body should be more pronounced. Make your core (stomach muscles) work hard to keep your body straight

1 x 200m Swim without pull buoy

Keep your chest pushed down into the water, this will help to keep your hips and feet nearer the surface

3 x 100m Swim with hand paddles 20 seconds rest

Stretch your hand forward for the catch at the front of the stroke. Again lean into the stroke

1 x 200m Swim without hand paddles

Stretch your stroke to the catch (2" below the surface) as far in front of you as possible

SWIM DOWN

200m any stroke

KENDAL TRI CLUB

SET 8

BODY POSITION 2.

LANE 2

WARM UP

200m relaxed any stroke

MAIN SET

200m swim steady.

Think about stretching forward with your arms. Hand should be 2" below the surface, the stretch should make your body roll.

3 x 100m With pull buoy, 20 seconds rest

This should keep your hips high, and the roll of your shoulder and body should be more pronounced. Make your core (stomach muscles) work hard to keep your body straight

1 x 200m Swim without pull buoy

Keep your chest pushed down into the water, this will help to keep your hips and feet nearer the surface

3 x 100m Swim with hand paddles 20 seconds rest

Stretch your hand forward for the catch at the front of the stroke. Again lean into the stroke

1 x 200m

Stretch your stroke to the catch (2" below the surface) as far in front of you as possible

SWIM DOWN

200m any stroke

KENDAL TRI CLUB

SET 8. BODY POSITION 2. LANE 3

WARM UP

300m relaxed any stroke

MAIN SET

200m swim steady.

Think about stretching forward with your arms. Hand should be 2" below the surface, the stretch should make your body roll.

4 x 100m With pull buoy, 20 seconds rest

This should keep your hips high, and the roll of your shoulder and body should be more pronounced. Make your core (stomach muscles) work hard to keep your body straight

1 x 200m Swim without pull buoy

Keep your chest pushed down into the water, this will help to keep your hips and feet nearer the surface

4 x 100m Swim with hand paddles 20 seconds rest

Stretch your hand forward for the catch at the front of the stroke. Again lean into the stroke

1 x 200m

Stretch your stroke to the catch (2" below the surface) as far in front of you as possible

SWIM DOWN

300m any stroke

KENDAL TRI CLUB

SET 8

BODY POSITION 2

LANE 4

WARM UP

300m relaxed any stroke

Think about stretching forward with your arms. Hand should be 2" below the surface, the stretch should make your body roll.

MAIN SET

300m swim steady.

Think about stretching forward with your arms. Hand should be 2" below the surface, the stretch should make your body roll.

4 x 100m With pull buoy, 20 seconds rest

This should keep your hips high, and the roll of your shoulder and body should be more pronounced. Make your core (stomach muscles) work hard to keep your body straight

1 x 200m Swim without pull buoy

Keep your chest pushed down into the water, this will help to keep your hips and feet nearer the surface

4 x 100m Swim with hand paddles 20 seconds rest

Stretch your hand forward for the catch at the front of the stroke. Again lean into the stroke

1 x 200m

Stretch your stroke to the catch (2" below the surface) as far in front of you as possible

SWIM DOWN

300m any stroke

KENDAL TRI CLUB

SET 8

BODY POSITION 2.

LANE 5

WARM UP

400m relaxed any stroke

MAIN SET

300m swim steady.

Think about stretching forward with your arms. Hand should be 2" below the surface, the stretch should make your body roll.

4 x 100m With pull buoy, 20 seconds rest

This should keep your hips high, and the roll of your shoulder and body should be more pronounced. Make your core (stomach muscles) work hard to keep your body straight

2 x 200m Swim without pull buoy

Keep your chest pushed down into the water, this will help to keep your hips and feet nearer the surface

4 x 100m Swim with hand paddles 20 seconds rest

Stretch your hand forward for the catch at the front of the stroke. Again lean into the stroke

2 x 200m without hand paddles 30 seconds rest

Stretch your stroke to the catch (2" below the surface) as far in front of you as possible

SWIM DOWN

400m any stroke

KENDAL TRI CLUB

SET 8

BODY POSITION 2.

LANE 6

WARM UP

400m relaxed any stroke

MAIN SET

400m swim steady.

Think about stretching forward with your arms. Hand should be 2" below the surface, the stretch should make your body roll.

4 x 100m With pull buoy, 20 seconds rest

This should keep your hips high, and the roll of your shoulder and body should be more pronounced. Make your core (stomach muscles) work hard to keep your body straight

Keep your chest pushed down into the water, this will help to keep your hips and feet nearer the surface

4 x 100m Swim with hand paddles 20 seconds rest

Stretch your hand forward for the catch at the front of the stroke. Again lean into the stroke

2 x 200m Swim without hand paddles 30seconds rest

Stretch your stroke to the catch (2" below the surface) as far in front of you as possible

SWIM DOWN

400m any stroke

