

GREENWICH TRITONS SWIM

(SUN 04 Feb 2007)

THE ONLY PLACE THAT YOU'LL FIND SUCCESS BEFORE WORK IS IN THE DICTIONARY

WARM-UP

SWIM EACH SET OFF THE WHISTLE > VERY EASY SWIM

GOOD TURNS > VERY STREAMLINED GLIDE OF THE WALL > GENTLE BUTTERFLY KICK OF THE WALL > LONG STROKE > LOW HEAD POSITION

4 L x 4 SETS - ON 2 MIN

DRILL SET.

2 L LONG DOG EXTRA LEG KICKS (FRONT CRAWL WITHOUT TAKING YOUR ARMS OUT OF THE WATER)

2 L FRONT CRAWL WITH CLENCHED FIST (AT THE CATCH POSITION OF YOUR STROKE START TO BEND YOUR ELBOW)

2 L x 2 SETS SINGLE ARM 5 SECOND RECOVERY

2 L x 2 SETS CATCH -UP 1ST SET HOLD CATCH FOR 4 LEG KICKS > 2ND SET HOLD CATCH FOR 2 LEG KICKS

2 L 1ST HALF OF EACH LENGTH > **HEAD-UP FRONT CRAWL**

(As above with the addition of 2 easy Lengths f/c)

2 L LONG DOG * PLUS 2L EASY F/C

2 L FRONT CRAWL WITH CLENCHED FIST * PLUS 2L EASY F/C

2 L x 2 SETS SINGLE ARM 5 SECOND RECOVERY * **PLUS 2L EAST F/C**

2 L x 2 SETS CATCH -UP 1st SET = 4 LEG KICKS > 2ND SET = 2 LEG KICKS * **PLUS 2L EASY F/C**

2 L 1ST HALF OF EACH LENGTH > **HEAD-UP FRONT CRAWL * PLUS 2L F/C**

MAIN SET

24 l x 1 set

AFTER YOUR DRILL SETS YOUR ARMS WILL BE TIRED

DO NOT RUSH THIS LONG SET - RELAX IN THE WATER & CONCENTRATE ON MAKING YOUR STROKE LONG

The fewer strokes per length = MORE ECONOMICAL USE OF ENERGY

2 L x 5 SETS >>> 15 SECONDS RECOVERY

TRY TO HOLD AN EVEN PACE FOR EACH OF THE 5 SETS

WARM-DOWN

AS REQUIRED - TIME PERMITTING - VARIOUS STROKE'S

[92L]

AS USUAL; DUE TO NO / MINIMAL WARM-DOWN

PLEASE THOROUGHLY STRETCH OUT YOUR MUSCLES AFTER THIS SESSION.

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