

# ADVANCED PROGRAM 1

**Total Distance:** 1800m

**Equipment Needed:** Kickboard

## Warm-Up

Stretch – See Overleaf

200m swimming any style

4 x 50m – 1<sup>st</sup> Lap Slow, 2<sup>nd</sup> Lap Medium, 3<sup>rd</sup> Medium and 4<sup>th</sup> Lap Fast – 30 rest

2 x 50m Slow – 45 rest

## Main Set

Repeat set twice\* { 3 x 50m using kickboard - on your front  
2 x 50m - freestyle using easy or a steady pace  
1 x 50m using kickboard - on your front

\* Each set is done continuously with 45 seconds rest after each kick or swim length

\* 1 minute rest between sets

8 x 50m - 25m Freestyle & 25m Backstroke. 45 seconds rest between

## Cool Down

3x 100m 1<sup>st</sup> 25m walk, float and stretch

50m slow freestyle,

4<sup>th</sup> 25m slow backstroke

45 seconds rest between

Stretch for 10-15 minutes at end of session

## COACH NOTES

### 1) Using the kickboard in Training

The kickboard is a floatation device. However unlike the pool buoy it is most commonly used by being held in front of a prone body with extended arms- away from the body's centre of gravity.

The use of a kickboard improves the kick, isolating the efforts in the legs, and keeping the head out of the water. This allows the swimmer to be comfortable and apply attention to the kick action. The use of a kick board (front prone) does increase water resistance and place the body in an ad-normal floating position. The use of a kick board should be balanced and progressive in usage.

Common tips for using Kick boards:

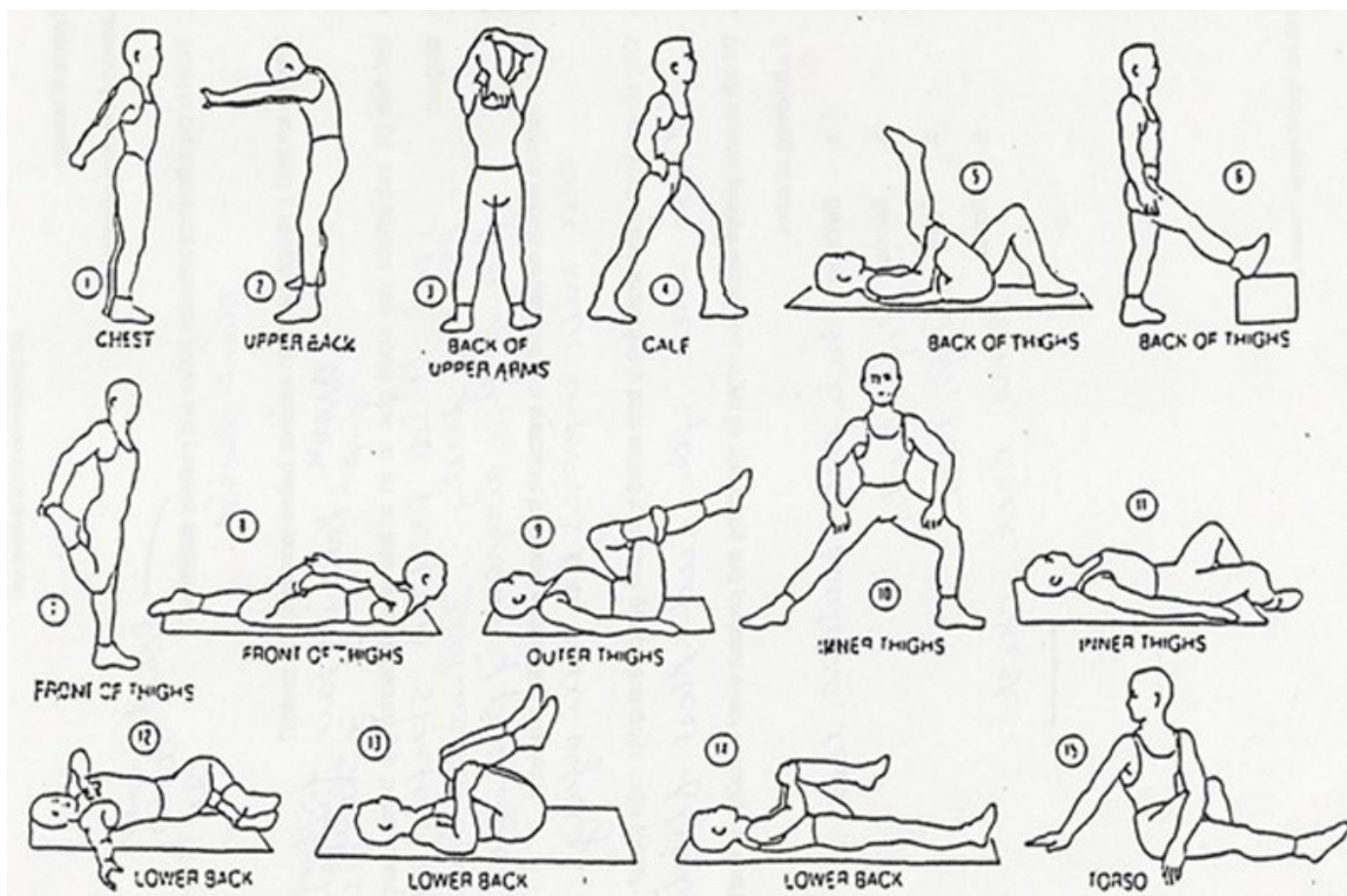
- The kick board should be held in front of the body with arms extended over the board
- Preferably, use kick boards appropriate to body size. You may use two boards; one on top of the other if you wish
- Body should sit naturally high, yet under the water and a kickboard should not require substantial downward pressure from the shoulders
- Emphasis should be on continuous flutter kick action - no stopping at the top or bottom
- *Your shoulders should stay relaxed.*

The kick rhythm can set the speed for your swimming. Being able to hold a specific kick tempo - or being able to control it - can be very important for swimming speed.

- *Do you feel like you cannot maintain that tempo?* If so, then it may take more specific kick or leg conditioning. That means trying to hold the kick rhythm for longer durations, and/or hold that rhythm for more frequent efforts of shorter durations with recovery between each effort.

### 2) Stretching Ideas & Tips - see overleaf

## SOME STRECHING IDEAS



## SOME STRECHING TIPS

Benefits of stretching include:

- enhanced ability to learn and perform skilled movements – **STROKE CORRECTION!**
- enhanced physical fitness
- increased mental and physical relaxation
- enhanced development of body awareness
- reduced risk of injury to joints, muscles, and tendons
- reduced muscular soreness
- reduced muscular tension

Unfortunately, even those who stretch do not always stretch properly and hence do not reap some or all of these benefits. Some of the most common mistakes made when stretching are:

- improper warm-up
- inadequate rest between workouts
- overstretching
- performing the wrong exercises
- performing exercises in the wrong (or sub-optimal) sequence

**NOTE:** Do not continue to exercise or stretch if you feel pain. Please consult your Doctor before starting your exercise or stretching program. The above information is provided as *generic and typical advice*. Feel free to ask our *Qualified Staff* for assistance or if you have any special needs.

# ADVANCED PROGRAM 2

**Total Distance:** 1800m

**Equipment Needed:** Kickboard / Pull Buoy

## Warm-Up

Stretch

200m swimming any style

2 x 100m- 1<sup>st</sup> Lap Slow, 2<sup>nd</sup> Lap Medium, 3<sup>rd</sup> Lap Slow, 4<sup>th</sup> Lap Fast – 30 sec rest

## Main Set

Repeat set

Twice\*

- 100m freestyle using easy or a steady pace
- 2 x 50m freestyle using pull-buoy (between thighs, no kicking)
- 2 x 50m - using kickboard - on your front

\* Each set is done continuously with 30 seconds rest after each kick or swim length

\* 1 minute rest between sets

100m                    1<sup>st</sup> 25m slow backstroke  
                              50m slow freestyle,  
                              4<sup>th</sup> 25m slow backstroke

8 x 50m - 25m Freestyle & 25m Backstroke. 20 seconds rest between

## Cool Down

3x 100m                1<sup>st</sup> 25m walk, float and stretch  
                              50m slow freestyle,  
                              4<sup>th</sup> 25m slow backstroke  
                              45 seconds rest between

Stretch for 10-15 minutes at end of session

## COACH NOTES

1) Stretching Ideas & Tips - See overleaf

2) Tips for using Pull Buoys:

- Preferably, use pool buoys appropriate to body size - body should sit naturally under the surface
- Put emphasis on perfect stroke technique - Relax without your kick
- Pull buoys can often assist poor swimmers - develop feel for water by aiding buoyancy
- Good for swimmers with poor breathing techniques
- Good for 'sinkers'
- Pull buoys can often hide technique errors. Rule of thumb for recreational swimmers no more than 50% of a workout
- Pay attention to maintaining proper body roll and a streamlined position when using a pull buoy.

3) **Common Fact** - Some people are natural sinkers!!!

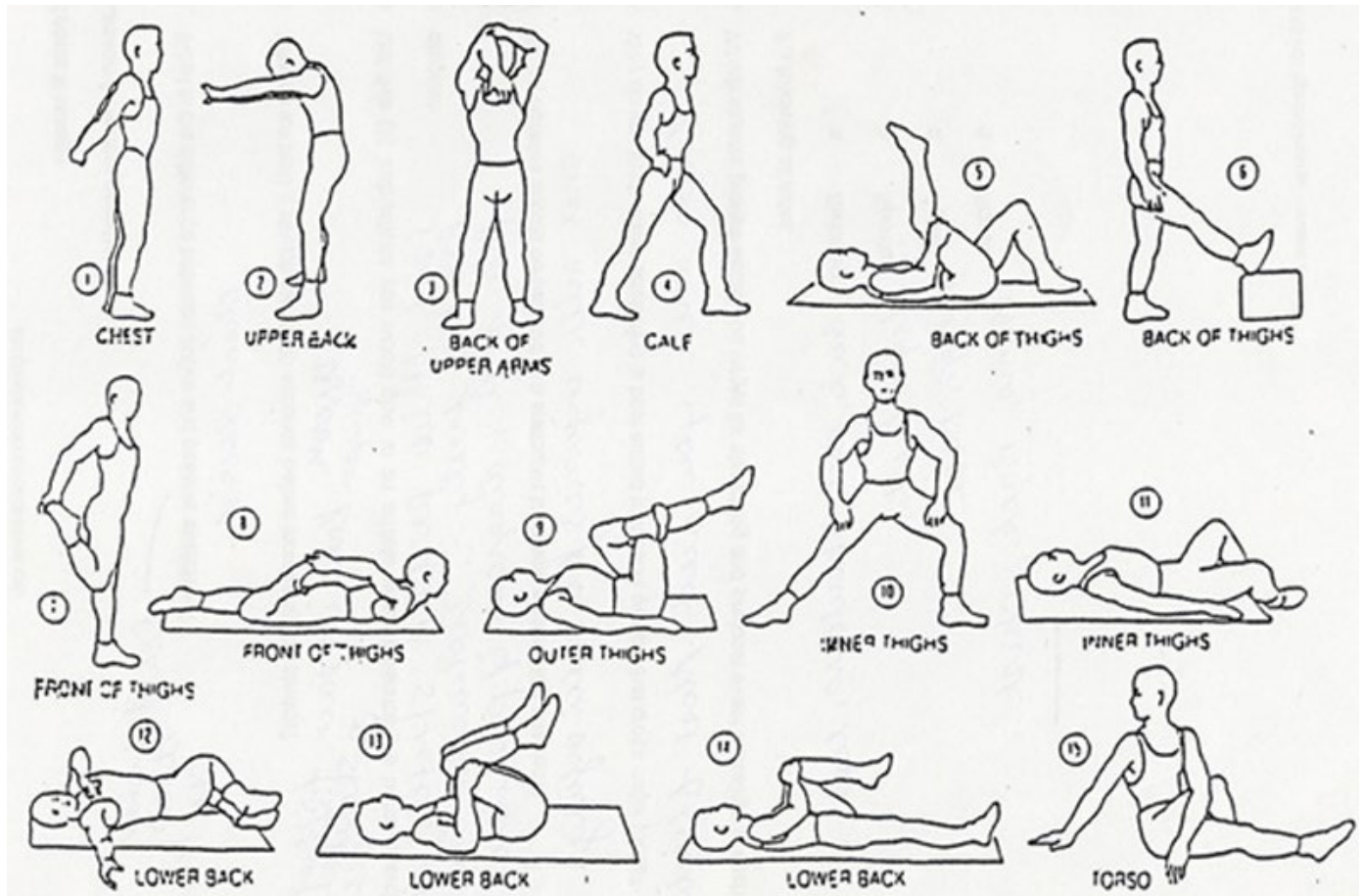
Buoyancy varies from person to person, and some people are natural sinkers. This relates to body density and body composition. At the day's end, people need to make the most of what they have got! The use of pull-buoys often makes swimming attractive to 'sinkers' as it enables them to gain aerobic workouts from pool activities, through greater ease of swimming and distance.

4) The Basics of Buoyancy and Gravity - See overleaf

5) Common Uses for a Pull Buoy Gravity - See overleaf

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## SOME STRECHING IDEAS



## THE BASICS OF BUOYANCY AND GRAVITY

These are opposing forces that act onto the body; if the opposing forces act through points which are close to each other, then the body will float in a horizontal (roughly level) position.

As a person grows and matures the size and composition of their body tissues changes. Increased bone and muscle mass make the swimmer more "dense" or heavy in the water. At the same time increased lung volume and body fat make the swimmer "less dense" or lighter in the water.

Swimming technique may be influenced by the redistribution of opposing forces as the body matures and changes over time. These changes result in numerous trade-offs, which occur regarding the swimmer's ability to produce propulsive force (i.e. due to larger skeletal frame and greater muscle mass) and the increased resistance created by a larger body moving through the water.

## COMMON USES OF A POOL-BUOY

**Rehabilitation-** The added lift provided by a pull buoy allows the body to float in a more prone position thus reducing the amount of frontal resistance against the body (and the eddy resistance holding the body back). Thus allowing less stress on the shoulders in the first instance and other muscle groups used to create movement or stabilise the body in water.

**Technique development-** Added support of a pull buoy allows the swimmer greater capacity to isolate and focus on specific parts of technique. This may include aspects such as; rotation of the body, head positioning, entry point of a stroke, etc...

**Endurance-** Generally speaking endurance is the ability of the body (or part of) to make repeat movements of long periods of time. Endurance may also include various combinations and levels of strength within the time period or development. Pull-buoys allow a swimmer to complete greater amounts of distance, needed for motor-neurone development of the nervous system, creation of greater circulatory capacity in the muscles and the development of muscle ability.