

INTERMEDIATE PROGRAM 1

Total Distance: 1100m

Equipment Needed: Kickboard

Warm-Up

Stretch - See Overleaf for ideas

200m swimming any style

4 x 25m using kickboard – *You may float on your back or front!*

Main Set

6 x 50m freestyle steady pace– 45 seconds rest

4 x 25m freestyle using long strokes – 30 seconds rest

2 x 50m freestyle full pace – 30 seconds rest

4 x 50m slow freestyle – 45 seconds rest

Cool Down

2x 100m 1st 25m walk, float and stretch
 2nd 25m & 3rd 25m slow freestyle,
 4th 25m walk, float and stretch
 45 seconds rest between

Stretch for 10-15 minutes at end of session

COACH NOTES

1) Using the kickboard?

Front prone position

The kick board should be held in front of the body with arms extended over the board. The kickboard should provide minimal buoyancy, to assist your body to float and for you to breath. It is essential that kickboard buoyancy does not destabilise you and cause you to rock'n'roll. And that you do not put down pressure on the boards, as this will create pressure on the shoulders – *and your shoulders should stay relaxed.*

Back prone position

The kick board should be held over the chest or the stomach area, or at a place between. Again it is essential that the kickboard buoyancy does not destabilise you in the water.

2) Stretching ideas – see overleaf

3) Walk Floppy!

When you are walking, loosely shrug your shoulders so all muscles from your neck to your fingers tips relax. Do the same things with your legs. *Ideally you will walk in a floppy fashion!*

4) Long Freestyle Strokes

To achieve long strokes concentrate on reach for the end of the pool as each arm enters to water and ensure the arm leaving the water does so around your hip area.

5) Breathing – Not getting enough Air!

Make sure you breathe out all of your air before you roll to take a breath. When learning, some people try to exhale and inhale while they are rolling to the side for air. There simply is not enough time for this! At first the timing may seem difficult, but eventually you will get used to it.

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.

SOME STRECHING IDEAS

Calf Stretch

- Stand against a wall or use a chair for support.
- Place one foot behind the other; and with both knees bent and heels down, lean forward from the hips until you feel a stretch in your lower calf.
- Hold the stretch until the tension in the muscle group is relaxed, or approx. 15 to 30 seconds.
- Relax and repeat three times with each calf.

Quadriceps (Thighs)

- Stand touching a wall or chair for support. Bend your left knee and grasp your left foot with your left hand. Keeping your knees next to each other, push your hips forward. Holding your foot in your hand, push your foot down until you feel your quadriceps tension and stretch.
- Hold the stretch until the tension in the muscle group is relaxed, or approx. 15 to 30 seconds.
- Relax and repeat three times.

Half Moon – A Classic Yoga Stretch

- Stand with feet together. Stretch arms over head with palms flat together, thumbs crossed and locked, tight. Straighten your arms completely, lock the elbows, press your arms against your ears, and stretch for the sky.
- Keep your head up and approx 7cm OR 3 inches away from your chest
- Look at one point directly in front of you. Stretch your torso toward the sky and without bending your arms or legs, slowly lean your body over to your right.
- Keep your whole body facing front.
- Do not let your body twist or roll forward the right. Keep your arms straight, elbows locked, chin away from your chest.
- Simultaneously, push your hips directly to the left and feel the pull along the left side of your body. From the side your body is in a straight line. (If you were skinny you would disappear behind a beanpole.)
- Stretch slowly, breathing normally, and stay there like a statue for eight to ten honest seconds.
- Relax and repeat twice on each opposite side.

Rhomboids traps

- Clasp your hands in front of you, extending your arms at shoulder level – with palms facing outwards. Push your hands and arms as far as you can. Feel your shoulder blades spread.
- Hold the stretch until the tension in the muscle group is relaxed, or approx. 15 to 30 seconds.
- Relax and repeat three times.

Shoulders

- Stand (or sit) straight while maintaining the natural arch in your lower back. With your shoulders down and relaxed, reach your right arm across your chest, parallel to the floor.
- Reach under your right arm with your left, and place your left hand on the right elbow. Gently pull your elbow in toward your chest.
- Hold the stretch until the tension in the muscle group is relaxed, or approx. 15 to 30 seconds.
- Relax and repeat three times.

Overhead shoulder

- Stand straight with your shoulders back, chest out, and with feet shoulder width apart.
- Raise your right arm overhead, bend your elbow, and place your right hand behind your neck.
- Grasp your right elbow with your left hand and gently pull your right elbow behind your head.
- Reach between your shoulder blades and down your spine with your right hand.
- Hold the stretch until the tension in the muscle group is relaxed, or approx. 15 to 30 seconds.
- Relax and repeat three times.

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INTERMEDIATE PROGRAM 2

Total Distance: 1300m

Equipment Needed: Kickboard

Warm-Up

Stretch – See stretching information on earlier programs

3 x 100m swimming any style

2 x 50m using kickboard - *You may float on your back or front!*

Main Set

4 x 50m - one lap backstroke / one lap freestyle; steady pace – 45 seconds rest

2 x 50m - freestyle full pace – 45 seconds rest

2 x 50m - freestyle using long strokes – 45 seconds rest

6 x 50m - slow freestyle – 45 seconds rest

Cool Down

3x 100m 1st 25m walk, float and stretch
 2nd 25m & 3rd 25m slow freestyle,
 4th 25m walk, float and stretch
 45 seconds rest between

Stretch for 10-15 minutes at end of session

COACH NOTES

1) Using the kickboard?

Front prone position

The kick board should be held in front of the body with arms extended over the board. The kickboard should provide minimal buoyancy, to assist your body to float and for you to breath. It is essential that kickboard buoyancy does not destabilise you and cause you to rock'n'roll. And that you do not put down pressure on the boards, as this will create pressure on the shoulders – *and your shoulders should stay relaxed.*

Back prone position

The kick board should be held over the chest or the stomach area, or at a place between. Again it is essential that the kickboard buoyancy does not destabilise you in the water.

2) Backstroke Tips - See Overleaf

3) Long Freestyle Strokes

To achieve long strokes concentrate on reach for the end of the pool as each arm enters to water and ensure the arm leaving the water does so around your hip area.

4) Breathing - Not getting enough Air!

Make sure you breathe out all of your air before you roll to take a breath. When learning, some people try to exhale and inhale while they are rolling to the side for air. There simply is not enough time for this! At first the timing may seem difficult, but eventually you will get used to it.

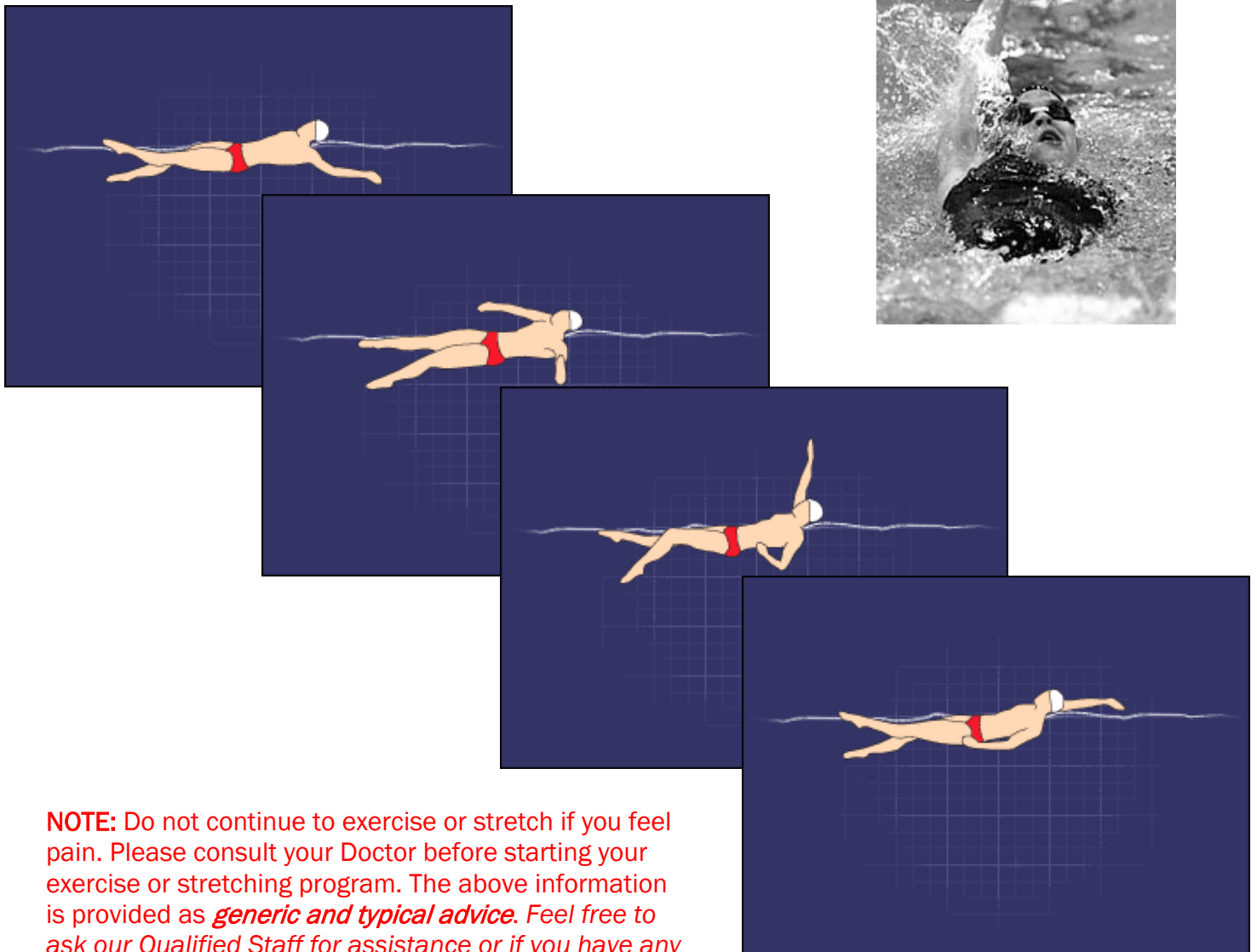
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Backstroke Technique – A Mental Picture

In short, the best way to begin thinking about Backstroke is to develop a mental picture within your head.

Once you create this picture you then need to translate this into action by consistently going through your *Backstroke Checklist* – below!

- **Head** - In-line with spine
- **Eyes** - Looking slightly back towards the feet so your neck is relaxed
- **Shoulders and chest** - Roll as you stroke, around your spine as a central axis. Hips stay in line and roll with shoulders. Lift shoulder is on recovery arm side, and lower shoulder on pulling arm side.
- **Arms** - Arms are always 180-degrees from each other. Recovery arm should be relaxed but loosely straight from wrist to shoulder and fingers points up
- **Forearm and hand pull** – Use the arm surface from fingertips through wrist and forearm to pull. Elbow points towards the bottom, as the arm is bent when pulling. Finish the stroke by pushing the water towards the feet.
- **Forearm and hand recovery** - Straight arm from shoulder through wrist
- **Forearm and hand entry** - Pinky first, directly above and just outside the shoulder with arm fully extended, with body rotation allowing entry hand to reach deep into the catch
- **Hips** - Rotate around central axis of spine in same plane as shoulders. Attempt to initiate body rotation from the hips
- **Legs** - Kick is steady 2,4 or 6-beat, with faster tempo resulting in faster hands
- **Feet** - Boiling water at the toes is not only OK but encouraged to facilitate better flow of movement
- **Breathing** - One breath per cycle; inhale on one pull, exhale on the next pull



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