





Date: Tuesday 4th October 2022 - Open Water Program #1

Emphasis: Freestyle for Open water swimming. Lane 4 & 5 swim down the lane rope up the middle Note: Middle lane rope removed.

Warm up 200M	200 FS breathe on your weaker side on even lengths	FS = Long easy strokes with a 2-beat kick
FS Drill 200M 	Fins on - 4 x 50 FS - 1 st 25 of each is kicking on your side (lead arm experiment with hand snaking/zig zag) 2 nd 25 Full stroke with 2 beat kick.	RI 10 - 20
Skill 10mins+ 	Rectangle swimming - 10 mins (approx. 400 FS) - Proximity swimming i.e. Drafting. Aim to swim directly behind, or to the side (hip) and slightly behind, another swimmer. Tip. Experiment with a slightly shorter punchier stroke style to be more efficient in the disturbed water and turbulence. Relaxed straight(er) arm recovery. Run around the "T" in shallow end. This creates a bit of chaos and forces you to improvise and quickly find the draft zone again - think quickly and don't hesitate or you will lose the position and the drafting opportunity!	
Main set 400M + 5 mins	100M FS – Swim straight by Sighting! Close eyes for first half of each 25M (10 strokes), then Lift your EYES ONLY up mid length and sight for 2-3 strokes. Breath with your open arm pit!	
	4 x 50 FS – Swim around the "T" (Don't touch the wall). How to get around: Use one arm/Turn on back/Corkscrew? Experiment.	RI 30.
	5 Mins - Swim and breath in "Choppy" waters	Pipeline drill
	4 x 25 FS sprints - in pairs. Tread water starts i.e. Don't push off wall/bottom.	Every 60 secs
Cool Down	100 OC	
Total	900 + 10 mins + 5 mins	