

# 1.1 Swimming - Breathing.



<b>COACH</b>		<b>DATE &amp; TIME</b>	
<b>GROUP ABILITY</b>		<b>OTHERS INVOLVED</b>	
<b>AREA/VENUE</b>	Swimming pool	<b>TIME:</b>	60 minutes
<b>THEME</b>	Breathing	<b>OBJECTIVE</b>	Improve breathing technique [underwater and bilateral]
<b>SKILL SUMMARY</b>	Breathing technique to be improved through a range of exercises to develop better exhalation, less panicked exhalation, enhanced timing of in breath, the beneficial impact of body position and also the potential for better drafting technique in open water	<b>EQUIPMENT</b>	Whistle, stopwatch, clipboard, pace clock and access to flippers and pull buoys
<b>PRE-SESSION SAFETY CONSIDERATIONS</b>	Review session plan with supervising coach. Review facility documentation - confirm lifeguard/first aid/CPR coverage.	Review update athlete safety and welfare information Equipment checked and safely stored	

<b>ACTIVITY &amp; TIME</b>	<b>SKILL FOCUS &amp; ACTIVITY INFORMATION</b> Set up, group organisation, instructions, progressions – how to CHANGE IT		<b>KEY COACHING POINTS</b> Reinforce what is important and why	<b>QUESTIONS</b> Challenge athletes to find solutions
<b>Introduction [8 min]</b> 0 – 8 min	<b>Pre-swim brief:</b> “Around the pool” safety brief, plus lane swimming direction & etiquette reminders [distance behind other swimmers, so don’t get kicked etc]	<b>Explanation/Demonstration:</b> Breathing explanation and demonstration on dry land introduce basic coaching cues	Above and underwater breathing techniques and implications for effective swimming technique	Why is efficient breathing techniques important to overall swimming technique?
<b>Warm Up [10 min]</b> 9 – 19 min	4 x 100m alternating between full stroke and using a pull buoy between their legs per 100m.	Gauge group form/exertion first 100m Unilateral and bilateral breathing is acceptable	<b>Focus:</b> light loose warm up with attention to steady relaxed “sigh” underwater - simply exhaling smoothly and efficiently	What impact does the pull buoy have on your breathing?
<b>Activity A [10 mins]</b> 20 – 29 min	Athletes to perform 3 – 4 “Sink Downs” at the deep end of the pool.	Start with exhaling through the mouth, then exhaling from the nose	Exhalation should not feel forced <b>Cue:</b> “sighing” deeply after a hard day at work feeling	Which exhalation method felt most comfortable?
	Once all athletes have developed the ability to sink properly.	Complete 3 consecutive “Sink Downs” using their favourite method.	<b>Cue:</b> body is loose and floppy like a rag doll.	What is a cue that you can use to help relax your breathing when swimming?

# 1.1 Swimming - Breathing.



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<b>Activity B [10 mins]</b> 30 – 39 min	2 x 100m of normal freestyle alternating 25m exhaling continuously like a deep “sigh” and 25m purposely holding onto their breath.	Unilateral and bilateral breathing is acceptable	<b>Cue:</b> exhaling smoothly and efficiently  <b>Focus:</b> how these methods impact body position.	How does breath holding impact body position? It adds buoyancy but only in the chest/lung region, causing the legs to sink at the back.
	Repeat 2 x 100m normal freestyle alternating 25m exhaling continuously like a deep “sigh” and 25m purposely holding onto their breath.	Unilateral and bilateral breathing is acceptable  This will demonstrate the necessity to exhale efficiently, especially when racing.	<b>Summary:</b> Swimmers should either be breathing in or out, never holding.	How does proper exhalation impact body position?
<b>Activity C [10 mins]</b> 40 – 49 min	Introduce “breathe-bubble-bubble-breath” mantra to develop bilateral breathing timing	2 x 100m normal freestyle bilateral breathing.	<b>Cue:</b> Reinforce “breathe-bubble-bubble-breath” mantra	How does the “breathe-bubble-bubble-breath” mantra impact breath timing?
	4 x 50m Arrow Head Drafting formation changing position each 50m.	<b>After:</b> Explain how much energy the swimmers can preserve when drafting (up to 38%) and the need to only breathe in towards the swimmer in the middle, not bilaterally.	<b>Context:</b> Race scenario to reinforce session objective of demonstrating the benefit of being able to breathe equally well to both sides.	What are the key reasons why bilateral breathing is an essential skill for a triathlete?
<b>Warm Down [3 mins]</b> 50 – 53 min	<b>VITAL FOR THIS SESSION</b> 200m Easy swimming, strokes of choice.	Stretching session of major muscle groups used. [Children – 20 minutes’ water play]	Hold static stretches for 30 secs.	<b>Reminder:</b> Why is stretching important following a session?
<b>REVIEW &amp; KEY POINTS</b> Review session, reinforce key points and “take home messages”	<b>Recap:</b> session objective and skill summary	<b>Revisit:</b> session objective – has it been achieved?  <b>Summarise:</b> the session, reiterating the key “coaching points”	<b>Feedback:</b> Obtain feedback as to: <ul style="list-style-type: none"> <li>• water confidence</li> <li>• session intensity</li> <li>• understanding of technique</li> <li>• breathing technique</li> </ul>	Use this time to encourage team-building, inclusivity and confidence to ask questions
<b>WHATS NEXT?</b> Brief explanation of next session.	Praise and thank the group for attending Looking forward to next session	<b>Remind:</b> next session venue, session start time and equipment to bring along: <ul style="list-style-type: none"> <li>• clothing and equipment</li> <li>• drink bottle</li> </ul>	<b>Overview:</b> Provide an overview of the next sessions theme and content	

# 1.2 Swimming – Body Position.



<b>COACH</b>		<b>DATE &amp; TIME</b>	
<b>GROUP ABILITY</b>		<b>OTHERS INVOLVED</b>	
<b>AREA/VENUE</b>	Swimming pool	<b>TIME:</b>	60 minutes
<b>THEME</b>	Body Position	<b>OBJECTIVE</b>	Improve body position [head position]
<b>SKILL SUMMARY</b>	Body position will be improved through a range of techniques and exercises to develop better exhalation in the water, improved kicking technique, enhanced core stabilization awareness and an optimal head position in the water for their own stroke.	<b>EQUIPMENT</b>	Whistle, stopwatch, clipboard, pace clock and access to flippers and pull buoys
<b>PRE-SESSION SAFETY CONSIDERATIONS</b>	Review session plan with supervising coach. Review facility documentation - confirm lifeguard/first aid/CPR coverage.	Review update athlete safety and welfare information Equipment checked and safely stored	

<b>ACTIVITY &amp; TIME</b>	<b>SKILL FOCUS &amp; ACTIVITY INFORMATION</b> Set up, group organisation, instructions, progressions – how to CHANGE IT		<b>KEY COACHING POINTS</b> Reinforce what is important and why	<b>QUESTIONS</b> Challenge athletes to find solutions
<b>Introduction [8 min]</b> 0 – 8 min	<b>Pre-swim brief:</b> “Around the pool” safety brief, plus lane swimming direction & etiquette reminders	<b>Explanation/Demonstration:</b> Body position explanation and demonstration on dry land introduce basic coaching cues	Body position techniques and implications for effective swimming technique	Why is efficient body position important to overall swimming technique?
<b>Warm Up [10 min]</b> 9 – 19 min	300m to 400m of continuous freestyle at a steady pace simply focusing on exhalation using their preferred method	200m with a pull buoy breathing every 5 strokes but avoid the urge to hold onto the breath under water.	<b>Focus:</b> light loose warm up with attention to steady relaxed “sigh” underwater - simply exhale steadily and with relaxation.	What is a cue that you can use to help relax your breathing when swimming?
	100m of normal freestyle breathing bilaterally		<b>Cue:</b> "Breathe-Bubble-Bubble-Breathe" mantra.	How does “breathe-bubble-bubble-breathe” impact breath timing?
<b>Activity A [10 mins]</b> 20 – 29 min	6 x Torpedo Push-off & Swim Backs [no fins] push off the wall - torpedo position and kick as fast and far as they under the surface swimming back very steadily with very little effort from the kick.	Repeat 3 times, focusing on 3 variations: 1) toes pointed + turned in (pigeon-toed) 2) squeezing the bum to encourage a straighter leg kick action from the hips; 3) stretching through the core to lift the hips higher in the water.	<b>Focus:</b> maximum effort on the Torpedo kick (use races?) with minimum effort from the legs on Swim Backs.	How important is a powerful kick for distance freestyle? Wasteful How does efficient kicking technique impact swimming efficiency? Reduced drag and improved body position.
	200m using the technique they feel had most efficiency and least drag		<b>Focus:</b> minimal drag	

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<b>Activity B [20 mins]</b> 30 – 49 min	4 x 25m of normal freestyle swimmer has to adjust only their head position as they complete each 25m at a moderate and sustainable pace.	The four head positions are as: 1) chin on chest; 2) eyes straight down; 3) eyes forward by 3ft (1m); 4) eyes forward by 6ft (2m).	<b>Cue:</b> relaxed neck <b>Focus:</b> how these head positions impact body position.	Which head position provides the best sense of good body position and awareness of the stroke? swimmers will give a different answer based on their natural body position in the water, (Sinking legs 1 or 2 are best, good natural buoyancy 3 and 4 feel best)
	500m continuous swimming using the visualisation or element that improved their body position and drag profile in the water.		<b>Summary:</b> Individuality should be explained and encouraged with your swimmers.	
<b>Warm Down [3 mins]</b> 50 – 53 min	<b>VITAL FOR THIS SESSION</b> 200m Easy swimming, strokes of choice.	Stretching session of major muscle groups used. [Children – 20 minutes' water play]	Hold static stretches for 30 secs.	<b>Reminder:</b> Why is stretching important following a session?
<b>REVIEW &amp; KEY POINTS</b> Review session, reinforce key points and “take home messages”	<b>Recap:</b> session objective and skill summary	<b>Revisit:</b> session objective – has it been achieved? <b>Summarise:</b> the session, reiterating the key “coaching points”	<b>Feedback:</b> Obtain feedback as to: <ul style="list-style-type: none"> <li>• water confidence</li> <li>• session intensity</li> <li>• understanding of technique</li> <li>• body position techniques</li> </ul>	Use this time to encourage team-building, inclusivity and confidence to ask questions
<b>WHATS NEXT?</b> Brief explanation of next session.	Praise and thank the group for attending Looking forward to next session	<b>Remind:</b> next session venue, session start time and equipment to bring along: <ul style="list-style-type: none"> <li>• clothing and equipment</li> <li>• drink bottle</li> </ul>	<b>Overview:</b> Provide an overview of the next sessions theme and content	

# 1.3 Swimming – Body Alignment.



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<b>GROUP ABILITY</b>		<b>OTHERS INVOLVED</b>	
<b>AREA/VENUE</b>	Swimming pool	<b>TIME:</b>	60 minutes
<b>THEME</b>	Body Position	<b>OBJECTIVE</b>	Improve hand entry [correct cross over]
<b>SKILL SUMMARY</b>	Hand entry will be improved to correct the common crossover inefficiency within the freestyle stroke.	<b>EQUIPMENT</b>	Whistle, stopwatch, clipboard, pace clock and access to flippers and pull buoys
<b>PRE-SESSION SAFETY CONSIDERATIONS</b>	Review session plan with supervising coach. Review facility documentation - confirm lifeguard/first aid/CPR coverage.	Review update athlete safety and welfare information Equipment checked and safely stored	

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<b>Introduction [8 min]</b> 0 – 8 min	<b>Pre-swim brief:</b> “Around the pool” safety brief, plus lane swimming direction & etiquette reminders [distance behind other swimmers, so don’t get kicked etc]	<b>Explanation/Demonstration:</b> Hand entry and cross over explanation and demonstration on dry land introduce basic coaching cues  Cross over stroke is an issue for at least 90% of age group triathletes.	Hand entry techniques and implications for effective swimming technique	Why is the cross over impact swimming technique and performance?  1) loss of balance within the stroke (when breathing) which the body typically corrects with a scissor leg kick, creating unwanted drag; 2) zig-zag swimming in open water. 3) shoulder pain and impingement especially if coupled with incorrect thumb-first entry into the water.
<b>Warm Up [10 min]</b> 9 – 19 min	4 x 100m freestyle alternating 1) big toes turned in and gently tapping against each other as they kick 2) stretching through the core to feel the hips are sitting higher in the water	200m of continuous swimming, selecting the best head position to maintain a good body position in the water.	<b>Focus:</b> Head and Body position	What cues do you use to maintain your optimal head and body position?

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<b>Activity A [10 mins]</b> 20 – 29 min	2 x 100m Kicking on the Side, alternating each side per 25m and taking a 15 second break after 100m.	Athletes to use fins/flippers to support the swimmer and allow them to focus on a key element of this drill	<b>Focus:</b> natural posture and alignment	What does the Kick on side drill tell you about your body alignment?
	Repeat 2 x 100m Kicking on the Side, alternating each side per 25m and taking a 15 second break after 100m.	<b>Before:</b> Verbal delivery of the key coaching points and cues	<b>Focus:</b> improved posture, lead hand flat, palm facing the bottom, finger tips lower than wrist <b>Cue:</b> Standing proud - to attention Shoulders back, chest forward	How did the focus and cuing help your body alignment?
<b>Activity B [20 mins]</b> 30 – 49 min	4 x 50m 6/1/6 drill perform as 25m drill, 25m freestyle, breathing bilaterally.	6 kicks on the side, stroke and rotate, breathe and 6 kicks on the other side	<b>Focus:</b> Body alignment and posture <b>Cue:</b> 6 kicks-stroke-breathe-6 kicks	
	4 x 50m “Bubble-bubble-stretch” drill	Swimmers commonly cross-over when they breathe in – focus by counting strokes as "Bubble-bubble-Stretch" where "stretch" replaces the word "breathe"	<b>Cue:</b> Bubble-bubble-stretch Breathe out thinking 'bubble' for two arm pulls and stretching out the third lead hand as you breathe	Does this cue help limit cross over?
	200m of super-aligned freestyle swimming	Instruct a finger-tip entry first into the water - not a thumb-first entry.	<b>Cue:</b> middle finger of the lead arm extends forward in front of the same shoulder, not crossing over.	What cue can you use to execute optimal body alignment?
<b>Warm Down [3 mins]</b> 50 – 53 min	<b>VITAL FOR THIS SESSION</b> 200m Easy swimming, strokes of choice.		Stretching session of major muscle groups used. [Children – 20 minutes' water play]	Hold static stretches for 30 secs. <b>Reminder:</b> Why is stretching important following a session?

<b>REVIEW &amp; KEY POINTS</b> Review session, reinforce key points and “take home messages”	<b>Recap:</b> session objective and skill summary	<b>Revisit:</b> session objective – has it been achieved? <b>Summarise:</b> the session, reiterating the key “coaching points”	<b>Feedback:</b> Obtain feedback as to: <ul style="list-style-type: none"> <li>• water confidence</li> <li>• session intensity</li> <li>• understanding of technique</li> <li>• body alignment techniques</li> </ul>	Use this time to encourage team-building, inclusivity and confidence to ask questions
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