

SESSION PLAN – POOL SWIM CLUB

Background

Think of the good old Primary School Swimming Club days where participants could go and have fun, do some swimming, look at the canteen offerings, and maybe fit in a timed race as well. The atmosphere was always exciting as friends talked about anything and everything and then worked on personal bests in the pool. The Silver Salties Pool Swim Club is a fun, friendly and fitness-oriented program which can include some planned sessions (sets) as outlined here, and/or a timed-races type approach reminiscent of the old Primary School days dependent on participant interest and club capacity.



Overview

The following sessions/sets outline a coordinated approach to getting the Pool Swim Club group moving.

- Each Set is named after a character from famous children's movies e.g. Finding Dory, The Little Mermaid, Moana etc.
- Everyone does an easy 10 minute warm up at your own pace.
- All swimmers come together for the main set to raise the heart rate.
- All sets are approx. 1km.
- Swimmers to continue to do further swimming or a cool down.
- Each set is totally flexible in the distances/rest periods/and intensity.
- Swim Club Time Trial – It is suggested to set up a monthly 50m and/or 100m time trial. After establishing the times for each swimmer, repeat the swim handicapping the faster swimmers. Assign several people to be timekeepers, one record keeper and one as a starter. Compare times each month.

Equipment

- Kick board
- Pull buoy
- Paddles
- Fins

Nemo Set <ul style="list-style-type: none"> - 200m freestyle easy concentrating on stroke technique - 100 kick with board - 4 X 50s freestyle (20 seconds rest between each 50) - Repeat set 	Bruce Set <ul style="list-style-type: none"> - 12 X 50s freestyle (10 seconds rest between each 50) - 8 X 25s freestyle (10 seconds rest between each 25)
Flounder Set <ul style="list-style-type: none"> - 3 X 150m freestyle (1st 30 sec rest; 2nd 20 sec rest; 3rd 10 sec rest) - 200m pull (with pull buoy and/or fins) - 2 X 75s kick - 2 X 25s stroke choice - 	Crush Set <ul style="list-style-type: none"> - 4 X 25s freestyle fast - focus on streamline & kick off the wall (30 seconds rest) - 1 x 50m easy any stroke (30 seconds rest) - Repeat set 6 times.
Ariel Set <ul style="list-style-type: none"> - 200m freestyle paddles & pull (20 seconds rest) - 100m freestyle (20 seconds rest) - 50m any stroke (20 seconds rest) - Repeat set 3 times. 	Moana Set <ul style="list-style-type: none"> - 8 X 50s freestyle Med-fast pace (20 seconds rest) - 400m easy freestyle - 8 X 25s any stroke –focusing on technique (30 seconds rest)