

## SESSION PLAN - SURF SWIMMING

### Overview

The Surf Swimming Program focusses on building up participants' fitness levels through a range of interesting sessions as follows. Participants could also meet for a regular swim together as part of the "Surf Swim Group".

### Session 1: INs & OUTs SESSION

Goal – A set to test entry and exit. Test out your wading and dolphin diving whilst you negotiate the surf. Increase your heart rate as the team meets up on the beach to reform and go again.



<b>1. Warm Up</b>	Easy jog/walk to a point on beach about 400m away & return	Less mobile to walk and turn for home when joggers turn
<b>2. Main Set</b>	Start on beach Wade, dolphin & swim out <ul style="list-style-type: none"> <li>• 20 strokes &amp; return</li> <li>• 30 strokes &amp; return</li> <li>• 40 strokes &amp; return</li> </ul>	Less mobile swimmers to remain in water (knee depth or beyond the break) to avoid wading through shallow water. They can also choose to wear fins. These swimmers do the same set with same number of strokes. They start each set as a group when the leader calls go.
<b>3. Recovery Set</b>	Meet out the back, easy swim horizontal to the beach for about 200m & return. Return to shore.	Less mobile swimmers to turn when group in front turns.
<b>4. Main Set</b>	Repeat main set as above No. 2	As above
<b>5. Cool down</b>	Easy jog/walk to a point on the beach about 400m away & return	
<b>6. Morning Tea</b>		

## Session 2: PYRAMID SESSION

Goal - This set requires a lot of concentration and teamwork. Get your team working together, communicating and humming along with a longer set.

<b>1. Warm up</b>	Easy jog/walk to a point on beach about 400m away & return	Less mobile to walk and turn for home when joggers turn
<b>2. Warm up – swim</b>	Meet out the back, easy swim horizontal to beach for about 200m & return to meeting point.	Less mobile swimmers to turn when main group turns or wait for slower swimmers and return together.
<b>3. Main set</b>	<p>Working as a group, leader calling 'Ready GO' for start, taking 15- 20 seconds rest between each repeat. Count strokes on one arm only.</p> <ul style="list-style-type: none"> <li>• 10 strokes</li> <li>• 20 strokes</li> <li>• 30 strokes</li> <li>• 40 strokes</li> <li>• 50 strokes</li> <li>• 60 strokes</li> <li>• 50 strokes</li> <li>• 40 strokes</li> <li>• 30 strokes</li> <li>• 20 strokes</li> <li>• 10 strokes</li> </ul>	<p>All swimmers to only take the specified number of strokes. This will mean that the group will start to spread. During the 20 sec rest ask faster swimmers to reverse up and so they remain in a group with the slower swimmers. Weaker swimmers can wear fins.</p> <p>The number of strokes can be adjusted to the groups level of fitness and ability.</p> <p>The number of strokes can be called out at start e.g. '50 (pause) GO' to remind everyone where you are up to.</p>
<b>4. Cool Down</b>	Easy 200m swim horizontal to beach & return.	Slower swimmers to turn when main group turns or wait for slower swimmers and return as a group.
<b>5. Morning tea</b>		Some swimmers will be eagerly waiting for the 'Coffee' call and will view this as the most important set of the day.

## Session 3: ZIG ZAG SESSION

*PLEASE NOTE - This set involves ins and outs and swimmers progressively move down the beach on each return. Please consider any hazards to your swimmers e.g. Rocks, patrolled areas, surfers, dangerous rips etc.*

<b>1. Warm up</b>	Easy jog/walk to a point on beach about 400m north or south of starting point	After the walk/jog you should be 400m from your starting point
<b>2. Main set</b>	<ul style="list-style-type: none"> <li>Divide group into 2 groups of even ability.</li> <li>Group 1 negotiates the break with wading and dolphin dives then swims out 30 strokes. They immediately do a turn and return to shore at an angle</li> <li>During this time Group 2 walks approx. 10-15m down the beach and waits for Group 1 who should be aiming for them</li> <li>Group 1 tags or high 5's members of Group 2 who negotiates the break with wading and dolphin dives then swims out 30 strokes. They immediately do a turn and return at an angle and tags Group 1.</li> <li>During this time Group 1 has walked 10-15m down the beach. Repeat until both groups are at the warm-up start point.</li> </ul>	<ul style="list-style-type: none"> <li>The group swims its way down the beach in a zig zag formation.</li> <li>The aim of this set is to do about 6-8 in &amp; outs for each group. This will be determined where you start and how far you wish each changeover point to be.</li> <li>This is a set best done in fine weather, so swimmers do not get cold standing around on the beach waiting for the other group. However, it is a great set for people to get to know each other as they chat whilst waiting.</li> <li>Faster swimmers can take 40 strokes OR slower swimmers 20 strokes</li> <li>You could even add in some 'on beach' exercises such as sit-ups, push-ups, burpees for the waiting group if you like.</li> <li>Less mobile swimmers can choose to stay at knee depth and not make their way out of the water.</li> </ul>
<b>3. Cool down</b>	Easy jog/walk to a point 200m up the beach and return.	
<b>4. Morning tea</b>		

## Session 4: MEDLEY SESSION

Goal - A session to add a bit of variety by introducing streamlining with kick, breaststroke, backstroke and butterfly for the adventurous.

<b>1. Warm up</b>	Light jog/walk 200m and return	Less mobile to walk and turn when front group turns meeting back together at start point
<b>2. Warm up - swim</b>	Meet out the back as a group. Then easy swim horizontal to beach for about 200m & return to meeting point.	Less mobile swimmers to turn when main group turns or wait for slower swimmers and return together.
<b>3. Main set</b>	<ul style="list-style-type: none"> <li>Kick Set - 10 sec streamline with kick then 50 strokes freestyle 10-15 sec rest <b>6 repeats</b></li> <li>Breaststroke Set - 10 breaststroke strokes then 50 strokes freestyle 10-15 sec rest <b>6 repeats</b></li> <li>Backstroke Set - 10 backstroke strokes then 50 strokes freestyle 10-15 sec rest <b>6 repeats</b></li> <li>Fly Set 10 butterfly or swimmer's choice than 50 strokes freestyle 10-15 sec rest <b>6 repeats</b></li> </ul>	<p>Torpedo body position, head down, flutter kick and breathing by lifting head when required</p> <p>Strokes counted on one arm only e.g. left arm</p> <p>Leader to call out 'Ready GO'</p> <p>1 min rest between each set</p> <p>Repeats can be decreased or increased dependent on ability of swimmers</p> <p>Swimmers can opt out of strokes they are not comfortable with and replace with freestyle or kick.</p>
<b>4. Cool Down</b>	Easy 200m swim horizontal to beach & return.	Slower swimmers to turn when main group turns or wait for slower swimmers and return as a group.
<b>5. Play set</b>	Body surfing, wave catching, playing.	If conditions are suitable 10 minutes for swimmers to play in the surf is a great way to end the session.
<b>6. Morning tea</b>		

## Session 5: RELAY SESSION

Goal - A fun session to get everyone working together as a team.

1. Warm up	Light jog/walk 200m and return	Less mobile to walk and turn when front group turns meeting back together at start point
2. Warm up - swim	Meet out the back as a group. <ul style="list-style-type: none"> <li>10 X 50 strokes</li> <li>15-20 sec rest</li> </ul>	Slower swimmers to wear fins
3. Main set	<p>Divide group into teams of equal abilities Set the teams up ready for a 30m X 4-person relay (2 people at each end)</p> <ul style="list-style-type: none"> <li>4 X 30m freestyle relay (Once through)</li> <li>4 x 30m freestyle relay with (H) handicap</li> <li>4 X 30m (X 2) Relay twice through (H) (each person swims twice)</li> <li>4 X 30m (X2) (H) 10 sec streamline kick then freestyle</li> <li>4 X 30m breaststroke</li> <li>4X 30m (X2) (H) freestyle</li> <li>4 X 30m (X2) (H) 10 sec streamline kick then freestyle</li> </ul>	<p>E.g. If you had 12 swimmers, you would have 3 teams of 4 people. If you had 10 swimmers, you could have 2 teams of 5 people etc.</p> <p>Swimmers must sight for their teammate by lifting their head up a few times during their leg At the changeover they are to 'high 5' their teammate in the air</p> <p><b>HANDICAP SWIMS</b> – (H) You will need to adjust starting time so that teams finish together</p> <p>Try not to leave too much time between relays as swimmers will become bored.</p> <p>Adjust handicap to make finish margins small which will encourage competition</p> <p>Swimmers can horizontally kick whilst waiting between swims if they like</p>
4. Cool Down	Easy 200m swim horizontal to beach & return.	Slower swimmers to turn when main group turns or wait for slower swimmers and return as a group.
5. Play set	Body surfing, wave catching, playing.	If conditions are suitable 10 minutes for swimmers to play in the surf is a great way to end the session.
6. Morning tea		

## Session 6: U-TURN SESSION

Goal - A challenging session to cater to the faster and slower swimmer with break negotiation and wave catching.

<b>1. Warm Up</b>	Jog/walk 300m along beach and return to start.	Walkers to turn when joggers turn so that everyone finishes together.
<b>2. Swim warm-up</b>	Swimmers meet out the back as a group <ul style="list-style-type: none"> <li>5 X 50 strokes</li> <li>15-20 sec rest</li> </ul> Return to the beach	At the end of this set you should be standing on the beach about 100m north of your starting point
<b>3. Main set</b>	<ul style="list-style-type: none"> <li>Both groups start together.</li> <li><b>Group 1</b> negotiates the break, then swims out 20 strokes, makes a right turn and swims another 20 strokes parallel to the beach, then turns right and back to the beach.</li> <li><b>Group 2</b> does exactly what Group 1 does but only takes 10 strokes out, 10 strokes parallel to beach and then turns right and back to the beach.</li> <li>The group should form up together on the beach approx. 50m from the starting point.</li> <li>1-minute rest</li> <li>Repeat the same wade/swim in reverse landing back on the beach in the starting point.</li> <li>1 min rest</li> <li>2, 3, 4 or 5 repeats.</li> </ul>	<ul style="list-style-type: none"> <li>Divide the group into 2.</li> <li>A fast group and a slow group. They do not need to be equal in numbers.</li> <li>Remember, only count your strokes after wading, dolphining and once you have negotiated the break.</li> <li>Each person tries to body surf when returning to the beach.</li> <li>Weaker swimmers may choose to skip the 2<sup>nd</sup> repeat and walk to the start of the 3<sup>rd</sup> repeat. As an option they may like to do every 2<sup>nd</sup> swim.</li> <li>The number of repeats will depend on the fitness of your swimmers and can be adjusted accordingly.</li> </ul>
<b>4. Play time</b>	Time to play in the surf body surfing, a game of tag or relaxing	Important time to enjoy
<b>5. Morning tea</b>		



## Session 7: DESCENDING SESSION

Goal - A simple session to keep everyone together and communicating.

1. Warm Up	Easy jog/walk along the waterline for <b>200-300m and return</b>	Walkers to turn when joggers return. Meet up at the starting point.
2. Main Set	<b>5 x 50 strokes</b> <b>4 x 40 strokes</b> <b>3 x 30 strokes</b> <b>2 x 20 strokes</b> <b>1 x 10 strokes</b> 15-20 seconds rest	Strokes to be counted on one arm only Leader to call out "50 Go", "40 Go" etc. Weaker swimmers to wear fins Judge the best way to keep group together e.g. 2 x 50 strokes north, next 2 x 50 strokes south, etc. The main set can be done twice for faster/fitter swimmers
3. Fun Set	<b>2 X 50strokes</b> Streamline kick for 10 seconds then 50 freestyle strokes <b>2 x 50 strokes</b> Streamline kick on back for 10 seconds then 50 freestyle strokes <b>2 x 50 strokes</b> In pairs high 5 the person next to you in the air every second stroke. <b>Only 5 high-5's</b> then continue the 50 strokes.	This will mean that in the pairs, swimmers will use their inside arm to high 5. This requires good communication and concentration.
4. Play Time	Free time to catch waves, chat, play in the surf zone.	
5. Morning Tea		



## Session 8: Discovery Session

Goal - Members of the group share information about the location, buildings, history, marine life or anything of interest to members of the group during the swim.

*NOTE – This session needs to be planned at morning tea the week prior. Pick one or two people in the group who can research a topic and share this information with the group during the swim rest breaks. There may be people in the group who have knowledge of a specific topic that can be shared. Or there may be a topic that can be researched. Some ideas could include – marine life, historical buildings around the beach, plants and trees in the area, historical figures who have impacted on the area, surf lifesaving history, local industries, ships and boating, etc.*

1. Warm Up	Easy walk/jog 200-300m along water's edge and return.	Slower walkers to return when faster ones turn so that you all end up back at the starting point.
2. Main Set	Group to navigate the break and meet up 'out the back'.  <b>5 x 250m freestyle</b> At each rest the person/s nominated to deliver the trivia speak. (it must be short and sharp and to the point)	Slower swimmers to wear fins  The point is to deliver information to the group quickly and then generate conversation over morning tea afterwards.
3. Quick Set	5 x 20 strokes freestyle 15-20 sec rest	A short set to bring the focus back to the group.
4. Morning Tea		