



RETURN TO FITNESS TRAINING BLOCK WITH THE HENLEY SWIM / SWIMFORTRI

A RETURN TO FITNESS NEEDS A COMBINATION OF FITNESS AND GOOD TECHNIQUE. I LIKE TO CALL THIS STYLE OF SWIMMING TECHNICAL ENDURANCE - THE OPPORTUNITY TO BOOST FITNESS WITH A SUBSTANTIAL AMOUNT OF SWIMMING BUT HAVE IT DONE ACCURATELY WITH DRILLS THAT WILL REFINE TECHNIQUE & IMPROVE EFFICIENCY.

Make use of swim accessories where appropriate, add fins to make drills more accurate. Please email dan@swimfortri.com for more information re equipment selection.

Novice and Intermediate options are guides for current ability, you might be a faster swimmer but not have enough time to do the Intermediate distance so it is not set in stone. Limited time and ability then start with the novice distances. It would be better to perform 3 shorter sessions rather than 1 big session and get overly fatigued and ruin sessions 2&3. Eventually as you progress, better swimming will deliver more metres in the same time so improvements come from all angles.

Aim for 10 sessions in the month, 3 each week may not always be possible. That's ok. Spread them out evenly each week, if you miss one avoid bunching them into the end of the week or doing two in one day! If you have to choose miss the '10min test swims' or the long continuous swim.

Post swim, is the time to stretch tired shoulders if you are looking to supplement your training further with Yoga or Pilates movements. Avoid Static stretching ahead of the swimming. Mobile shoulders and ankles will help you create streamlined positions in the water. The Pilates Swimmer movement will help if you are kicking from the knee which sinks the legs by creating a straighter leg position in the water.

A SIMPLE WARMUP AHEAD OF ANY MAINSETS SHOULD INVOLVE 4 LENGTHS FC, 3 LENGTHS WITH A PULL BUOY, 2 LENGTHS FISTS OPEN/CLOSED FOR 2-3 STROKES AT A TIME AND THEN A FINAL LENGTH OF KICK USING THE PULL BUOY AS A FLOAT OUTSTRETCHED IN FRONT. (Twice for Intermediate ability)

TRY TO CONCLUDE EACH FITNESS MAINSET WITH 4 LENGTHS EASY TO RELAX AND RECOVER.



WEEK 1: SESSION 1

TEACHING POINT

Taking something away encourages the body to compensate. We clench the fist to utilise more of the forearm.

MAINSET

6 LENGTHS FC at 50% effort into 2 LENGTHS drill as 5 strokes both fists clenched, 5 strokes normal FC and repeat this drill sequence. Rest 30

6 LENGTHS FC at 60% effort into 2 LENGTHS drill as 2 strokes both fists clenched, 7 strokes normal FC and repeat this drill. Rest 30

6 LENGTHS FC at 70% effort into 2 LENGTHS drill as one length one fist clenched the other hand normal into one length the other fist clenched the other hand normal. Rest 30

6 LENGTHS FC at 80% effort into 2 LENGTHS drill as one length one hand fingers spread wide the other hand as a fist into one length the opposite. Rest 30

NOVICE – 1 SET 800m (25M POOL)

INTERMEDIATE – 2 SETS 1600m (25M POOL)

WEEK 1: SESSION 2

TEACHING POINT

slowing the stroke down allows a greater accuracy of hand pathways under the body. Alternating single arms i.e. 'catch up' is a great drill for this.

NOVICE MAINSET

4 x 8 LENGTHS swum as:

Odd Swims comprise 6 LENGTHS at 60% pace into 2 LENGTHS of 10 kick catch-up
<Take 10kicks between each arm cycle; arms remain outstretched in front during kick>



Even SWIMS comprise 2 LENGTHS of 10kick catch up into 6 LENGTHS of FC at 75% effort
Rest 30 between each 8 LENGTHS 800m (25M POOL)

INTERMEDIATE

5 x 12 LENGTHS swum as:

Odd swims comprise 10 LENGTHS at 60% pace into 2 LENGTHS of 10 kick catch-up
<Take 10kicks between each arm cycle>

Even swims: 2 LENGTHS of 10kick catch up into 10 LENGTHS of FC at 75% effort
Rest 30 between 12 LENGTHS swims 1500m (25M POOL)



WEEK 1: SESSION 3

AIM TO SWIM CONTINUOUSLY FOR 20MINS WITHOUT TOUCHING THE WALLS
<BOTH ENDS>.

30-40MINS IF STARTING FROM A REASONABLE LEVEL OF FITNESS <INTERMEDIATE LEVEL>



WEEK 2: SESSION 1

TEACHING POINT

Maintain an even stroke count on this set, concentrate on an unhurried stroke. Fingertips point downwards when pulling back; keep the palm of the hand facing the wall you are swimming away from.

INTERMEDIATE START HERE

12 LENGTHS FC with a slightly more challenging BP (breathing pattern) then normal. Try to maintain a similar stroke count throughout.

NOVICE STARTS HERE

10 LENGTHS pull with paddles & snorkel. Keep the head still.

8 LENGTHS no accessories but try to maintain a similar stroke count throughout

6 LENGTHS pull with paddles & snorkel. Keep the head still

4 LENGTHS no accessories but try to reduce stroke count by 1 per length to refocus on good technique

NOVICE, start at the 10 LENGTHS swim and work down 700m (25M POOL)

INTERMEDIATE start at the 12 LENGTHS work down and up as far as time allows 2000m (25M POOL)

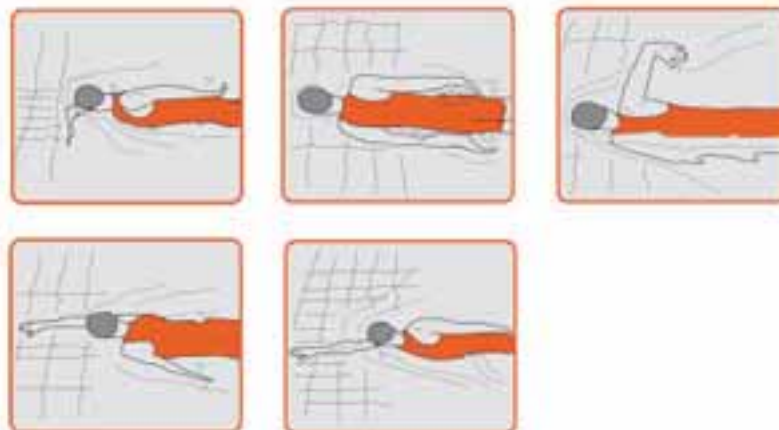
WEEK 2: SESSION 2

TEACHING POINT

If the 'advanced single arm' proves too much return to the original style of drill with the non-stroking arm out in front or stick with EXTENSION POSITION. Advanced implies the unused arm remains at the side of the body and does not move. Breathe away from the arm that is 'pulling' between arm cycles. Stroking arm 'rests' out in front during the breath. Upper body fully rotates so it more closely mimics full stroke compared to the traditional single arm drill.

<https://www.youtube.com/watch?v=PTlwsGSjF-8>

<towards end of video>



NOVICE 8 x 4 LENGTHS FC, rest 20 between each swim, swum as ODD swims- first length should be swum as single arm (half length left, half length right). Add fins if attempting Advanced single arm into 3 LENGTHS FC

EVEN swims, full stroke FC, steady but technically as good as you can, taking from the previous drill where the body would have worked harder to balance itself with only one arm working 800m (25M POOL)

INTERMEDIATE 10 x 6 LENGTHS FC, rest 20seconds between each swim ODD swims- first 2 LENGTHS of each 6 should be swum as single arm (1 length left, 1 length right). Add fins if attempting advanced single arm finish with 4 LENGTHS FC

EVEN swims, full stroke FC, steady but technically as good as can be, taking from the previous drill where the body would have worked harder to balance itself with only one arm working 1500m (25M POOL)



WEEK 2: SESSION 3

TEACHING POINT

A Short Test set to help gauge progress.

SWIM AS FAR AS YOU CAN IN 10MINS after 15mins of easy 'warmup swimming.'
<see above warmup suggestion>

ATTEMPT AGAIN IN 4 WEEKS TIME TO HELP TRACK PROGRESS

ATTEMPT 20MINS IN 8 WEEKS AND AIM TO SWIM DOUBLE THE 10MIN DISTANCE

ATTEMPT AGAIN IN 16 WEEKS BUT SWIM FOR 40MINS AND AIM TO SWIM DOUBLE THE 20MIN DISTANCE.

ATTEMPT AGAIN IN 24 WEEKS BUT SWIM FOR 80MINS AND AIM TO SWIM DOUBLE THE 40MIN DISTANCE.

All - Unknown (25M POOL)



WEEK 3: SESSION 1

TEACHING POINT

Maintain good technique throughout, take more rest if you feel that your technique is falling apart. Count strokes on the 10Lengths FC swim and rethink your technique if this number starts to go up.

20 LENGTHS –continuous, swum as follows:

2 LENGTHS - 10kick catch-up. 10 kicks between each single arm cycle.

8 LENGTHS - pull at 70% preferably with a snorkel

10 LENGTHS - F.C. swim at 80%, BP (Breathing pattern 3,2,3,2 continuous for each length)

REST 30 between 500m swims. 10 between drill/pull/swim if necessary

NOVICE aim for 1x 20 LENGTHS 500M (25M POOL)

INTERMEDIATE distance aim for 2-3 X 1500M (25M POOL)



WEEK 3: SESSION 2

TEACHING POINT

Use the easier swims for a technique review. Check length of stroke, count strokes – maintain an even count as the pace increases.

NOVICE

12 LENGTHS FC (swum as 2LENGTHS with a pull buoy, 2 LENGTHS without)

Rest 45 secs then swim 12 LENGTHS FC increase effort in blocks of 4 LENGTHS, at 50%, 60%, 70% 600m (25M POOL)

INTERMEDIATE 2 x the following

12 LENGTHS FC (swum as 2 LENGTHS with a pull buoy, 2 LENGTHS without,

add paddles and snorkel for 50% of the swim) rest 45 then swim - 12 LENGTHS FC increase effort in blocks of 4 LENGTHS, at 40%, 60%, 80% 1200m (25M POOL)



WEEK 3: SESSION 3

AIM TO SWIM CONTINUOUSLY FOR 40MINS WITHOUT TOUCHING THE WALLS <BOTH ENDS>. 60MINS IF YOU STARTED AT 40MINS ON WEEK 1 <50%, your choice when, with a pull buoy>



WEEK 4: SESSION 1

TEACHING POINT

Use the Breath holding aspect of this mainset to keep the intensity low and get some big meters swum. Aerobic fitness and fine technique are to be focused on. BP – breathing pattern ie take a breath every 5th stroke. BP is a guide and to be aimed for, some days it will happen, other days maybe not, do your best.

10 LENGTHS FC swum with fins, BP5

Rest 45

8 LENGTHS FC, swum with paddles, BP4

Rest 45

6 LENGTHS FC pull, BP3

Rest 25

4 LENGTHS FC swim, BP2

Rest 25

2 LENGTHS strong, 3-5 breaths per length, your choice when you use them...

2 LENGTHS 'easy' then INTERMEDIATE continues:

4 LENGTHS FC, - BP5

Rest 45

6 LENGTHS FC pull, BP4

Rest 45

8 LENGTHS FC with paddles, BP3

Rest 45

10 LENGTHS FC with fins, BP2 (alternate sides to alternate lengths)

NOVICE

start from the 10 LENGTHS and work down to the easy 2 800M (25M POOL)

INTERMEDIATE - continue to the final 10

1500M (25M POOL)



WEEK 4: SESSION 2

TEACHING POINT

Two aspects here, integrating drills into longer FC sets for technically accurate aerobic conditioning and using the speed of the full stroke or the wall push off to maintain body position while a short block of drill work is done without fins.

BRAMS DRILL:

6-12 LENGTHS: 3 Breaststroke arm pulls with FC legs off each wall before continuing the length full stroke FC. The first part of the Breaststroke arm pull is not to dissimilar to the FC 'scull into catch' that will set up a good FC hand position. <Keep the Breast arm pull small> Rest 45

EXTENSION POSITION:

6-12 LENGTHS: Perform 4-5metres of Extension into each wall at the end of each length of FC to improve your streamlined body position and have it flow into the next length. Rest 45

PADDLE WORK:

6-12 LENGTHS: Swim alternate 2LENGTHS with and without a large set of paddles. Slow accurate movements, use the paddle to accentuate the locked in hand position and try to feel the body move over the 'anchored hand.' Rest 45

ADV SINGLE ARM:

6-12 LENGTHS. A tough drill that invariably needs fins& snorkel to be done well. From a good push off use this speed to give you the momentum to try two complete single arms with the unused arm by your side. Keep the head still, finish the length full stroke after you complete the drill. Rest 45

FISTS DRILL:

6-12 LENGTHS: ODD LENGTHS 6 STROKES normal FC and then continue into 6 STROKES with the fists clenched. This builds on the paddle work by incorporating the diminished hand shape. <The alternating will set up a good FC hand position> EVEN LENGTHS NORMAL FC. Rest 45

Total Distance: up to 1500M (25M POOL)



WEEK 4: SESSION 3

TEACHING POINT

Consistency will be key, starting steady also. The lack of rest makes this hard work, you do not have to try harder, just avoid getting slower.

2L FC at 70% effort, rest 15

4L FC at 70% effort, rest 15

6L FC at 70% effort, rest 15

8L FC at 70% effort, rest 15 NOVICE AIM

.....through to 16L (400m) INTERMEDIATE AIM

Idea is that you set a benchmark time on the first 2L and repeat , ie 2x, 3x, 4x

FOR EXAMPLE – (YOU WILL SET TARGETS for YOUR SWIMS FROM YOUR FIRST 2L)

45sec swim for 2L & the interval is 60

1:30min swim for 4L, & the interval is 1:45

2:15min swim for 6L, & the interval is 2:30

3:00min swim for 8L & the interval is 3:15

NOVICE

2 rounds with an added 1min between for 1000m (25M POOL)

INTERMEDIATE

1800m (25M POOL)