

# A Session at the Pool (1)

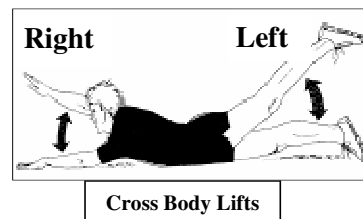


**Be sure** to have **all** the equipment you need ready **before** you start the session:

viz. water bottle (full), togs, towel, shorts, t-shirt of choice; 2 kickboards; buoyancy; medicine ball; hurdles, quickstep ladder, boxing gloves and punching mitts.

**Between each activity complete:**

8 x Push-Ups + 10 Sit-Ups (variations apply) + 6 x Cross Body Lifts  
(also, in each case complete at least one DFK or event specific stretch)



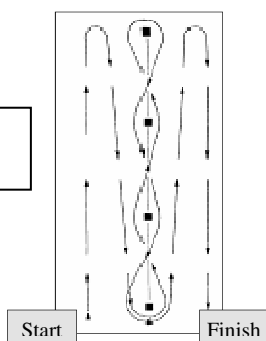
Cross Body Lifts

1. Swim 100m ... easy / relaxed
  2. Punching Mitts: dry your hands/arms .. **fast hits** not hard hits, full range of motion. Work in pairs, or, against a target: **2 x 30 FAST HITS**
  3. Running-in-the-Water: **4-6 x 15m** (Fast) .. easy swim back recovery
  4. Swimming Under-Water .. dive, swim 15m underwater, or, as far as you can; exit the pool "correctly" .. walk back .. repeat x **3**
  5. Punching Mitts: dry your hands/arms .. fast hits not hard hits, full range of motion. Work in pairs or against a target. **2 x 30 FAST HITS**
  6. Running Drills ... over a 10m distance; complete 3 repeats of each of at least 4 drills .. **YOUR choice**, but **focus on correct execution**  
e.g. A-Skip; Alt. Butt Kicks; B-Skip; Alt. Fast Leg; A-B-C; Combinations, ...
- Conclude with: **Coach Command Drills** .. repeat 2-3 times.

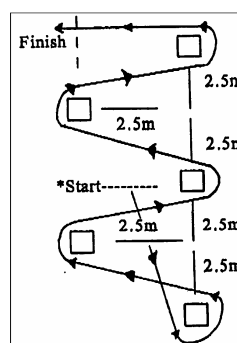


## 7. Agility Runs

Four (4) cones;  
Cones are 3m apart.



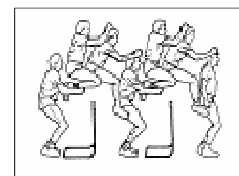
or



3-4 runs,  
building  
speed to  
90% effort;  
30 seconds  
recovery

8. Running-in-the-Water: **4 x 15m** .. easy swim back recovery  
(Be sure to maintain an upright posture .. very slight forward lean .. toeing off-knee-hip-shoulder; arms 90°)
9. Simple HURDLE BOUNDS + Quickstep Ladder

As determined by the coach



## 10. Swim 100m ... easy / relaxed

Choose achievable heights; laterals;  
reverse patterns; foam / cardboard /  
plastic .. construct, improvise.

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