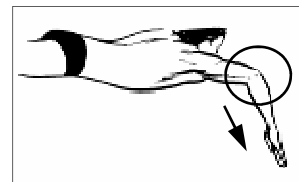




## POOL SESSION



# RECOVERY PROGRAM

(After competition or a challenging training session)

*Choose from or apply variations*

*Set yourself a target time in the water*

*Relax and enjoy the session ... it should be thought of as a reward for hard work*

1. **Easy Running in the Water** ..... use buoyancy to facilitate a relaxed, upright, “perfect” posture: head up—slight forward body lean—high knees at the front, pushing back—toe dorsiflexed—elbows 90° and “in”- palms towards hips. Run until feet strike pool bottom; then, easy swim. Repeat as required. Try to think of and create a *massaging effect* of water on muscles. **4-8 x 15m.**
2. **Running Forwards / Backwards** ... waist to near shoulder depth water; kickboard may be held vertically in front of the body to increase resistance. **4-6 x 15m.**
3. **Drills in the Water** ... A-Skip; B-Skip; Butt Kicks (Right / Left / Alt.); Fast Claw; Cross-Overs; A&C; A-B-C; ... Good posture **essential**.  
**2 x 10-15 reps of 3-4 drills.** (*Fast Claw—Coach Command — 4-6 claws each side*)
4. **Kicking** ... easy freestyle / breaststroke kick; kickboard; **2-4 x 25m.**
5. **Easy Swimming** ... stroke .. you decide. Stroke and breathing variations may be considered; e.g. bilateral breathing; one breath to 4 or 5 strokes; 8-10 F-S strokes then 2-4 head up; stroke variations every 25m; ... **2-4 x 50m.**
6. **Poolside Running** ... hands on wall; relatively straight arms; establish correct alignment .. shoulder - hip - knee - ankle; toes dorsiflexed throughout; knees drive high at the front. **4-8 x 30 secs. “ON”; 15-30 secs. “OFF”.** (You decide the tempo)
7. **Specific Tasks** .. underwater swimming; 4 x porpoise (dolphin) ► swim to 25m; relays; backwards runs; karioka runs; standing somersault jumps; SLJ + poolside push-ups ....
8. **Water Aerobics** ... your pool may have a Water Aerobics or Aqua Circuit program. A few movements might include: Jogging .. Knees Up, Double Arm Push to Side Bent Arm, Palms Out; Lunges; Jogging .. heels up to touch hands behind body; Tread Water .. hand(s) to side / on head / above head; Tuck Jumps; Explosive Jumps (co-ordinate hand clap above head); A-Skip Drill .. backwards; Kickboard Compressions; ....

The variations are limitless .. your Water Aerobics Leader will challenge you with new movements.

Don't underestimate the value of Pool Sessions; they offer variety, recovery, rehabilitation, strength and power enhancement, energy system challenges, and **FUN !!**

***It's what you learn after you think you know it all, that counts***



The **selection** and **intensity** of activities will be determined by:

1. The purpose of the session: training / recovery / rehabilitation.
2. The intensity of the activity that has preceded the pool recovery.
3. Specific guidance provided by your program or medical support.

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