



Swimming a Kilometre: 4 Strategies

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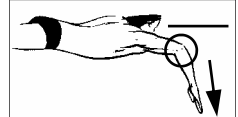
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ICS = *Individual Checking Speed*; a repeatable speed; a speed/effort that produces a pulse rate of around 160 bpm., or, 50-60 beats below maximum heart rate; a speed at which you can count your strokes per lap – keep the stroke count even for each lap – gradually reduce stroke count / lap.

Pulse Rate (PR): take pulse (neck, chest or wrist) .. count beats for 6 seconds .. add a zero; i.e. first beat is zero, then count beats for the next six seconds .. 16 beats = 160 bpm

- 200 F/S (ICS) →
10 x 50 @ 80% effort on 1:00, 1:15, or 1:30 (PR after each) →
100 F/S Kick (Board) →
200 F/S (ICS)



Power Position
Elbow above Hand

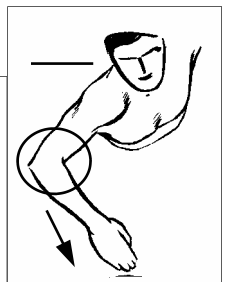
▲ = change = switch

→ = **Rest (Recovery)**
15-30-45-60 seconds between sets
Choose the recovery interval that suits YOU
but
plan the recovery and stick to it

Use Swim Fins where appropriate.
Vary your breathing pattern:
e.g. 3 Left – 3 Right;
Bilateral; Odd Laps: Left – Even
Laps: Right; every 5 or 7 strokes;
Variations keep you alert

- 100 F/S Kick →
100 F/S (ICS) →
6 x 50 @ 80% effort on 1:15 or 1:30 (PR after each) →
100 F/S Lateral, 8 Kick-3 Stroke Change / Switch ▲ (Fins optional) →
4 x 50 @ 80% effort on 1:15 or 1:30 (PR after each) →
100 F/S Lateral, 8 Kick-3 Stroke Switch ▲ (with Fins) →
100 F/S (ICS)

F/S Entry Sequence
Finger tips
Wrist
Elbow
Shoulder



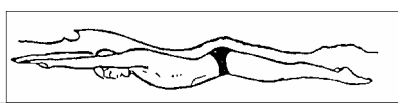
- 100 F/S (ICS) →
100 F/S Lateral, 8 Kick-3 Stroke Change / Switch ▲ (Fins optional) →
4 x 50 F/S Kick (Board .. fast kick) then 100 F/S (ICS) .. (15-30 sec. recovery) (PR) →
100 F/S Lateral, 8 Kick-3 Stroke Change / Switch ▲ (with Fins) →
100 F/S (ICS)

Triathletes: “Head Up” F/S .. F/S Kick;
and/or “Head Up” F/S .. Dolphin Kick
for 2-4 arm strokes per lap

- Test Set:**
100 F/S (ICS) →
8 x 50 F/S on 1:00, 1:15, or 1:30 ... record your times →
100 F/S (ICS) →
100 Kick Medley (Board): 25FLY – 25B/K – 25B/R – 25F/S →
100 F/S Lateral, 8 Kick-3 Stroke Change / Switch ▲ (Fins) →
100 Kick Medley (Board): 25FLY – 25B/K – 25B/R – 25F/S →
100 F/S (ICS)



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Swimming efficiently is about minimising resistance

ICS includes a Pulse Check
after each swim;
15-30 = rest after each swim (secs.)



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Four (4) Sessions Vary sessions / recovery intervals on need

Think about what you are going to do: it only takes a few minutes

(Each Session is 2 km)



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► = change to; in general, 15 seconds recovery between sets and/or recovery as needed

1. Warm-Up: 200 F/S .. No fins; ICS pace; Initial Shoulder Lift – High Elbow Recovery.

Read / Plan your session carefully before you go to the pool; be sure you have all equipment + a full water bottle

- 2 x (25 F/S Streamline Kick-with Fins ► 25 Streamline FLY Kick on Back-with Fins)
- 10 x 50 F/S on 1:00, 1:20, or 1:30; 2-4 stokes “head up” in each 50
- 2 x (25 F/S Streamline Kick-No Fins ► 25 Streamline FLY Kick on Back-No Fins)
- 10 x 50 F/S on 1:00, 1:20, or 1:30; 2-4 strokes “head up” in each 50
- 4 x 50 Lateral F/S—8Kicks-3Stroke▲ .. with fins; 5-15 seconds recovery after each 50
- 4 x 50 F/S Kick .. Board .. Fins optional .. 15 seconds recovery between kicks

▲ = change

Warm Down: 200 F/S .. No fins; ICS pace; High Elbow recovery.

2. Warm-Up: 100 Bilateral F/S .. ICS pace (breathe on 3)

F/S Entry Sequence
Finger tips
Wrist
Elbow
Shoulder

- 100 F/S .. ICS pace ... all breathing on non-preferred side
- 200 F/S: “Head Up” for 2-4 strokes on whistle
- 10 x 50 F/S on 1:00, 1:10, 1:20, or 1:30 .. long strokes — rel. slow arms / faster kick
- 200 Kick: 4 x 25 F/S ► 25 FLY with fins .. 15 seconds recovery between kicks
- 4 x 50: Lateral F/S Scull and Kick (Fins optional) .. 8K – 3 stroke change
- 4 x 50: Finger Tip Drag F/S .. 15 seconds recovery between kicks
- 400 F/S: ICS pace .. continuous (with or without fins) .. bilateral breathing

F/S (Rel.) Slow Arms Fast Kick

Warm Down: 100 easy F/S Kick (with or without fins)

FTD = Finger Tip Drag

3. Warm-Up: 100 Bilateral F/S .. ICS pace (breathe on 3)

- 200 Bilateral F/S .. ICS pace (first 50 breathe on 5; 2nd 50: 7; 3rd 50: 5; 4th 50: 7) or, 3/5/3/5
- 200: alternate: 8 strokes F/S – 8 strokes B/K (4 each arm)
- 10 x 50 F/S on 1:00, 1:10, 1:20, or 1:30; 2-4 strokes “head up” in each 50
- 4 x 50: Finger Tip Drag F/S .. 15 seconds recovery between kicks
- 4 x 50: F/S Kick with Fins & Board .. build to 100% over last 20m; 10-15 secs. recovery.
- 4 x 100 F/S on 2:00, 2:15, 2:30, or 3:00 .. long strokes — rel. slow arms / faster kick

B/K Fast Arms Fast Kick

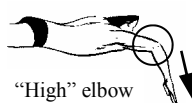
Warm Down: 100 FTD F/S

25IM = 3 Strokes FLY (no breath)►
6 Strokes B/K►3 Strokes B/R►
F/S to 25m

4. Warm-Up: 100 F/S Kick .. with board (fins optional)

- 4 x 25 Individual Medley ► 25 F/S Finger Tip Drag
- 8 x 25 F/S Kick with fins .. build to max. by 10m; 5-10 secs. recovery.
- 10 x 50 F/S on 1:00, 1:10, or 1:20 .. long strokes — rel. slow arms / faster kick
- 4 x 25 Individual Medley ► 25 F/S Finger Tip Drag
- 8 x 25 “Broken 25’s” .. F/S or Form or choice; 5-10 seconds “break”
- 800 Continuous F/S .. ICS pace (breathe on 3)

If fins used for IM, complete B/R with a FLY Kick



“High” elbow



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NWA Swimming Freestyle



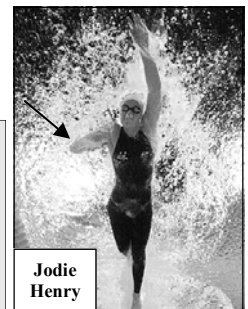
Fingers always point to the bottom

CHECK LIST

Pulse Rates: 100m ICS = approx. 160 bpm (max.); or, 50-60 beats below maximum heart rate.
Vary the nature of each session, and recovery intervals on need.

Train don't strain

TECHNIQUE is the primary concern in these sessions
Learn to perform perfectly at a slow (ICS) pace, before applying higher levels of endeavour.



Jodie Henry

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