



Session Plan - Developing Open Water Skills

Date: Pre Season & Early Season	Attendance: Triathletes	Equipment needed: Swim Gear
Venue: Pool		
Duration: 3 x 10 minutes		
Introduction (aims for session, reminders, etc.): (a) Focus on swimming through the angle without losing speed. (b) Drop kick in turn to ensure pull around tighter		
Warm-up activities: Your usual pool warm ups and some medley strokes to enhance flexibility	Drills and games: A : 1. Set of 100mtrs with first turn being a “no wall touch” Use the black T bar on the pool floor as the turn guide B: 1. Set of 300mtrs continuous with both ends of pool now being “no wall touch” zone	Cool-down activities: Nil – continue with session
Coaching tips/questions/challenges: These drills are about <ul style="list-style-type: none"> • Developing confidence in turning without going back many positions in field • Holding swim line • About real open water swim situation 	C 1. Set of 300mtrs same as B.1 but with middle of pool also now having a 5mtr sighting zone for open water sighting <u>Note:</u> You may need a recovery set between these as newbies or poor swimmers will fatigue quickly as core gets over worked	Class management/energisers: Challenge them to tighten turns Challenge them to not drop speed in turns Close gap up so swimming on toes as per in races
Review/evaluation (key points from session, what worked and what did not, modifications for next session, etc.) : KEY POINTS Tight Turning – Speed kept – Angle right –Stroke maintained – no breast stroke NEXT SESSION >> adaption – Try turning with head up – modify drill safely so can do in pairs (use both ends in a little group 25mtr set)		