



Legal Notice

Copyright ©2008, swim-teach.com

All rights reserved. No portion of this document may be used, reproduced or transmitted in any form or by any means, electronic or mechanical, including fax, photocopy, recording or any information storage and retrieval system by anyone but the purchaser for his or her own personal use. This document may not be reproduced in any form (other than for purposes of review) without the written permission of the publisher.

The material contained in this document is set out in good faith for general guidance and no liability can be accepted for loss or expense incurred as a result of relying in particular circumstances on statements made in the document.

Whilst every effort has been made to ensure the content of this document is as technically accurate and as sound as possible, neither the author nor the publisher can accept responsibility for any injury or loss sustained as a result of the use of this material.



Exercise		Intensity	Coaching Points	The Front Crawl Sequence
Warm Up	6 lengths gentle swim	50% effort		
Full Stroke	12 lengths full stroke	70% effort	Steady pace Controlled breathing	
Legs	Kick board (float) held out in front with both hands. Arms straight, head down. 2 lengths, 15 seconds rest, <u>Repeat 4 times.</u>	100% effort	Toes pointed	
Arms	Float or pull buoy held between legs to stop Arms only. 2 lengths, 15 seconds rest. <u>Repeat 4 times.</u>	100% effort	Unhurried Elbow out first Pull to the thigh	
Breathing	Kick board (float) held out in front. 1 length trickle breathing (breathe out slowly into the water) Breath to last as long as possible. <u>Repeat 6 times.</u>	70% effort	Breathe out slowly Control the breath.	
Breathing	Full stroke. 1 breath to last whole length. 1minute rest, <u>repeat 4 times</u>	70% effort	Steady pace Relaxed	
Full Stroke	12 lengths full stroke.	70% effort	Steady pace Relaxed stroke	
Cool down	4 lengths slow swim - any stroke			
Stretch				