



Session Plan 196

Pull Pathway

Date: 8 October 19

Safety Briefing

Observe lane direction and end-of-lane passing etiquette to avoid head-on collision risk.

Session Introduction

Having set up an effective catch over the last couple of weeks, this week, we'll shift our focus back, through the stroke cycle, to the pull pathway. This is a really short session, allowing you to really focus on what's happening under the water. We'll support the technical set with more great advice from 6 X Ironman World Champion – The Man – Dave Scott.

Warm Up:

200m easy pace

Technical set:

3 x 50m long doggy paddle going up the pool, swim back (review coaching points for hand position)

3 x 50m easy swimming, implementing the pull pathway practiced during the drill

3 x 50m with technique paddles, or 1-finger drill going up the pool, swim back

Main set:

4 – 8 x 100m maintain focus on a straight pull pathway and correct hand alignment

Warm down:

200m easy – feel how easily you're moving through the water.

Total Volume:

1250 – 1650m

Coaching Points:

During doggy paddle and freestyle, set the catch with a high elbow, keep the hand and forearm neutral, with fingertips pointing toward the bottom of the pool. I particularly like Dave's paint brush analogy – check it out.

Watch what Dave Scott says in this instructional video:

<https://www.youtube.com/watch?v=ZkTTvgpCLqg>