

Swim FOR A MILE

TRAINING PROGRAMME

1600m Programme
20m Pool Format

Questions? Email swimforamile@swimireland.ie

Week 1, SESSION 1

Activity	Description	Rest
Warm up		
2 x 20m Choice of Stroke	Smooth strokes, stretch out to get moving!	30 Seconds
Main Set		
3 x Starfish Float on Back 3 x Pencil Float on Back	Starfish - make a star shape, by spreading your arms and legs in the shape of a star. Hold this position for 3-5 seconds Pencil Float: Lying on the surface in a straight line, with arms outstretched in line with your shoulders or with one hand on top of the other in streamline.	As required
3 x 3-5 Seconds Trickle Breathing Practice	Standing or holding onto the wall, take a breath in and place your face into the water surface, now perform 3-5 seconds of trickle breathing.	As required
3 x Star Float on Front 3 x Pencil Float on Front	This time lie on your front in both positions. The same idea applies, but now you have to hold your breath!	As required
Breathing Practice	Stretch out your arms so that you are grabbing onto the wall, you can keep your feet on the ground, bending at the hips so your face is in the water. Practice the trickle breathing, slowly letting your air release, then when you need a breath, perform one arm pull, turn your head to the side, rotating out of the water to breathe.	As required
4 x 20 Seconds Freestyle Wall Kicks	Freestyle kick, while holding onto the wall. Practice your trickle breathing and rotating your body for the breath.	As required
Cool Down		
2 x 20m	Choice of stroke, stretch out and relax!	

TOTAL DISTANCE: 180m

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Click drill titles to view video demonstrations.

SESSION 1 TECHNICAL POINTS

Welcome to your first session of the Swim For a Mile (SFAM) Training Programme! This 12 week programme, will work through the basic concepts of swimming, progressing your water confidence, skills and ability each week to bring you to the timed mile event in April or May. The first week of this programme will be the same for our 800m and 1600m swimmers, working through body awareness, position and breathing. Take your time in each session and enjoy!

Pencil & Star Floats

Safety First! This skill will enable you to always find your feet on the bottom of the pool, getting yourself upright and out of the water. Lying on your back on the surface of the water, ensure your chin is high, pointing to the roof, with ears in the water. Keep a straight line from your neck through your trunk, all the way to your feet! To do this you will need to:

- Inhale; filling your lungs, but not to full capacity, just enough for the air to add buoyancy to your body.
- Engage the muscles in your stomach, bum and legs to keep your body taught.

Float on the surface for around 5 seconds, breathing calmly. Try to stay as flat and high in the water as possible. After this, assume a sitting position, tucking both knees into your chest, while scooping your hands up (when on back) or down (when on front) to push your body out of the water, drive your feet to the bottom of the pool to come to standing.

Trickle Breathing

Gently exhale, allowing the air to escape from nose and mouth (more so from the nose). This technique should be used constantly when your face is in the water during stroke cycles. The key is to control the flow of air escaping. Practising breathing techniques is one of the best ways to improve your water confidence. Breath control is the most common area of improvement for beginners, once you crack it, you'll be flying!. Just stay calm in the water and control the exhale and inhale of your breath.

Breathing Practice + Wall Kicks

(This drill requires a side lane for the whole group to have a space!)

This exercise allows you to practice the kicking motion, but more importantly the breathing technique and body motion involved. Lie flat on the surface, with arms outstretched holding onto the wall. Place face in the water and begin a light Freestyle kick. While you kick, focus on trickle breathing, slowly letting your air escape, when you need a breath, complete one arm action, rotate the head, shoulders and hips as one (this ensures your body rotates smoothly), take a breath and rotate back into the water to repeat.

Kick Technique

- Knees and ankles close together
- Point toes and allow feet to turn slightly inwards so that big toes are almost touching.
- Kick should be driven from your bum and hips- NOT your knees!

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WEEK 1, SESSION 2

Activity	Description	Rest
Warm up		
3 x 20m	Own choice of stroke, get moving and that blood flowing!	As required
Main Set		
5 x Mushroom Floats	<ol style="list-style-type: none"> 1. Standing in the shallow end of the pool, 2. Take a breath in and hold, 3. Submerge yourself into the water, 4. Bring your knees to your chest, hugging them with your arms so that you'r rolled up into a ball, 5. When a breath is needed, unroll to standing 	As required
4 x Push & Glides No Kicking	<p>This drill is the first step to every length of swimming: it practices pushing off in an efficient streamline position.</p> <p>Remember to take a breath in before submerging, once under the water hold your breath for a few seconds, then slowly release, by trickle exhaling.</p>	As required
Treading Water Practice	Practice the sculling motion while gently kicking your legs with Breaststroke or Freestyle kicks. Feel the points of contact on your palm against the water resistance, this tells you that your gripping the water!	As required
5 x 20m Catch up with Board	Freestyle kick with the board, keep face in the water, when a breath is needed take a single arm stroke, returning to the board each time.	30 Seconds

TOTAL DISTANCE: 150m

Streamline Position

Streamline involves putting one hand on top of the other, stretching your arms out in front of your head towards the end of the pool and keeping as tight as possible through your body – squeeze your ears with your upper arms! Remember to keep your tummy and bum engaged to keep your trunk in a strong position, preventing the back from over arching! Streamline can be done on your front, back and side.

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SESSION 2 TECHNICAL POINTS

Push & Glides – No Kicking!

This drill teaches you how you should push off the wall at the beginning of every length. The idea is to measure how far you can travel from the power of your push off alone, as you progress through these 8 weeks of training, you should be able to travel further as your efficiency improves! Try to get a good depth on each push off, you need space beneath the water surface to carry momentum!

- Holding onto the wall with one hand, plant both feet on the wall, below your hand on the blue T.
- Submerge down into the water (around 1m below the surface) and push off,
- As you push off, bring your wall hand over head to meet the hand in the water, squeezing your arms against your ears to stay in streamline position.
- Make sure to keep your stomach, bum and leg muscles engaged to prevent your back from over arching,
- Don't break your streamline position, until you break the water surface and stop moving.
- To prevent irritation from water entering your nose, perform an explosive exhale, followed by trickle exhaling until you come to the water surface and finish your glide.
- Glide for as long as you can without breaking the streamline position.

Catch-up Drill with Board

This drill ingrains the sequence and movements involved in full stroke, while having the aid of the kick board to keep you afloat!

- Push off the wall, holding the kick board with both hands,
- Keep face in water, practicing the trickle breathing - this also keeps your body position more flat on the surface, lifting your head causes a knock on effect of your hips sinking, making it much harder to travel forward.
- When a breath is needed take one arm pull (much like we did during the wall kicks), rotating your head, hips and shoulders as one with each stroke (no more than 45° rotation) and breathe.
- Keep kicks continuous throughout (don't forget to kick when you breathe!)
- Take a few seconds between each pull, just kicking forward, with your face down, then repeat. Try to vary which side you breathe to.

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WEEK 1, SESSION 3

Activity	Description	Rest
Warm up		
3 x 40m	#1 Frestyle Swim #2 Frestyle kick with board	As required
Main Set		
2 x 20m Seated Scull on Foat	Sitting on a float in an upright position, practice sculling forwards and backwards Play around with different sculling techniques and depths.	As required
4 x 10m Full Scull on Front	Lying flat on the water surface, scull forward while lightly kicking. Gently lift your head to breath.	As required
Treading Water Practice	Practice the sculling motion while gently kicking your legs with Breaststroke or Freestyle kicks. Feel the points of contact on your palm against the water resistance, this tells you that your gripping the water!	As required
5 x 20m Catch up with Board	Freestyle kick with the board, keep face in the water, when a breath is needed take a single arm stroke, returning to the board each time.	30 Seconds
TOTAL DISTANCE: 300m		

Streamline Position

Streamline involves putting one hand on top of the other, stretching your arms out in front of your head towards the end of the pool and keeping as tight as possible through your body – squeeze your ears with your upper arms! Remember to keep your tummy and bum engaged to keep your trunk in a strong position, preventing the back from over arching! Streamline can be done on your front, back and side.

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SESSION 3 TECHNICAL POINTS

Sculling

Sculling is an important aquatic skill, it is involved in treading water, which may save your life one day, but it also teaches you how to grip the water efficiently. Sculling also relates to the catch phase, involved across all the strokes. To find your hand position, place your hands on your cheeks, this forces them into a subtle cupped shape - this is how your hand should look during scull.

To move forward when sculling, point your fingers towards the bottom of the pool, keeping your wrists stiff, rotate your hands to face inwards and outwards, switch between in and out continuously – you should feel the resistance of the water against your palms - this is sculling! To scull backwards we do the exact same, only your fingers should point up towards the ceiling (waving good-bye to the wall!) Notice how the slightest change of angle in the hand, can control which direction and at what pace you move!

Catch-up Drill with Board

This drill ingrains the sequence and movements involved in full stroke, while having the aid of the kick board to keep you afloat!

- Push off the wall, holding the kick board with both hands,
- Keep face in water, practicing the trickle breathing - this also keeps your body position more flat on the surface, lifting your head causes a knock on effect of your hips sinking, making it much harder to travel forward.
- When a breath is needed take one arm pull (much like we did during the wall kicks), rotating your head, hips and shoulders as one with each stroke (no more than 45° rotation) and breathe.
- Keep kicks continuous throughout (don't forget to kick when you breathe!)
- Take a few seconds between each pull, just kicking forward, with your face down, then repeat. Try to vary which side you breathe to.

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WEEK 2, SESSION 4

Activity	Description	Rest
Warm up		
3 x 40m	Choice of stroke, with the last 10m of each 50m get into streamline position and perform fast freestyle kicks to the wall.	30 Seconds
Main Set		
3 x 20 Second Breaststroke Wall Kicks	Practice the Breaststroke kick motion, see over leaf for kick technique & don't forget to click the titles for video demos!	As required
3 x 20m Breaststroke kick + Board	Put it into motion! 1 full length of Breaststroke kick, using a board to help isolate the kick. Try to keep your face in the water so your body position isn't disrupted. Raise chin gently when a breath is needed.	30 Seconds
4 Bouts of Breaststroke Vertical Wall Kicks	Test your technique! See over leaf for full drill description. The goal is to keep your hips as close to the wall as possible!	As required
3 x 20m Breaststroke kick + Board	Keep in mind what you've just learnt about the movement of your knees - don't let them come too close to your chest!	As required
2 x 20m Mid Scull	Pull Buoys are useful during this drill to keep your body position high in the water. Raise your chin gently forwards when a breath is needed.	As required
80m As: 40m Breaststroke, 40m Freestyle Swim	Smooth swimming, stretch out and relax!	As Required

TOTAL DISTANCE: 400m

Breaststroke Wall Kicks - [click for demo!](#)

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Click drill titles to view video demonstrations.

SESSION 4 TECHNICAL POINTS

Breaststroke Kick Introduction

Breaststroke is one of the most difficult strokes to master, due to the complexity of the timing and the body position involved - but lets have a go!

The first phase of the kick is the recovery:

- To recover the legs, flex your knees so your heels can rise towards your bum. As the heels rise, only allow your knees to spread to shoulder width apart.
- As the heels approach your bum, your feet should begin to dorsi-flex (toes pull up towards your shins) and rotate outwards - duck feet! This is known as the catch phase of the kick, as this position allows you to grip the water with your feet, pushing against it - rather than the feet slipping through the water!
- To begin the propulsive phase (out / backsweep) push your feet out and back - but resist the temptation to exaggerate this movement e.g frog legs. Think of it more as a 1/2 moon! You should feel the pressure of the water resistance on the sole of your feet as you kick back.
- Continue to push backwards, keeping the pressure on your soles. Gradually turn from dorsi-flexed (duck feet) into plantar flexed (pointed toes) and inward facing position, allowing your feet to meet as they rise behind you.

Breaststroke: Vertical Wall Kicks

(This drill requires a side lane for the whole group to have a space at the wall!) This drill gives you better body awareness while performing Breaststroke kick!

- Holding onto the wall, with your body in an upright position,
- Press your body against the wall, so that your chest, hips and knees make contact,
- Keeping your head above water, bring your heels to your bum and commence Breaststroke kicking, with the same technique as you just performed in the task before.
- The wall will prevent your knees from travelling forward (one of the most common mistakes in breaststroke kick)
- The goal is to perform the kicks, without your hips breaking contact with the wall as if they do, you are creating too much forward movement at the knees.

Mid Scull

This scull position replicates the catch phase of Breaststroke pull. The drill isolates the movement, giving you the chance to master it before going into full stroke.

- Lie on your front, face in the water, with arms extended, in a Y shape,
- Drop hands and forearms as one to point at the bottom of pool,
- Keeping your elbows pinned to the water surface, begin to scull in and out like a window wiper!
- Don't forget - stiff wrists during the scull, like we learnt in session 3!

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WEEK 2, SESSION 5

Activity	Description	Rest
Warm up		
100m	Freestyle swim, long and smooth!	30 Seconds
Main Set		
3 x 20m Backstroke Kick	In streamline position on your back OR If you prefer you can hold a kick board into your chest for more stability. Remember to keep your chin up!	30 Seconds
5 x 20m Backstroke #1-2: Single Arm Drill #3-5: Full Stroke	Single arm Backstroke (10m right arm, 10m left arm), See pull technique overleaf.	30 Seconds
3 x 20m Freestyle Kick + Board	Keep face in water and focuss on trickle breathing. When a breath is needed, perform 1 arm pull and rotate to the side to breathe. Avoid excess movement and elevation of the head - Apply the 1 goggle rule!	20 Seconds
4 x 20m Feestyle #1-2: 6 Kicks, 3 Strokes #3-4: Full Stroke cool down	6 kicks, 3 strokes described over leaf. Use the last 2 x 25m as a cool down.	
TOTAL DISTANCE: 400m		

One goggle rule in swimming: the aim is to keep one goggle in the water, as you rotate your head to the side to breathe. This is quite hard to do, but aim to get as close to that as possible, as this will limit any excessive movement of the head, which can disrupt the stroke and make breathing difficult.

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SESSION 5 TECHNICAL POINTS

Backstroke Single Arm Drill & Swim Technique

As always, when swimming Backstroke, the goal is to keep your body as flat as possible in the water. Single arm drill allows you to focus on each phase of the stroke cycle, without worrying about piecing together the timing.

Body Position:

- Keep your chin up, pointing to the roof with the water line covering your ears (if you don't like the feeling of water entering your ears, ear plugs may be a good investment!)
- Apply pressure with your upper back into the water, this should keep your hips high and a better body position.

Backstroke Kick:

- Remember to kick from the hips and bum rather than the knees (if your knees are coming out of the water as you kick, it tells you that your kicking from your knees). Kicking from the knees creates a cycling motion, which is less propulsive.
- Keep kicks fast and small, feel the water resistance during the downward and upward phase of the kick - this will create a small white splash!

Backstroke Pull:

- Recovery: Reach one arm up in front of you, towards the roof, bringing it up and over your head,
- Keep it close to the imaginary centre line (close to your ear as it lowers behind you to enter the water)
- Your hand should enter the water with your palm facing downwards, to perform the catch
- The catch in backstroke is another scull motion, this time scouping down, as you do this your body should rotate into the side that is catching the water,
- From here your hand should grip the water and push up, creating a 90 degree angle at the elbow to perform the underwater pull,
- Once the hand approaches the water surface, the hand and forearm then push back down to finish at the hip and exit the water for the next stroke.

Repeat this with one arm for half a length, switching to the next arm for the final half.

6 Kicks, 3 Strokes Drill

Freestyle and Backstroke involves continuous body rotation coming from the shoulders and hips, this rotation shouldn't usually exceed a 45° angle to either side. However, for the purpose of this drill the movement is exaggerated for you to experience the feeling of kicking on your side. Kicks should be small, rapid and continuous.

Drill explained:

- Push off as normal and take 3 full strokes, on the third, rotate fully onto your side and perform 6 kicks
- During the freestyle version of this drill, keep your face in the water as you land on your side, breathing during the pull instead. If extra breaths are required you can do this when kicking on your side.

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WEEK 2, SESSION 6

Activity	Description	Rest
Warm up		
2 x 60m	Freestyle swim, long and smooth!	30 Seconds
Main Set		
2 x 20m Front End Scull	Pull Buoys are useful during this drill to keep your body position high in the water. Raise your chin gently forwards when a breath is needed. Focus on the high elbow!	20 Seconds
3 x 20m Catch up with Board	Freestyle kick with the board, keep face in the water, when a breath is needed take a single arm stroke, breathing on the recovery phase of the stroke and returning to the hand to the board each time.	30 Seconds
3 x 20m Freestyle Swim	Focussing on the technique, especially on a high elbow catch.	30 Seconds
2 x 40m Swim as 20m Freestyle, 20m Backstroke	Smooth pace, focus on technique	30 Seconds
2 x 40m As 20m Freestyle 20m Breaststroke	Moderate pace, picking up the speed slightly but still keeping the focus on technique	30 Seconds

TOTAL DISTANCE: 440m

Front End Scull

Laying on your front, with arms outstretched ahead, point your fingers towards the bottom of the pool, keeping your wrists stiff, rotate your hands & forearms to outwards and push hands out, then rotate hands inwards and push in.

Switch between in and out continuously – you should feel the resistance of the water against your palms - this is sculling!

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SESSION 6 TECHNICAL POINTS

Catch-up Drill with Board

This drill ingrains the sequence and movements involved in full stroke, while having the aid of the kick board to keep you afloat!

- Push off the wall, holding the kick board with both hands,
- Keep face in water, practicing the trickle breathing - this also keeps your body position more flat on the surface, lifting your head causes a knock on effect of your hips sinking, making it much harder to travel forward.
- When a breath is needed take one arm pull (much like we did during the wall kicks), rotating your head, hips and shoulders as one with each stroke (no more than 45° rotation) and breathe.
- Keep kicks continuous throughout (don't forget to kick when you breathe!)
- Take a few seconds between each pull, just kicking forward, with your face down, then repeat. Try to vary which side you breathe to.

The 4 Phases of a Freestyle Stroke

1. Hand Entry:

Your hand should enter in line with your shoulder to prevent crossing over your centre line - this is an imaginary line down the middle of your body, which you should never cross! The reason we stay outside of this line, is to ensure that all of your energy is going into moving forward. If you cross the centre line, you apply force to the side, meaning the propulsion you receive will be to the opposite side, creating that well known snake motioned stroke. We want to push backwards to move forwards!

2. Catch:

This occurs immediately after your hand enters the water. The catch is basically a small scull pushing into the water, however it is called the catch, as you are literally trying to catch or grab the water to use the resistance to push you forward during the underwater pull. This is one of the rare occasions where we want to have water resistance!

3. Underwater Pull:

This can be further broken down into the initial downward phase, then the backwards phase. Initially you want to push your palm and forearm down into the water WHILE keeping your elbow at the surface, to create a better surface area in which to grip the water. Once your hand passes the line of your chest, you begin to rotate your body in the direction of your stroke arm, keeping your hand close to your trunk, explosively push past your hip until your hand exits the water.

4. Recovery:

The recovery, as suggested by its name is the relaxed part of the stroke! Its purpose is to get your hand from the exit position back to its entry position. All you have to remember is to keep your elbow high in the air, pointing to the roof WHILE your hand stays directly below and close to your body. This ensures that your hand is in the perfect position, ready for the catch!

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WEEK 3, SESSION 7

Activity	Description	Rest
Warm up		
2 x 60m	Alternating lengths between Freestyle and Backstroke swim, long and smooth strokes.	30 Seconds
Main Set		
3 x 20m Breaststroke Kick + Board	Breaststroke kick, using a board to help isolate the kick. Keep your face in the water so your body position isn't disrupted. Raise chin when a breath is needed. Long and strong kicks!	30 Seconds
2 x 20m Mid Scull	Pull Buoys are useful during this drill to keep your body position high in the water. Raise your chin gently forwards when a breath is needed.	As Required
3 x 20m Breaststroke Swim	Introduction to full Breaststroke! See over leaf for Breaststroke pull technique.	As Required
40m as 20m Freestyle, 20m Breaststroke	Smooth pace focusing on technique and timing of stroke.	30 Seconds
Cool Down		
80m as 40m double armed Backstroke, 40m Choice stroke	Stretch out and wind down!	30 Seconds

TOTAL DISTANCE: 400m

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SESSION 7 TECHNICAL POINTS

Breaststroke Kick Reminders:

The first phase of the kick is the recovery:

- To recover the legs, flex your knees so your heels can rise towards your bum. As the heels rise, only allow your knees to spread to shoulder width apart.
- As the heels approach your bum, your feet should begin to dorsi-flex (toes pull up towards your shins) and rotate outwards - duck feet! This is known as the catch phase of the kick, as this position allows you to grip the water with your feet, pushing against it - rather than the feet slipping through the water!
- To begin the propulsive phase (out / backsweep) push your feet out and back - but resist the temptation to exaggerate this movement e.g frog legs. Think of it more as a 1/2 moon! You should feel the pressure of the water resistance on the sole of your feet as you kick back.
- Continue to push backwards, keeping the pressure on your soles. Gradually turn from dorsi-flexed (duck feet) into plantar flexed (pointed toes) and inward facing position, allowing your feet to meet as they rise behind you.

Breaststroke Pull Technique

Starting in the glide position, the first phase of Breaststroke pull is the outswEEP and it is all to do with the angle of your hands - remember the mid scull position during this task!

- Pivot your hands down and slightly outward (at a 45 degree angle),
- From here, perform the outswEEP by pushing the palms out to should width distance,
- From this position we perform the catch, to do this scull your hands round so they move from an outward facing position to downward facing,
- From here, the elbows should be pinned to the water surface to perform the down/insweep:
- Keeping your elbows close to the water surface (like during the mid scull), begin pushing your hands and forearms down and inwards into the water until your hands meet beneath your chest - squeeze your elbows into your ribs here to encourage your hands to meet in the middle.
- Once your hands meet, move them forward just below the water surface until your arms and body are back to full extension (glide position) and ready for the next cycle!

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WEEK 3, SESSION 8

Activity	Description	Rest
Warm up		
2 x 80m	#1 Freestyle Swim, #2 Freestyle kick + board.	As required
Main Set		
3 x 20m Balance Kick - Front	Freestyle kicking with hands and arms outstretched in front, shoulder width apart.	20 Seconds
4 x 20m, Body Position Kick into 3 Strokes	Perform 3 full Freestyle strokes, on the third stroke, you will land on your side, with one arm outstretched and the other (top arm) on your hip. From here perform 5 seconds of balance kick and then repeat the process.	20 Seconds
40m Super Slow Swimming	Now put it all together into full stroke, only we are going to swim as slow as possible to focus solely on technique!	As required
4 x 20m Blasts! Bring the Speed!	First 15m-20m is FAST! Try to maintain your technique while increasing your speed.	60 Seconds
Cool Down		
80m	Backstroke or Breaststroke swim smooth.	30 Seconds

TOTAL DISTANCE: 500m

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Swim FOR A MILE

TRAINING PROGRAMME

1600m Programme

20m Pool Format

Click drill titles to view video demonstrations.

SESSION 8 TECHNICAL POINTS

Balance Kick Front

During this drill, lay on your front with your arms and hands in line with your shoulders., from here lightly kick a full length of the pool. The focus of this drill is when you breathe and how your body reacts to the movement of your head when breathing. You will notice as you raise your head up to sneak a breath, your hips will drop slightly, which is okay during this drill, as the aim is to react in the appropriate way to correct your body position.

When lowering your face back into the water, you need to apply pressure with your chest towards the bottom of the pool to counteract the sinking of your hips! Play around with the feeling of applying the pressure and what happens to your body position!

Balance Kick into 3 Strokes

This drill is similar to 3 strokes rotate, only this time when we are on the second full stroke, we hold that hand out in front for the other hand to catch up to on the third stroke. Now we are in the balance kick position, from here perform around 5 seconds of balance kick, then perform your full strokes again. Remember the feeling of applying pressure with your chest and bring this into the full strokes during this drill - it should feel like you are swimming downhill!

Super Slow Swimming

This drill gives you the opportunity to slow everything down so you can focus on each stroke and really try to apply the correct body position. This will be harder than it sounds, as it requires you to kick continuously to keep afloat! Highlighting just how important kicking is!

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WEEK 3, SESSION 9

Activity	Description	Rest
Warm up		
2 x 80m	Choice of Stroke, #1 Smooth and long #2 Build speed of leg kick each 20m	As required
Main Set		
5 x 20m Tickles Drill	This drill is described overleaf. Don't forget to keep kicking!	15 Seconds
60m Freestyle Swim	Full stroke, focussing on high elbow during the recovery phase of the stroke. Keep strokes long and smooth, with a constant kick.	30 Seconds
Touch Turns broken into 3 Simple Steps! Make sure to watch the Demonstrational Video!	Step 1: Single Hand Finish, 3 x fast finishes into the wall: swim at a high speed from 10m out into a single hand finish. Step 2: Touch & Tuck, 3 x fast finishes, once you touch the wall drive your knees up to the roof to move into a tight tuck, finishing with your feet planted on the wall (on the blue T), don't push off, just practice this tuck motion Step 3: Put it all together! 3 x Full touch turns	30 Seconds
Cool Down		
80m	Freestyle swim smooth.	30 Seconds

TOTAL DISTANCE: 500m

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SESSION 9 TECHNICAL POINTS

Tickles Drill

This drill enforces the high elbow technique of the recovery phase. To ensure the high elbow is effective, you must have your hand directly below the elbow, this is what Tickles drill teaches you!

The drill is basically full stroke Freestyle, however once your hand exits the water (past your hip), make sure to stick it to your body. From here, recover the hand, dragging it along the side of your body until it passes your arm pit. From here, the hand should travel forward, in line with your shoulder and enter just before full extension. This drill is done at a slow pace so, **DON'T FORGET TO KEEP KICKING!** As if you don't kick, you will begin to sink and find it difficult to keep moving forward.

Touch Turn Technique:

- You will need to swim into the wall with good speed, to build momentum for the turn,
- With your leading hand, touch the wall, allowing your elbow to drop and arm to fold into the wall, keep your other arm outstretched behind you on the water surface
- Drive the knees upwards to make a tight tuck,
- Make sure to take a breath during this rotation of the turn, keeping your eyes on the wall as you push backwards into the water, allowing your feet to rise and plant on the blue T of the wall,
- Push off the wall, with both hands meeting out in front, keep a tight streamline position on the push off, then perform your glide and kick!

In training we swim up one side and back on the other, for proper lane etiquette you should begin to move into the middle of the lane 5m out from the wall or when the person in front of you has passed, this means you can turn and stay out of the way of others.

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WEEK 4, SESSION 10

Activity	Description	Rest
Warm up		
2 x 100m	Alternating 40m Freestyle, 40m Backstroke. Smooth pace, stretch out.	As required
Main Set		
2 x 20m Front End Scull	Focusing on high elbow and stiff wrists!	20 Seconds
6 x 40m as 25m Fists drill, 25m Swim.	Feel the grip of the water and the power from the catch phase.	30 Seconds
2 x 40m #1 Doggy paddle drill #2 Freestyle Swim	Focus on the length of your stroke, a high elbow during the catch and a powerful underwater pull. See over leaf for full drill description.	30 Seconds
Cool Down		
100 Choice Swim	Long smooth strokes to bring down the heart rate.	30 Seconds

TOTAL DISTANCE: 660m

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20m Pool Format

Click drill titles to view video demonstrations.

SESSION 10 TECHNICAL POINTS

Front End Scull

Lying on your front, with arms outstretched forwards. Technique reminders:

- Pin elbows to the water surface,
- Point fingers down towards the bottom of the pool, this will ensure you grip the water,
- Keep wrists stiff when rotating out and in,
- Push hands and forearms outwards, rotate and then push inwards,
- Switch between pushing in and out continuously – you should feel the resistance of the water against your palm - this is sculling!

Freestyle Fists

This drill increases your sensation of the water and where the grip points are. Begin by swimming

Freestyle as usual, however, this time you are going swim with closed fists! Notice how your hands slip through the water, rather than propelling you forward. When you switch into full stroke at half way, you will notice how much water you actually grip during the catch and underwater pull phases of the stroke! The drill highlights the importance

Doggy Paddle

This drill focusses on the underwater phase of Freestyle. It is basically full stroke swimming without the recovery phase. Instead of recovering over the water, sneak your hand back to the catch position, by dragging it forward, under your body to return to the starting position.

[Click Here for Backstroke Swim Video Demo](#)

[Click Here for Freestyle Swim Video Demo](#)

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WEEK 4, SESSION 11

Activity	Description	Rest
Warm up		
3 x 100m	#1 Freestyle swim smooth #2 Choice swim smooth #3 Choice kick descend speed each 25m	30 Seconds
Main Set		
3 x 40m	#1 Freestyle body position kick on side (switch sides at halfway) #2 Backstroke kick, #3 Breaststroke: 2 Kicks, 1 pull drill	20 Seconds
3 x 40m	#1 20m Freestyle swim, 20m choice swim #2 20m Backstroke swim, 20 choice swim #3 40m Breaststroke swim	20 Seconds
Cool Down		
2 x 80m as 40m double armed Backstroke, 40m Freestyle swim	Stretch out and relax!	15 Seconds

TOTAL DISTANCE: 700m

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Click drill titles to view video demonstrations.

SESSION 11 TECHNICAL POINTS

Freestyle, Body Position Kick on Side:

This drill is to improve body awareness and balance. Freestyle is a rotational stroke, which means you need to be able to kick on your front as well as your side. For this drill:

- Begin with a normal push off and one break out stroke,
- After the initial break out stroke, land on your side, with the bottom hand outstretched forward, with the palm facing downwards,
- Your second hand should be placed on your hip, so that your shoulder and arm are on the surface of the water (almost dry!)
- From here, perform freestyle kick on your side, keeping your face in the water, until a breath is needed,
- At the half way point, take one stroke to switch sides.

Backstroke Kick Reminders:

- Remember to kick from the hips and bum rather than the knees (if your knees are coming out of the water as you kick, it tells you that your kicking from your knees). Kicking from the knees creates a cycling motion, which is less propulsive.
- Keep kicks fast and small, feel the water resistance during the downward and upward phase of the kick - this will create a small white splash!

Breaststroke; 2 Kicks, 1 Pull

This drill allows you to practice the power of the Breaststroke kick and work on your timing of the stroke. Begin by performing one full stroke cycle; 1 Breaststroke pull and kick, as your head reaches its highest point on the pull, you should begin raising your heels towards your bum (kick recovery phase). As you drive forward with the hands, you should also begin the propulsive phase of the kick; feet turn out to "duck feet" position and push back in a breaststroke kick. Once you finish one full stroke cycle, perform a bonus kick, while keeping your arms in streamline position. You should feel the propulsion of the kick and enjoy a short glide forwards! Make sure to watch the video demo by clicking the drill title above, for a better understanding of this drill.

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WEEK 4, SESSION 12

Activity	Description	Rest
Warm up		
120m	As 20m Front End Scull, 40m Freestyle Swim x 2	30 Seconds
Main Set		
4 x 60m Freestyle	#1 & 2: Doggy Paddle Drill #3 & 4: 6 Kicks, 3 Strokes Drill	20 Seconds
40m Freestyle swim	Focussing on long and strong strokes	20 Seconds
4 x 60m	#1 & #2 Breaststroke Shoot Kick #3 & 4 Breaststroke 2 Kicks, 1 Pull Drill	20 Seconds
40m Breaststroke Swim	Focussing on long and strong strokes	N/A
TOTAL DISTANCE: 680m		

Doggy Paddle

This drill focusses on the underwater phase of Freestyle. It is basically full stroke swimming without the recovery phase. Instead of recovering over the water, sneak your hand back to the catch position, by dragging it forward, under your body to return to the starting position.

6 Kicks, 3 Strokes Drill

Freestyle and Backstroke involves continuous body rotation coming from the shoulders and hips, this rotation shouldn't usually exceed a 45° angle to either side. However, for the purpose of this drill the movement is exaggerated for you to experience the feeling of kicking on your side. Kicks should be small, rapid and continuous.

Drill explained:

- Push off as normal and take 3 full strokes, on the third, rotate fully onto your side and perform 6 kicks
- During the freestyle version of this drill, keep your face in the water as you land on your side, breathing during the pull instead. If extra breaths are required you can do this when kicking on your side.

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Click drill titles to view video demonstrations.

SESSION 12 TECHNICAL POINTS

Breaststroke Kick Reminders:

The first phase of the kick is the recovery:

- To recover the legs, flex your knees so your heels can rise towards your bum. As the heels rise, only allow your knees to spread to shoulder width apart.
- As the heels approach your bum, your feet should begin to dorsi-flex (toes pull up towards your shins) and rotate outwards - duck feet! This is known as the catch phase of the kick, as this position allows you to grip the water with your feet, pushing against it - rather than the feet slipping through the water!
- To begin the propulsive phase (out / backsweep) push your feet out and back - but resist the temptation to exaggerate this movement e.g frog legs. Think of it more as a 1/2 moon! You should feel the pressure of the water resistance on the sole of your feet as you kick back.
- Continue to push backwards, keeping the pressure on your soles. Gradually turn from dorsi-flexed (duck feet) into plantar flexed (pointed toes) and inward facing position, allowing your feet to meet as they rise behind you.

Breaststroke Pull Technique

Starting in the glide position, the first phase of Breaststroke pull is the outswEEP and it is all to do with the angle of your hands - remember the mid scull position during this task!

- Pivot your hands down and slightly outward (at a 45 degree angle),
- From here, perform the outswEEP by pushing the palms out to should width distance,
- From this position we perform the catch, to do this scull your hands round so they move from an outward facing position to downward facing,
- From here, the elbows should be pinned to the water surface to perform the down/insweep:
- Keeping your elbows close to the water surface (like during the mid scull), begin pushing your hands and forearms down and inwards into the water until your hands meet beneath your chest - squeeze your elbows into your ribs here to encourage your hands to meet in the middle.
- Once your hands meet, move them forward just below the water surface until your arms and body are back to full extension (glide position) and ready for the next cycle!

Breaststroke Shoot Kick

- Lying flat on the surface,
- One hand on top of the other or with thumbs interlocking,
- Allow your elbows to drop down, so that your hands come to meet the top of your head, as you do this begin the recovery of the leg kick (heels rise to bum),
- Once your heels reach your bum, drive the legs back into a leg kick as you shoot your hands forward in streamline at the same time,

Glide for a couple of seconds and repeat.

(The action resembles pulling the trigger of a gun and out comes a streamlined bullet!)

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WEEK 5, SESSION 13

Activity	Description	Rest
Warm up		
200m Freestyle	Long and smooth to get warmed up!	30 Seconds
Main Set		
2 x 40m Freestyle Body Position Kick on Side	Freestyle kicking on your side, with hand outstretched in front and the top hand resting on top of your hip. At half way, switch sides.	20 Seconds
2 x 40m Backstroke Body Position Kick	Backstroke kicking on your side, with one hand outstretched and the other at your hip. At half way, switch sides.	20 Seconds
3 x 40m Freestyle 6 Kicks, 3 Strokes	Keep your face in the water during this drill. Try to breath during the full strokes	20 Seconds
3 x 40m Backstroke 6 Kicks, 3 Strokes	Keep your face out of the water during this drill, keeping your chin up and eyes looking at the ceiling.	20 Seconds
100m Choice swim	Focussing on long and strong strokes	

TOTAL DISTANCE: 700m

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SESSION 13 TECHNICAL POINTS

Body Position Kick on Side

(Freestyle)

- For this drill, lay on your side with one arm fully outstretched in front.
- Place palm facing down in line with your shoulder,
- Keep face looking down, hugging into the arm pit of the outstretched arm,
- From here keep kick continuously, focus on keeping your trunk stable (using your core stability and bum!),

You will notice as you raise your head to breathe, your hips will drop slightly, counteract this by kicking stronger and keeping your core taught.

The Backstroke version of this drill is the same, only this time, your face out of the water as you kick. Remember to switch sides at half way of each length!

6 Kicks, 3 Strokes Drill

Freestyle and Backstroke involves continuous body rotation coming from the shoulders and hips, this rotation shouldn't usually exceed a 45° angle to either side. However, for the purpose of this drill the movement is exaggerated for you to experience the feeling of kicking on your side. Kicks should be small, rapid and continuous.

Drill explained:

- Push off as normal and take 3 full strokes, on the third, rotate fully onto your side and perform 6 kicks
- During the freestyle version of this drill, keep your face in the water as you land on your side, breathing during the pull instead. If extra breaths are required you can do this when kicking on your side.

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WEEK 5, SESSION 14

Activity	Description	Rest
Warm up		
200m Choice Swim	Long and smooth to get warmed up!	As Required
Main Set		
4 x 20 Seconds Breaststroke Vertical Wall Kicks	Test your technique! See over leaf for full drill description. The goal is to keep your hips as close to the wall as possible!	30 Seconds
4 x 20m Breaststroke kick + Board	Keep in mind what you've just learnt about the movement of your knees - don't let them come close to your chest!	20 Seconds
2 x 20m Mid Scull	Pull Buoys are useful during this drill to keep your body position high in the water. Raise your chin gently forwards when a breath is needed.	20 Seconds
2 x 80m Breaststroke,	40m Smooth, 40m fast pace.	30 Seconds
Touch Turns broken into 3 Simple Steps! Make sure to watch the Demonstrational Video!	Step 1: Single Hand Finish, 3 x fast finishes into the wall: swim at a high speed from 10m out into a single hand finish. Step 2: Touch & Tuck, 3 x fast finishes, once you touch the wall drive your knees up to the roof to move into a tight tuck, finishing with your feet planted on the wall (on the blue T), don't push off, just practice this tuck motion Step 3: Put it all together! 3 x Full touch turns	30 Seconds

TOTAL DISTANCE: 750m

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SESSION 14 TECHNICAL POINTS

Breaststroke: Vertical Wall Kicks

(This drill requires a side lane for the whole group to have a space at the wall!) This drill gives you better body awareness while performing Breaststroke kick!

- Holding onto the wall, with your body in an upright position,
- Press your body against the wall, so that your chest, hips and knees make contact,
- Keeping your head above water, bring your heels to your bum and commence Breaststroke kicking, with the same technique as you just performed in the task before.
- The wall will prevent your knees from travelling forward (one of the most common mistakes in breaststroke kick)
- The goal is to perform the kicks, without your hips breaking contact with the wall as if they do, you are creating too much forward movement at the knees.

Breaststroke Kick Reminders:

The first phase of the kick is the recovery:

- To recover the legs, flex your knees so your heels can rise towards your bum. As the heels rise, only allow your knees to spread to shoulder width apart.
- As the heels approach your bum, your feet should begin to dorsi-flex (toes pull up towards your shins) and rotate outwards - duck feet! This is known as the catch phase of the kick, as this position allows you to grip the water with your feet, pushing against it - rather than the feet slipping through the water!
- To begin the propulsive phase (out / backsweep) push your feet out and back - but resist the temptation to exaggerate this movement e.g frog legs. Think of it more as a 1/2 moon! You should feel the pressure of the water resistance on the sole of your feet as you kick back.
- Continue to push backwards, keeping the pressure on your soles. Gradually turn from dorsi-flexed (duck feet) into plantar flexed (pointed toes) and inward facing position, allowing your feet to meet as they rise behind you.

Touch Turn Technique:

Improving your turns can lead to huge reductions in time, so be sure to practice these as much as possible! Even for 5 minutes at the end of each sessions

- You will need to swim into the wall with good speed, to build momentum for the turn,
- With your leading hand, touch the wall, allowing your elbow to drop and arm to fold into the wall, keep your other arm outstretched behind you on the water surface
- Drive the knees upwards to make a tight tuck,
- Make sure to take a breath during this rotation of the turn, keeping your eyes on the wall as you push backwards into the water, allowing your feet to rise and plant on the blue T of the wall,
- Push off the wall, with both hands meeting out in front, keep a tight streamline position on the push off, then perform your glide and kick!

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WEEK 5, SESSION 15

Activity	Description	Rest
Warm up		
160m	As 80m Freestyle swim, 80m choice kick	As required
Main Set		
2 x 20m Front End Scull	High elbow on catch!	15 Seconds
2 x 60m Tickles Drill	This drill is described overleaf. Don't forget to keep kicking!	20 Seconds
4 x 40m Freestyle Fists/Swim	As 20m Fists drill, 20m Swim - catch and drive!	30 Seconds
6 x 20m Freestyle Swim	Count strokes on the first length and try to reduce this count each length. Focus on stretching out on your hand entry and exit, keep kick consistent and use your push off's!	30 Seconds
2 x 40m Backstroke 6 Kicks, 3 Strokes	Focus on keeping hips high on this drill, do so by keeping chin up and eyes looking at the ceiling.	20 Seconds
6 x 20m Backstroke Swim	Lower stroke count, like we just did in the 4x25m Freestyle!	30 Seconds
Cool Down		
100m Choice swim	Stretch out and relax!	

TOTAL DISTNACE: 900m

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SESSION 15 TECHNICAL POINTS

Front End Scull

Lying on your front, with arms outstretched forwards. Technique reminders:

- Pin elbows to the water surface,
- Point fingers down towards the bottom of the pool, this will ensure you grip the water,
- Keep wrists stiff when rotating out and in,
- Push hands and forearms outwards, rotate and then push inwards,
- Switch between pushing in and out continuously – you should feel the resistance of the water against your palm - this is sculling!

Freestyle Fists

This drill increases your sensation of the water and where the grip points are. Begin by swimming Freestyle as usual, however, this time you are going swim with closed fists! Notice how your hands slip through the water, rather than propelling you forward. When you switch into full stroke at half way, you will notice how much water you actually grip during the catch and underwater pull phases of the stroke! The drill highlights the importance

Lowering Your Stroke Count

When swimming we want to move with the best efficiency possible, this means taking less strokes per length, trying to cover more metres per stroke. The goal is to find a stroke count that suits your body, balancing a low count while keeping your momentum. This activity teaches you to stretch out, finding a way to keep strokes long and strong. See how low you can get on your stroke count - but don't forget to keep kicking!

Everyone will have a different stroke count, depending on height, arm span and swimming technique. Do not worry how many strokes the swimmer beside you is taking. Work off your own numbers!

6 Kicks, 3 Strokes Drill

Freestyle and Backstroke involve continuous body rotation coming from the shoulders and hips, this rotation shouldn't usually exceed a 45° angle to either side. However, for the purpose of this drill the movement is exaggerated for you to experience the feeling of kicking on your side. Kicks should be small, rapid and continuous.

Drill explained:

- Push off as normal and take 3 full strokes, on the third, rotate fully onto your side and perform 6 kicks

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WEEK 6, SESSION 16

Activity	Description	Rest
Warm up		
4 x 100m	#1 Freestyle Swim smooth #2 Backstroke swim smooth #3 40m Freestyle kick, 20m Breaststroke kick, 40m Freestyle kick with board #4 40m Backstroke kick, 20m Freestyle kick, 40m Backstroke kick no board	30 Seconds
Main Set		
5 x 40m	#1 & 2: Freestyle 6 Kicks, 3 Strokes #3 & 4: Backstroke L Drill #5 Choice Swim	30 Seconds
5 x 40m Kick	Choice of Kick, but all 5 must be the same kick. Descend your speed from #1-5 getting a little bit faster each 40m.	20 Seconds
Cool Down		
2 x 40m Double armed Backstroke	Stretch out your chest and back and relax!	30 Seconds

TOTAL DISTANCE: 880m

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20m Pool Format

Click drill titles to view video demonstrations.

SESSION 16 TECHNICAL POINTS

Kick Technique

- Knees and ankles close together
- Point toes and allow feet to turn slightly inwards so that big toes are almost touching.
- Kick should be driven from your bum and hips- NOT your knees!
- On back keep chin up!

6 Kicks, 3 Strokes Drill

Freestyle and Backstroke involves continuous body rotation coming from the shoulders and hips, this rotation shouldn't usually exceed a 45° angle to either side. However, for the purpose of this drill the movement is exaggerated for you to experience the feeling of kicking on your side. Kicks should be small, rapid and continuous.

Drill explained:

- Push off as normal and take 3 full strokes, on the third, rotate fully onto your side and perform 6 kicks
- During the freestyle version of this drill, keep your face in the water as you land on your side, breathing during the pull instead. If extra breaths are required you can do this when kicking on your side.

L-Drill Backstroke

This drill is a progression from 6 kicks, 3 strokes. It is slightly more challenging, encouraging you to kick harder on the third stroke:

- Push off as normal, take 3 full strokes, on the third, pause your arm as your hand reaches its highest point during the recovery (when it is in line with your shoulder),
- Hold this position for 3 seconds, trying to keep your shoulder high and finger tips pointing to the ceiling,
- You will need to kick harder during this hold to ensure your hips do not sink.
- After 3 seconds continue the stroke and repeat with the other arm after three strokes.

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WEEK 6, SESSION 17

Activity	Description	Rest
Warm up		
3 x 160m	#1 100m Freestyle Swim, 60m Freestyle Kick with board #2 100m Backstroke swim, 60m Backstroke Kick #3 100m choice swim, 60m choice kick	30 Seconds
Main Set		
2 x 120m Freestyle	As 40m Bow & Arrow Drill, 20m Swim Smooth Long smooth strokes	30 Seconds
4 x 40m Freestyle Swim	#1 & 2 Smooth, focussing on the ONE GOGGLE RULE! #3 Build speed through the 40m, finishing on 10m max speed swimming #4 Fast speed for full 40m	20 Seconds
Cool Down		
2 x 80m Kick	Grab a board and kick your choice of stroke - shake out the legs and relax!	30 Seconds

TOTAL DISTANCE: 960m

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20m Pool Format

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SESSION 17 TECHNICAL POINTS

Bow and Arrow Drill

This drill is a timing drill and is basically full stroke, with a pause incorporate. Perform three full strokes, however, on the third stroke when your hand reaches your armpit, during the recovery phase (when your hand is out of the water), pause for 2-3 seconds and hold this position. Keep your elbow high, pointing it towards the ceiling. After the pause you can continue the stroke cycle. Keep your hand directly below your elbow to encourage a better hand entry position and keep a strong kick during the pause, otherwise you will sink!

One Goggle Rule

We often talk about the one goggle rule in swimming, this is when you try and keep one goggle in the water when you breathe - well as close as possible to keeping one goggle in the water! By focusing on this, it will reduce the amount that your head rises as you breathe, correcting your body position and ensuring that you are always moving forward!

[Click here to watch Full Stroke Freestyle Demo Video - watch out for the one goggle rule!](#)

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WEEK 6, SESSION 18

Activity	Description	Rest
Warm up		
2 x 100m	#1 Freestyle Swim, #2 Choice Swim	As Required
Main Set		
4 x 20m Head Lead kick on side	10m on right side and 10m on the other (perform a stroke to switch sides). See technical points.	20 Seconds
4 x 20m Head Lead kick, rotate	Perform 6 kicks on your right side, 6 kicks on your front and then 6 kicks on your left side and repeat.	20 Seconds
4 x 60m Tickles Drill	Drill described over leaf.	20 Seconds
2 x 100m Freestyle Full Stroke Smooth	Focussing on a smooth rotation and keeping kick continous.	As Required
Cool Down		
100m Smooth	50m double armed backstroke, 50m Freestyle smooth.	As Required

TOTAL DISTANCE: 900m

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20m Pool Format

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SESSION 18 TECHNICAL POINTS

Head Lead Kick

This should test your body position. Remember to keep a straight line down the back of your body, from your head through your spine, right to your ankles! You will really have to focus on keeping your kick continuous.

Head Lead Kick, Rotation

Take your time as you transition from side to front and vice versa, make sure you are kicking through the rotation and smoothly rolling rather than jerking from one position to the next. Be careful not to over rotate when kicking on your side, your shoulders should be in line with each other, with one pointing to the bottom of the pool and the other to the ceiling.

Tickles Drill

This drill enforces the high elbow technique of the recovery phase. To ensure the high elbow is effective, you must have your hand directly below the elbow, this is what Tickles drill teaches you!

The drill is basically full stroke Freestyle, however once your hand exits the water (past your hip), make sure to stick it to your body. From here, recover the hand, dragging it along the side of your body until it passes your arm pit. From here, the hand should travel forward, in line with your shoulder and enter just before full extension. This drill is done at a slow pace so, **DON'T FORGET TO KEEP KICKING!** As if you don't kick, you will begin to sink and find it difficult to keep moving forward.

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WEEK 7, SESSION 19

Activity	Description	Rest
Warm up		
4 x 160m	#1 Freestyle Swim, #2 Choice Swim, #3 Freestyle Kick #4 Choice Kick	20 Seconds
Main Set		
2 x 80m Drill	As 20m Choice Scull, 20m Choice Drill, 20m Choice Swim	20 Seconds
3 x 40m	Stroke Efficiency Test; Count strokes per length and add this count to your time for the 40m bout. This equals your stroke efficiency score.	15 Seconds
Cool Down		
2 x 100m	As 50m Backstroke, 50m Fresstyle smooth!	As Required

TOTAL DISTANCE: 1,120m

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SESSION 19 TECHNICAL POINTS

Stroke Efficiency Test

This simple yet effective test is a good way of monitoring your efficiency.

On the first length count your strokes and look for your time either from the pacing clock or from your SFAM coach! Add your time and stroke count together e.g. 40 strokes plus 70 seconds = a score of 110. After your first 50m try and reduce this score by going faster, reducing your stroke count or a combination of the two! From this you will find a happy medium that suits your stroke best and works most efficiently for you.

The 4 Phases of a Freestyle Stroke

1. Hand Entry:

Your hand should enter in line with your shoulder to prevent crossing over your centre line - this is an imaginary line down the middle of your body, which you should never cross! The reason we stay outside of this line, is to ensure that all of your energy is going into moving forward. If you cross the centre line, you apply force to the side, meaning the propulsion you receive will be to the opposite side, creating that well known snake motioned stroke. We want to push backwards to move forwards!

2. Catch:

This occurs immediately after your hand enters the water. The catch is basically a small scull pushing into the water, however it is called the catch, as you are literally trying to catch or grab the water to use the resistance to push you forward during the underwater pull. This is one of the rare occasions where we want to have water resistance!

3. Underwater Pull:

This can be further broken down into the initial downward phase, then the backwards phase. Initially you want to push your palm and forearm down into the water WHILE keeping your elbow at the surface, to create a better surface area in which to grip the water. Once your hand passes the line of your chest, you begin to rotate your body in the direction of your stroke arm, keeping your hand close to your trunk, explosively push past your hip until your hand exits the water.

4. Recovery:

The recovery, as suggested by its name is the relaxed part of the stroke! Its purpose is to get your hand from the exit position back to its entry position. All you have to remember is to keep your elbow high in the air, pointing to the roof WHILE your hand stays directly below and close to your body. This ensures that your hand is in the perfect position, ready for the catch!

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WEEK 7, SESSION 20

Activity	Description	Rest
Warm up		
300m As 40m Freestyle, 40m Choice Stroke	Get your heart rate up and ready to go!	20 Seconds
Main Set		
5 x 40m Freestyle	Smooth arms with strong leg kick!	20 Seconds
5 x 40m Freestyle Fast Break Out!	Remembering your push, glide and kick. Transfer this into a fast breakout. When you break the water surface, perform 15m of maximum effort Then swim smooth for the rest of the 40m	30 Seconds
2 x 40m Breastroke	Breaststroke kick with board OR shoot kick	20 Seconds
2 x 40m Breaststroke Fast Finish	Build the speed every 5-7m, getting a littler bit faster each time, so that your last 5-7m is at maximum effort! Then swim smooth for the rest of the 50m	30 Seconds
Cool Down		
80m 60m	Choice - bring your heart rate down and relax into the water.	N/A

TOTAL DISTANCE: 1020m

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SESSION 20 TECHNICAL POINTS

Push & Glides Reminders

- Try to get a good depth on each push off, you need space beneath the water surface to carry momentum through the kicks!
- Holding onto the wall with one hand, plant both feet on the wall, below your hand on the blue T.
- Submerge down into the water (around 1m below the surface) and push off.
- As you push off, bring your wall hand over head to meet the hand in the water, squeezing your arms against your ears to stay in streamline position.
- Make sure to keep your stomach, bum and leg muscles engaged to prevent your back from over arching, forming the streamline position.
- Don't break your streamline position, until you begin to feel your body slowing down, as it glides under the water.
- At this point begin your Freestyle leg kick to help you transition from underwater into your first stroke,
- Your first stroke should feel like you are popping out of the water, always keeping the momentum moving forwards (not up!).

Breaststroke Kick Reminders:

The first phase of the kick is the recovery:

- To recover the legs, flex your knees so your heels can rise towards your bum. As the heels rise, only allow your knees to spread to shoulder width apart.
- As the heels approach your bum, your feet should begin to dorsi-flex (toes pull up towards your shins) and rotate outwards - duck feet! This is known as the catch phase of the kick, as this position allows you to grip the water with your feet, pushing against it - rather than the feet slipping through the water!
- To begin the propulsive phase (out / backsweep) push your feet out and back - but resist the temptation to exaggerate this movement e.g frog legs. Think of it more as a 1/2 moon! You should feel the pressure of the water resistance on the sole of your feet as you kick back.
- Continue to push backwards, keeping the pressure on your soles. Gradually turn from dorsi-flexed (duck feet) into plantar flexed (pointed toes) and inward facing position, allowing your feet to meet as they rise behind you.

Breaststroke Shoot Kick

- Lying flat on the surface,
 - One hand on top of the other or with thumbs interlocking,
 - Allow your elbows to drop down, so that your hands come to meet the top of your head, as you do this begin the recovery of the leg kick (heels rise to bum),
 - Once your heels reach your bum, drive the legs back into a leg kick as you shoot your hands forward in streamline at the same time,
- Glide for a couple of seconds and repeat.

(The action resembles pulling the trigger of a gun and out comes a streamlined bullet!)

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WEEK 7, SESSION 21

Activity	Description	Rest
Warm up		
400m	Mixing between Freestyle and Backstroke Descending in effort each 100m (getting a little bit faster per 100m).	Reset
Main Set		
300m Freestyle Swim,	Focus on breathing bilaterally; every 3 strokes. Keep strokes long and smooth, keeping an even and smooth rotation every stroke. Think about the 1 goggle rule to keep rotation smooth on breath!	30 Seconds
200m Kick	Freestyle kick; your choice with a board or balance kick.	30 Seconds
100m Freestyle Drill	6 Kicks, 3 Strokes Drill	20 Seconds
Cool Down		
5 x 40m	Odds choice kick, Evens choice swim	As Required

TOTAL DISTANCE: 1,200m

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SESSION 21 TECHNICAL POINTS

6 Kicks, 3 Strokes Drill

Freestyle and Backstroke involves continuous body rotation coming from the shoulders and hips, this rotation shouldn't usually exceed a 45° angle to either side. However, for the purpose of this drill the movement is exaggerated for you to experience the feeling of kicking on your side. Kicks should be small, rapid and continuous.

Drill explained:

- Push off as normal and take 3 full strokes, on the third, rotate fully onto your side and perform 6 kicks
- During the freestyle version of this drill, keep your face in the water as you land on your side, breathing during the pull instead. If extra breaths are required you can do this when kicking on your side.

Body Position Kick (Optional)

(Freestyle)

- For this drill, lay on your side with one arm fully outstretched in front.
- Place palm facing down in line with your shoulder,
- Keep face looking down, hugging into the arm pit of the outstretched arm,
- From here keep kick continuously, focus on keeping your trunk stable (using your core stability and bum!),

You will notice as you raise your head to breathe, your hips will drop slightly, counteract this by kicking stronger and keeping your core taught.

Why Do We Breathe Bilaterally?

- It helps keep the rhythm of the stroke and therefore helps build momentum
- It can reduce the risk of injury caused by repetitive stress. For example If you constantly breathe to the right side, it puts repetitive stress on your left shoulder, as it balances out in front as you breathe. It can also cause the right hand side of your back to tighten up as it is constantly turning to the same side over and over again.
- It improves your lung capacity as you are training your ability to hold your breath!

It is best to practice breathing to both sides in training, even if you want to breathe to your favourite side on the event day!

One Goggle Rule

This is when you try and keep one goggle in the water when you breathe or as close as possible to this! Focusing on rotating your head in line with the rotation of the stroke rather than lifting it up to the sky! This will promote a more efficient body position, reducing the water resistance and keeping everything moving forwards rather than up and down.

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WEEK 8, SESSION 22

Activity	Description	Rest
Warm up		
200m Choice Stroke	As 100m Kick, 100m Drill	N/A
Main Set		
10 x 100m	<p>Odds: Choice Stroke, Choice Drill</p> <p>Evens: Freestyle or Breaststroke swim at a strong pace. Try to pick a pace that you would like to hold for the mile!</p>	20 Seconds
<p>Touch Turns broken into 3 Simple Steps!</p> <p>Make sure to watch the Demonstration- al Video!</p>	<p>Step 1: Single Hand Finish, 3 x fast finishes into the wall: swim at a high speed from 10m out into a single hand finish.</p> <p>Step 2: Touch & Tuck, 3 x fast finishes, once you touch the wall drive your knees up to the roof to move into a tight tuck, finishing with your feet planted on the wall (on the blue T), don't push off, just practice this tuck motion</p> <p>Step 3: Put it all together! 3 x Full touch turns</p>	30 Seconds

TOTAL DISTANCE: 1,400m

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SESSION 22 TECHNICAL POINTS

Touch Turn Technique Reminders

- You will need to swim into the wall with good speed, to build momentum for the turn,
- With your leading hand, touch the wall, allowing your elbow to drop and arm to fold into the wall, keep your other arm outstretched behind you on the water surface
- Drive the knees upwards to make a tight tuck,
- Make sure to take a breath during this rotation of the turn, keeping your eyes on the wall as you push backwards into the water, allowing your feet to rise and plant on the blue T of the wall,
- Push off the wall, with both hands meeting out in front, keep a tight streamline position on the push off, then perform your glide and kick!

In training we swim up one side and back on the other, for proper lane etiquette you should begin to move into the middle of the lane 5m out from the wall or when the person in front of you has passed, this means you can turn and stay out of the way of others.

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WEEK 8, SESSION 23

Activity	Description	Rest
Warm up		
200m Freestyle	180m Swim, 20m Front End Scull.	N/A
Main Set		
4 x 40m	20m Fists Drill, 20m Swim. Focus on a high elbow catch and a powerful underwater pull.	15 Seconds
400m Freestyle	Increase your speed slightly every 100m.	20 Seconds
2 x 40m Backstroke Swim Smooth	Smooth swimming, stretch out your shoulders	15 Seconds
400m Freestyle	Take the middle pace from the previous 400m and hold. Focus on keeping long and strong!	20 Seconds
Cool Down		
2 x 80m Choice Swim Smooth	Smooth swimming, stretch out!	15 Seconds

TOTAL DISTANCE: 1,400m

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20m Pool Format

Click drill titles to view video demonstrations.

SESSION 23 TECHNICAL POINTS

Front End Scull

Lying on your front, with arms outstretched frowards. Technique reminders:

- Pin elbows to the water surface,
- Point fingers down towards the bottom of the pool, this will ensure you grip the water,
- Keep wrists stiff when rotating out and in,
- Push hands and forarms outwards, rotate and then push inwards,
- Switch between pushing in and out continuously – you should feel the resistance of the water against your palm - this is sculling!

Freestyle Fists

This drill increases your sensation of the water and where the grip points are. Begin by swimming

Freestyle as usual, however, this time you are going swim with closed fists! Notice how your hands slip through the water, rather than propelling you forward. When you switch into full stroke at half way, you will notice how much water you actually grip during the catch and underwater pull phases of the stroke! The drill highlights the importance

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WEEK 8, SESSION 24

Activity	Description	Rest
Warm up		
300m	Alternating: 40m Freestyle, 40m Choice	N/A
Main Set		
5 x 20m Hear rate pulser	First 15m maximum effort sprint!	15 Seconds
5 x 40m Freestyle	Build each 10m to a sprint finish to prepare for the main set.	20 Seconds
Half Distance Time Trial; 800m For Time	<p>This half distance time trial is to prepare you for the big day! Take it as the first half of your event, find a pace within your comfort zone, building from here so that you finish out of breath!</p> <p>This time should give you a better idea of your final time for the full mile - double your half distance time and add a minute or two. Update your estimated completion time via your SFAM Dashboard if necessary to this time, this will ensure that you are in a lane with people of similar abilities to you on event day!</p>	N/A
Cool Down		
5 x 40m Smooth	Choice of kick, swim or drill!	30 Seconds

TOTAL DISTANCE: 1600m - ONE MILE!

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SESSION 24 TECHNICAL POINTS

Time Trial Purpose

This session is to prepare you for the big day by practising the first half of your mile! When performing the half distance time trial, remember to keep calm and focus on your learnings from the past few weeks!

Ease in by taking the first 4 lengths (100m) smooth. From here increase your speed, but keep it controlled and settle into your pace. If you tire too soon, at least you will know how to approach the swim on the actual event day!

This time should give you a better idea of your final time for the full mile - double your half distance time and add a minute or two.

Update your estimated completion time via your SFAM Dashboard if necessary to reflect this time. This will ensure that you are in a lane with people of similar abilities to you on event day!

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WEEK 9, SESSION 25

Activity	Description	Rest
Warm up		
200m	Swim choice, long and smooth	N/A
Main Set		
5 x 20m	Freestyle Kick with board	10 Seconds
6 x 60m	#1 Count Strokes, #2 Reduce Stroke Count #3 Reduce Again! #4 Fast first 15m #5 Fast Turn #6 Fast Finish	15 Seconds
6 x 100m Freestyle	#Odds Fast turns, working 10m into and out of each turn. #Evens Smooth; choice of stroke	20 Seconds
Push, Glide & Kick-Practice	4 x push and glides 4 x push, glide and kick 4 x push, glide, kick and 3 break out strokes.	As Required
Cool Down		
2 x 160m	As 40m Kick, 40m choice drill, 40m choice swim	30 Seconds

TOTAL DISTANCE: 1580m

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SESSION 25 TECHNICAL POINTS

Push & Glides Into Kick & Break Out

This drill teaches you how you should push off the wall at the beginning of every length. The idea is to measure how far you can travel from the power of your push off alone, as you progress through these 8 weeks of training, you should be able to travel further as your efficiency improves! Try to get a good depth on each push off, you need space beneath the water surface to carry momentum!

- Holding onto the wall with one hand, plant both feet on the wall, below your hand on the blue T.
- Submerge down into the water (around 1m below the surface) and push off,
- As you push off, bring your wall hand over head to meet the hand in the water, squeezing your arms against your ears to stay in streamline position.
- Make sure to keep your stomach, bum and leg muscles engaged to prevent your back from over arching,
- Don't break your streamline position, until you break the water surface and stop moving.
- To prevent irritation from water entering your nose, perform an explosive exhale, followed by trickle exhaling until you come to the water surface and finish your glide.
- Allow yourself to glide for a few seconds until you begin to slow down, then begin your Butterfly or Freestyle kick.
- Butterfly kick: Initiate the kick from the top of your stomach muscles, curling forward each muscle below in a wave motion that finishes with your feet! Remember to keep your knees and feet as close together as possible
- As you break the water surface perform 3 strong full strokes.

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WEEK 9, SESSION 26

Activity	Description	Rest
Warm up		
4 x 160m	Alternating 40m Drill, 40m Swim	N/A
Main Set		
4 x 100m	Freestyle Swim Descending speed per length, finishing fast!	20 Seconds
4 x 40m	Freestyle kick with board at moderate speed	15 Seconds
4 x 20m	Speed bursts; strong push off + 3 fast break out strokes.	20 Seconds
Cool Down		
200m	50m Double armed Backstroke, 50m choice, stretch out and relax!	N/A

TOTAL DISTANCE: 1560m

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SESSION 26 TECHNICAL POINTS

Kick Technique Reminders

- Knees and ankles close together
- Point toes and allow feet to turn slightly inwards so that big toes are almost touching.
- Kick should be driven from your bum and hips- NOT your knees!
- On back keep chin up!

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WEEK 9, SESSION 27

Activity	Description	Rest
Warm up		
300m	Alternating between Freestyle and Backstroke OR Breaststroke	N/A
Main Set		
10 x 60m	#1 Count Strokes, #2 Reduce Stroke Count #3 Reduce Again! #4 Fast first 15m #5 Fast Turn Repeat twice	15 Seconds
4 x 100m Breaststroke OR Freestyle	As 40m Kick, 60m Swim Smooth pace just focusing on technique.	20 Seconds
Cool Down		
4 x Turn Practice	Swimming from 15m out, practice 4 fast turns!	

TOTAL DISTANCE: 1400m

Its wind down time! We are on the final stretch of your challenge! All the hard work is done, now is the time to relax and keep focussed on your stroke efficiency. You are now more than capable to complete the challenge, just remember to take it length by length!

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Click drill titles to view video demonstrations.

SESSION 27 TECHNICAL POINTS

Freestyle Kick Technique Reminders

- Knees and ankles close together
- Point toes and allow feet to turn slightly inwards so that big toes are almost touching.
- Kick should be driven from your bum and hips- NOT your knees!
- On back keep chin up!

Breaststroke Kick Reminders:

The first phase of the kick is the recovery:

- To recover the legs, flex your knees so your heels can rise towards your bum. As the heels rise, only allow your knees to spread to shoulder width apart.
- As the heels approach your bum, your feet should begin to dorsi-flex (toes pull up towards your shins) and rotate outwards - duck feet! This is known as the catch phase of the kick, as this position allows you to grip the water with your feet, pushing against it - rather than the feet slipping through the water!
- To begin the propulsive phase (out / backsweep) push your feet out and back - but resist the temptation to exaggerate this movement e.g frog legs. Think of it more as a 1/2 moon! You should feel the pressure of the water resistance on the sole of your feet as you kick back.
- Continue to push backwards, keeping the pressure on your soles. Gradually turn from dorsi-flexed (duck feet) into plantar flexed (pointed toes) and inward facing position, allowing your feet to meet as they rise behind you.

Touch Turn Technique:

Improving your turns can lead to huge reductions in time, so be sure to practice these as much as possible! Even for 5 minutes at the end of each sessions

- You will need to swim into the wall with good speed, to build momentum for the turn,
- With your leading hand, touch the wall, allowing your elbow to drop and arm to fold into the wall, keep your other arm outstretched behind you on the water surface
- Drive the knees upwards to make a tight tuck,
- Make sure to take a breath during this rotation of the turn, keeping your eyes on the wall as you push backwards into the water, allowing your feet to rise and plant on the blue T of the wall,
- Push off the wall, with both hands meeting out in front, keep a tight streamline position on the push off, then perform your glide and kick!

Swim FOR A MILE

TRAINING PROGRAMME

1600m Programme
20m Pool Format

Questions? Email swimforamile@swimireland.ie

WEEK 10, SESSION 28

Activity	Description	Rest
Warm up		
200m	Swim choice, long and smooth	N/A
Main Set		
6 x 20m	Freestyle Kick with board	10 Seconds
8 x 40m	#1 Count Strokes, #2 Reduce Stroke Count #3 Reduce Again! #4 Fast Turn Repeat twice	15 Seconds
6 x 100m Freestyle	#Odds Fast turns, working 10m into and out of each turn. #Evens Smooth; choice of stroke	20 Seconds
Push, Glide & Kick-Practice	4 x push and glides 4 x push, glide and kick 4 x push, glide, kick and 3 break out strokes.	As Required
Cool Down		
2 x 120m	As 40m Kick, 40m choice drill, 40m choice swim	30 Seconds

TOTAL DISTANCE: 1600m - ONE MILE!

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Swim FOR A MILE

TRAINING PROGRAMME

1600m Programme

20m Pool Format

Click drill titles to view video demonstrations.

SESSION 28 TECHNICAL POINTS

Push & Glides Into Kick & Break Out

This drill teaches you how you should push off the wall at the beginning of every length. The idea is to measure how far you can travel from the power of your push off alone, as you progress through these 8 weeks of training, you should be able to travel further as your efficiency improves! Try to get a good depth on each push off, you need space beneath the water surface to carry momentum!

- Holding onto the wall with one hand, plant both feet on the wall, below your hand on the blue T.
- Submerge down into the water (around 1m below the surface) and push off,
- As you push off, bring your wall hand over head to meet the hand in the water, squeezing your arms against your ears to stay in streamline position.
- Make sure to keep your stomach, bum and leg muscles engaged to prevent your back from over arching,
- Don't break your streamline position, until you break the water surface and stop moving.
- To prevent irritation from water entering your nose, perform an explosive exhale, followed by trickle exhaling until you come to the water surface and finish your glide.
- Allow yourself to glide for a few seconds until you begin to slow down, then begin your Butterfly or Freestyle kick.
- Butterfly kick: Initiate the kick from the top of your stomach muscles, curling forward each muscle below in a wave motion that finishes with your feet! Remember to keep your knees and feet as close together as possible
- As you break the water surface perform 3 strong full strokes.

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WEEK 10, SESSION 29

Activity	Description	Rest
Warm up		
4 x 120m	40m Drill, 40m Swim, 40m Drill	N/A
Main Set		
4 x 100m	Freestyle Swim Descending speed per length, finishing fast!	20 Seconds
4 x 60m	Freestyle kick with board at moderate speed	15 Seconds
8 x 20m	Odds; Speed bursts; strong push off + 3 fast break out strokes. Evens; Smooth	20 Seconds
Cool Down		
200m	Alternating 40m Double armed Backstroke, 40m choice, stretch out and relax!	N/A

TOTAL DISTANCE: 1,480m

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TRAINING PROGRAMME

1600m Programme

20m Pool Format

Click drill titles to view video demonstrations.

SESSION 29 TECHNICAL POINTS

Kick Technique Reminders

- Knees and ankles close together
- Point toes and allow feet to turn slightly inwards so that big toes are almost touching.
- Kick should be driven from your bum and hips- NOT your knees!
- On back keep chin up!

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20m Pool Format

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WEEK 10, SESSION 30

Activity	Description	Rest
Warm up		
400m	Alternating between Freestyle and Backstroke OR Breaststroke	N/A
Main Set		
4 x 160m	#1 Freestyle, Alternating 40m choice drill, 40m Swim last 10m fast swimming! #2 Backstroke Alternating 40m choice drill, 40m Swim last 10m fast swimming! #3 Breaststroke Alternating 40 choice drill, 40m Swim - last 10m fast swimming! #4 Choice stroke of above	30 Seconds
4 x 100m Breaststroke, Backstroke OR Freestyle	Kick at moderate pace	20 Seconds
4 x 40m Breaststroke, Backstroke OR Freestyle Swim	Swim decending your speed per 40m (getting faster from number 1 to 4!)	20 Seconds
Cool Down		
4 x Turn Practice	Swimming from 15m out, practice 4 fast turns!	

TOTAL DISTANCE: 1800m

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1600m Programme

20m Pool Format

Click drill titles to view video demonstrations.

SESSION 30 TECHNICAL POINTS

Freestyle Kick Technique Reminders

- Knees and ankles close together
- Point toes and allow feet to turn slightly inwards so that big toes are almost touching.
- Kick should be driven from your bum and hips- NOT your knees!
- On back keep chin up!

Breaststroke Kick Reminders:

The first phase of the kick is the recovery:

- To recover the legs, flex your knees so your heels can rise towards your bum. As the heels rise, only allow your knees to spread to shoulder width apart.
- As the heels approach your bum, your feet should begin to dorsi-flex (toes pull up towards your shins) and rotate outwards - duck feet! This is known as the catch phase of the kick, as this position allows you to grip the water with your feet, pushing against it - rather than the feet slipping through the water!
- To begin the propulsive phase (out / backsweep) push your feet out and back - but resist the temptation to exaggerate this movement e.g frog legs. Think of it more as a 1/2 moon! You should feel the pressure of the water resistance on the sole of your feet as you kick back.
- Continue to push backwards, keeping the pressure on your soles. Gradually turn from dorsi-flexed (duck feet) into plantar flexed (pointed toes) and inward facing position, allowing your feet to meet as they rise behind you.

Touch Turn Technique:

Improving your turns can lead to huge reductions in time, so be sure to practice these as much as possible! Even for 5 minutes at the end of each sessions

- You will need to swim into the wall with good speed, to build momentum for the turn,
- With your leading hand, touch the wall, allowing your elbow to drop and arm to fold into the wall, keep your other arm outstretched behind you on the water surface
- Drive the knees upwards to make a tight tuck,
- Make sure to take a breath during this rotation of the turn, keeping your eyes on the wall as you push backwards into the water, allowing your feet to rise and plant on the blue T of the wall,
- Push off the wall, with both hands meeting out in front, keep a tight streamline position on the push off, then perform your glide and kick!

Swim FOR A MILE

TRAINING PROGRAMME

1600m Programme
20m Pool Format

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WEEK 11, SESSION 31

Activity	Description	Rest
Warm up		
4 x 100m	40m Freestyle Swim, 20m Backstroke Swim, 40m Choice Swim	As Required
Main Set		
4 x 40m Head Lead kick on side	1st length head lead kick; 12.5m on right side and 12.5m on the other (perform a stroke to switch sides). See technical points 2nd length smooth Freestyle swim	20 Seconds
4 x 40m Head Lead kick, rotate	1st length as head lead kick rotations - Perform 6 kicks on your right side, 6 kicks on your front and then 6 kicks on your left side and repeat. 2nd length smooth Freestyle swim	20 Seconds
6 x 60m Tickles Drill	Drill described over leaf.	20 Seconds
2 x 100m Freestyle Full Stroke Smooth	Focussing on a smooth rotation and keeping kick continuous.	As Required
Cool Down		
2 x 120m Smooth	40m Freestyle smooth, 20m Double armed Backstroke,	As Required

TOTAL DISTANCE: 1400m

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1600m Programme

20m Pool Format

Click drill titles to view video demonstrations.

SESSION 31 TECHNICAL POINTS

Head Lead Kick

This should test your body position. Remember to keep a straight line down the back of your body, from your head through your spine, right to your ankles! You will really have to focus on keeping your kick continuous.

Head Lead Kick, Rotation

Take your time as you transition from side to front and vice versa, make sure you are kicking through the rotation and smoothly rolling rather than jerking from one position to the next. Be careful not to over rotate when kicking on your side, your shoulders should be in line with each other, with one pointing to the bottom of the pool and the other to the ceiling.

Tickles Drill

This drill enforces the high elbow technique of the recovery phase. To ensure the high elbow is effective, you must have your hand directly below the elbow, this is what Tickles drill teaches you!

The drill is basically full stroke Freestyle, however once your hand exits the water (past your hip), make sure to stick it to your body. From here, recover the hand, dragging it along the side of your body until it passes your arm pit. From here, the hand should travel forward, in line with your shoulder and enter just before full extension. This drill is done at a slow pace so, **DON'T FORGET TO KEEP KICKING!** As if you don't kick, you will begin to sink and find it difficult to keep moving forward.

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WEEK 11, SESSION 32

Activity	Description	Rest
Warm up		
200m Choice Swim	Long and smooth to get warmed up!	As Required
Main Set		
6 x 20 Seconds Breaststroke Vertical Wall Kicks	Test your technique! See over leaf for full drill description. The goal is to keep your hips as close to the wall as possible!	30 Seconds
4 x 60m Breaststroke kick + Board	Remember not to let your knees move towards your tummy.	20 Seconds
4 x 20m Mid Scull	Pull Buoys are useful during this drill to keep your body position high in the water. Raise your chin gently forwards when a breath is needed.	20 Seconds
6 x 100m Odds Breaststroke, Evens Choice Stroke	Odd lengths smooth pace, Even lengths fast pace.	30 Seconds
Touch Turns broken into 3 Simple Steps! Make sure to watch the Demonstrational Video!	Step 1: Single Hand Finish, 3 x fast finishes into the wall: swim at a high speed from 10m out into a single hand finish. Step 2: Touch & Tuck, 3 x fast finishes, once you touch the wall drive your knees up to the roof to move into a tight tuck, finishing with your feet planted on the wall (on the blue T), don't push off, just practice this tuck motion Step 3: Put it all together! 3 x Full touch turns	30 Seconds

TOTAL DISTANCE: 1260m

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1600m Programme 20m Pool Format

Click drill titles to view video demonstrations.

SESSION 32 TECHNICAL POINTS

Breaststroke: Vertical Wall Kicks

(This drill requires a side lane for the whole group to have a space at the wall!) This drill gives you better body awareness while performing Breaststroke kick!

- Holding onto the wall, with your body in an upright position,
- Press your body against the wall, so that your chest, hips and knees make contact,
- Keeping your head above water, bring your heels to your bum and commence Breaststroke kicking, with the same technique as you just performed in the task before.
- The wall will prevent your knees from travelling forward (one of the most common mistakes in breaststroke kick)
- The goal is to perform the kicks, without your hips breaking contact with the wall as if they do, you are creating too much forward movement at the knees.

Breaststroke Kick Reminders:

The first phase of the kick is the recovery:

- To recover the legs, flex your knees so your heels can rise towards your bum. As the heels rise, only allow your knees to spread to shoulder width apart.
- As the heels approach your bum, your feet should begin to dorsi-flex (toes pull up towards your shins) and rotate outwards - duck feet! This is known as the catch phase of the kick, as this position allows you to grip the water with your feet, pushing against it - rather than the feet slipping through the water!
- To begin the propulsive phase (out / backsweep) push your feet out and back - but resist the temptation to exaggerate this movement e.g frog legs. Think of it more as a 1/2 moon! You should feel the pressure of the water resistance on the sole of your feet as you kick back.
- Continue to push backwards, keeping the pressure on your soles. Gradually turn from dorsi-flexed (duck feet) into plantar flexed (pointed toes) and inward facing position, allowing your feet to meet as they rise behind you.

Touch Turn Technique:

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- You will need to swim into the wall with good speed, to build momentum for the turn,
- With your leading hand, touch the wall, allowing your elbow to drop and arm to fold into the wall, keep your other arm outstretched behind you on the water surface
- Drive the knees upwards to make a tight tuck,
- Make sure to take a breath during this rotation of the turn, keeping your eyes on the wall as you push backwards into the water, allowing your feet to rise and plant on the blue T of the wall,
- Push off the wall, with both hands meeting out in front, keep a tight streamline position on the push off, then perform your glide and kick!

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WEEK11, SESSION 33

Activity	Description	Rest
Warm up		
4 x 100m	#1 Freestyle Swim smooth #2 Backstroke swim smooth #3 Odd lengths Freestyle kick, Even lengths Breaststroke kick with board #4 Odd lengths Backstroke kick, Even lengths Backstroke swim	30 Seconds
Main Set		
4 x 100m	#1 & 2: Freestyle 6 Kicks, 3 Strokes #3 & 4: Backstroke L Drill	30 Seconds
4 x 60m Kick	Choice of Kick, but all 6 must be the same kick. Descend your speed from #1-3 then repeat #4-6 getting a little bit faster each 60m.	20 Seconds
Cool Down		
160m as 40m Double armed Backstroke, 40m Freestyle swim	Stretch out your chest and back and relax!	30 Seconds

TOTAL DISTANCE: 1200m

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20m Pool Format

Click drill titles to view video demonstrations.

SESSION 33 TECHNICAL POINTS

Kick Technique

- Knees and ankles close together
- Point toes and allow feet to turn slightly inwards so that big toes are almost touching.
- Kick should be driven from your bum and hips- NOT your knees!
- On back keep chin up!

6 Kicks, 3 Strokes Drill

Freestyle and Backstroke involves continuous body rotation coming from the shoulders and hips, this rotation shouldn't usually exceed a 45° angle to either side. However, for the purpose of this drill the movement is exaggerated for you to experience the feeling of kicking on your side. Kicks should be small, rapid and continuous.

Drill explained:

- Push off as normal and take 3 full strokes, on the third, rotate fully onto your side and perform 6 kicks
- During the freestyle version of this drill, keep your face in the water as you land on your side, breathing during the pull instead. If extra breaths are required you can do this when kicking on your side.

L-Drill Backstroke

This drill is a progression from 6 kicks, 3 strokes. It is slightly more challenging, encouraging you to kick harder on the third stroke:

- Push off as normal, take 3 full strokes, on the third, pause your arm as your hand reaches its highest point during the recovery (when it is in line with your shoulder),
- Hold this position for 3 seconds, trying to keep your shoulder high and finger tips pointing to the ceiling,
- You will need to kick harder during this hold to ensure your hips do not sink.
- After 3 seconds continue the stroke and repeat with the other arm after three strokes.

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WEEK 12, SESSION 34

Activity	Description	Rest
Warm up		
200m	Alternating between Freestyle and Backstroke OR Breaststroke	N/A
Main Set		
8 x 100m	Smooth, long swimming Odds as 40m Freestyle Fists, 60m Freestyle Swim Evens Choice	15 Seconds
5 x 40m Choice Kick	Last 10m max effort.	20 Seconds

TOTAL DISTANCE: 1200m

Now you are ready!

Enjoy your Swim For a Mile Challenge Event!

Keep calm and carry on swimming. We will be there to support you through the swim, count your laps and encourage you throughout! Upon arrival, check in at the registration desk, pick up your goodie bag and head to poolside where we will inform you on how the timed swim will work.

Enjoy the atmosphere and remember;

- Freestyle and Breaststroke are only permitted on the day to avoid collisions.
- You can stop as many times as you like, for as long as you like!
- It is all about swimming at your own pace and enjoying it!

If you are completing the Virtual Challenge, enjoy your "Me and the Water" time!

Don't forget to update your completion date and time to be added to our Leader Board and to receive your goodie bag!

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