

Sample sessions for Kent Junior Finswimming Club:

Advanced Session

Universal warm up (use in all sessions):

400 m Surface stereo fins with float – concentrating on turns (pulling on to the wall with the arms, head following through, then flip the legs) and keeping the legs straight.

4 x 25 m Backstroke with stereos (keeping legs straight).

Universal cool down (use in all sessions):

200 m Surface stereo fins with float – easy but concentrating on keeping legs straight. The last 10 m should always be sprinted dolphin.

Session 1:

No x 2

4 x 25 m Surface stereo fins with float sprinted on 30 seconds turn around (includes the swim and the rest).

100 m Stereos with float, easy.

No x 2

4 x 25 m Surface monofin sprinted on 25 seconds turn around.

100 m Surface stereo fins with float, easy.

Session 2:

No x 2

- 4 x 100 m Surface monofin hard on 1:30 turn around.
- 100 m Surface stereo fins with float, easy.

Session 3:

No x 2

- 25 m Surface monofin hard – 15 seconds rest
- 50 m Surface monofin hard – 15 seconds rest
- 75 m Surface monofin hard – 15 seconds rest
- 100 m Surface monofin hard – 15 seconds rest
- 75 m Surface monofin hard – 20 seconds rest
- 50 m Surface monofin hard – 20 seconds rest
- 25 m Surface monofin hard
- 100 m Surface stereo fins with float, easy.

Session 4:

No x 2

- 400 m Surface monofin medium speed focusing on head position (low and under the arms), straight legs and hip stroke.
- 100 m Surface stereo fins with float, easy.