

# Sample sessions for Kent Junior Finswimming Club:

## **Intermediate Session**

### **Universal warm up (use in all sessions):**

200 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.

2 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

2 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

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

100 m Surface stereo fins with float, easy.

## **Session 2:**

No x 2

- 2 x 50 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

- 200 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.