

Openwater +

Swim Coaching and

Training

www.thirroulswimadventures.com

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Session Focus: Example Date/Time: You Choose

Get Started Notes

Loosen muscles and activate energy systems

Kick / Drill Set

Develop leg strength, improve

body position and rotation, master key

technical swimming skills

Build Set

Increase cardiovascular function and muscle

activity in preparation for an extended main set

Main Set

Focus of the session, combinations of

exercises with correct form to target development

of energy systems and muscles

Swim Down

Recover and unwind, restoration of normal

cardiovascular and muscular function

What are you waiting for? Call now to discuss

your swimming challenge