



Advanced Freestyle & Backstroke 60mins | 2000m (80 lengths)

Warm Up

- 1 x 300m freestyle or backstroke alternative 50's

Stretches

- Neck, shoulders, hamstrings, quads, calves and ankles

Drills - Backstroke

- 3 x 50m fast swims (30 second rest between 50's)
- 1 x 100m kick with hands on thighs, long spine and rolling body
- 3 x 50m fast swims (15 second rest between 50's)
- 1 x 100m kick in streamline, hands stretched over head with long, rolling body
- 1 x 100m sprint (100% effort)
- 1 x 200m backstroke, steady pace, long rolling strokes

Drills - Freestyle

- 3 x 50m fast swims (30 second rest between 50's)
- 1 x 100m kick with board, breathe to front every 9 kicks
- 3 x 50m fast swims (15 second rest between 50's)
- 1 x 100m kick in streamline, breathe to alternate sides every 9 kicks
- 1 x 100m sprint (100% effort)
- 1 x 200m freestyle, steady pace, long rolling strokes



Relax in the spa!
(for patrons 16 years and over)



*Please return this sheet when finished or download your personal copy at
www.h2oxtream.com/drillsheets*

Adult Swimming

Whether you are an experienced swimmer or a cautious beginner if you transform your experience of being in the water to unlock your potential you can learn to swim with ease, grace and power.

Our adult classes and training sessions work on fundamental skills such as how to balance in the water and how to breathe freely.

For more advanced swimmers we can re-craft the techniques you use in your strokes in ways that promote optimal alignment with minimal effort and strain.

Aerobic training sets can be designed to suit your needs. Swimming should be fun, reflective, meditative - a precious break from pressured lives.

Revitalise your experience!

Classes:

- Beginning to Swim/Learning to Trust
- Improving your Technique/Learning to Breathe
- Fitness/Stroke improvement/Triathlon swimming

* See *Adult swim programmes and Sunday Women Only Swim Night brochures*

Other Options:

Group work: if you are part of a group that would like to receive instruction, arrangements can be made to suit your needs.

Private lessons: one to one private lessons and/or coaching sessions are available.

Swim Check Perfect: if you prefer to train alone but would like occasional progress checks or development sessions.

Talk to us for further advice or if you have any queries please contact us to discuss.



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