

# HOW TO TRAIN YOUR SWIMMING AT HOME



Effectively training in small backyard pools is difficult, but definitely possible!

This series of swim exercises was designed by Siobhan Tyndall specifically to maximise the potential of shallow or small pools.

To complete the entire exercise you will need the following:

- Kick board
- Pull Buoy
- Fins
- Tether

## **Streamlines, Turns & Finishes**

- Freestyle finishes
- Streamline practice
- Freestyle turns
- Freestyle turns to glide
- Freestyle turn to streamline and breakthrough
- Freestyle turn to sprint finish
- 3 Free 2 breaststroke 2 backstroke 1 Fly

## **Sculling**

- Scull with pool buoy – 1 lap head down 1 lap head up
- Scull sitting on flotation device

## **Breathing drills**

- Hold onto wall freestyle breathing

## **Kick drills**

- Vertical freestyle kick with varying arm positions
- Same but with fins
- Freestyle streamline explodes off the bottom of the pool
- Kick set 4 laps kick No fins
- 4 laps kick with fins – 1 lap fast 1 lap easy

## **Warm up**

- 4 laps Freestyle
- Mixed strokes/medley warm up
- 2 laps kick with board and 2 laps pull

## **Main Set:**

- 2 Free 2 Breaststroke 2 Kick (no fins)
- 1 lap Breaststroke 1 lap Freestyle
- 4 laps fast 4 laps easy
- Sprint pool length

## **Tethered Swimming**

The next section of drills is to be completed using a tether. Always ensure someone is watching you swim when using a tether, just in case you need assistance. Safety first!

## **Pull & Kick**

- Tether Freestyle Pull
- Kicking with tether – fins no board (scull hands)
- Kick on tether with board and fins
- Backstroke kick with tether

## **Mini Session**

- Swim with tether and fins
- Freestyle Fast 15 strokes fast, 15 strokes easy
- 10 strokes Freestyle 10 kicks Freestyle– repeat
- Freestyle with tether – build every 20 strokes (for 60 strokes)

Want to see how it's done?

Watch Siobhan Tyndall and Fiona Wilkins demonstrate the drills in our LiveLighter Master Your Swimming Videos - available now.