**Swolf & Stroke Efficiency Set**

**Warm up**

8x25m FC

50 FC 3/4 catch up

2x25 FC Single arm

50 BC

**Main Set**

**Improving Feel for the water**

Sculling 4x25m window wipers in catch phase   
  
- 100m Front crawl underwater doggie paddle

with PB (pull buoy) focus on catching the water at the front end at 15 cm hand depth, pay particular attention when breathing to side 30 rest  
  
- 100m Underwater doggie paddle Front crawl no Pull Buoy same focus

**SWOLF Swim Efficiency test**

50 FC counting strokes

50 FC stroke count minus 1

50 FC stroke count -2

50 Stroke count -2 but faster

50 BC

2x50 FC Bilateral every 3 40 rest

**Swim golf 4x 50m FC 20 rest**

Count your strokes and time the 50m. Add the 2 together. Try and hold the cumulative number of strokes and time over the course of the 4 x 50 m FC

**Single Arm balance test**

50m single arm Left passive arm in front

50m single arm Right passive arm in front

50m FC normal

**Cool down**

200m mix of BR BC Fc and kick

**Record swolf and single arm tests here**

https://docs.google.com/spreadsheets/d/1LNsJOlHMwvvrNU01G8HNuzs0EHumuypKao6U4L7Yp1Y/edit#gid=0