

TRIACTIVE SESSION PLAN

1.1 Swimming



THEME	General introduction and initial swimming skills assessment	OBJECTIVE	Identify current swimming capabilities and assessing basic swimming technique
AREA/VENUE	Swimming pool	TIME	45 minutes
EQUIPMENT	Bathers, goggles, swim cap, pull buoy floats, towel and change of clothing as required	SKILL SUMMARY	Basic swim technique including breathing
SAFETY CONSIDERATIONS	» “Around the pool” safety brief, plus lane swimming direction and etiquette advice		» Session 1 Q&A regarding who currently swims and to what extent

ACTIVITY AND TIME	SKILL FOCUS AND ACTIVITY INFORMATION Set up, group organisation, instructions, progressions-how to CHANGE IT		KEY COACHING POINTS Reinforce what is important and why	QUESTIONS Challenge athletes to find solutions
Introduction [8 mins] 0-8 mins	Pre-swim brief: Breathing/body position/stroke demonstration on dryland introducing basic coaching cues for each element	Dryland drills warm-up: Shoulder joint and trunk rotations, ankle rolls	<ul style="list-style-type: none"> » Basic swimming technique » Breathing technique » Importance of recovery 	<ul style="list-style-type: none"> » What do you think is the most important element of swimming technique?
Warm Up [10 mins] 9-19 mins	<ul style="list-style-type: none"> » 2 x 50m freestyle at own pace -30s rest » GAUGE GROUP FORM AND EXERTION after initial 100m swim 	» 2 x 50m freestyle at own pace-60s rest	Provide feedback: <ul style="list-style-type: none"> » Basic body position 	<ul style="list-style-type: none"> » Why is body position so important in swimming?
Activity A [8 mins] 20-28 mins	<ul style="list-style-type: none"> » 1 x 50m easy 30s rest/1 x 50m solid 45s rest » 1 x 50m easy 30s rest/1 x 50m solid 	» Rest and provide feedback to group/individuals	Provide feedback: <ul style="list-style-type: none"> » Basic swimming technique » Breathing technique 	<ul style="list-style-type: none"> » What are you finding the most challenging aspect of swimming?
Activity B [9 mins] 29-38 mins	<ul style="list-style-type: none"> » 2 x 50m easy with last 10m kicking only in torpedo position (head between arms, head down looking forward) 	» Repeat x 2 with 60s rest	Provide feedback: <ul style="list-style-type: none"> » Basic technique 	<ul style="list-style-type: none"> » Why would you be asked to “kick only” during the activity?



TRIACTIVE SESSION PLAN

1.1 Swimming (cont'd)



ACTIVITY AND TIME	SKILL FOCUS AND ACTIVITY INFORMATION Set up, group organisation, instructions, progressions-how to CHANGE IT		KEY COACHING POINTS Reinforce what is important and why	QUESTIONS Challenge athletes to find solutions
Warm Down [3 mins] 39-42 mins	» 2 x 50m easy freestyle	» Finish	Gather group for session review Coaching cue: » Reinforce basic swim technique coaching cues	» Why would you be encouraged to bilateral breath from week 1?
REVIEW AND KEY POINTS Review session and reinforce key points and “take home messages”	» Incorporate primary swimming stretches whilst reviewing session	» Recap your session objectives and skill summary	» Obtain feedback as to: <ul style="list-style-type: none"> • Water confidence • Session intensity • Understanding of technique basics • Breathing technique 	» Use this time to encourage team-building, inclusivity and confidence to ask questions
WHAT'S NEXT? Brief explanation of next session, including objective, time, venue, equipment	» Looking forward to session 1.2 on the spin bikes	» Reiterate venue, session start time and equipment to bring along: <ul style="list-style-type: none"> • Comfortable exercise clothing • Drinks bottle • Sweat towel • Change of clothing as required • Trainers or bike shoes 	» Provide a brief overview of the next sessions content	



TRIACTIVE SESSION PLAN

1.2 Cycling



THEME	Basic spin bike set-up and initial cycling skills assessment	OBJECTIVE	Identify current cycling capabilities, introduce spin bike set up checklist and conduct assessment of basic cycling technique
AREA/VENUE	Cycling spin studio	TIME	45 minutes
EQUIPMENT	Comfortable exercise clothing, drinks bottle, sweat towel, trainers or bike shoes and change of clothing as required	SKILL SUMMARY	Spin bike set up checklist and basic cycling technique
SAFETY CONSIDERATIONS	» “Around the spin studio” safety brief, plus spin bike etiquette advice		» Ensure correct and safe set-up of your spin bike prior to mounting and pedalling

ACTIVITY AND TIME	SKILL FOCUS AND ACTIVITY INFORMATION Set up, group organisation, instructions, progressions-how to CHANGE IT		KEY COACHING POINTS Reinforce what is important and why	QUESTIONS Challenge athletes to find solutions
Introduction [10 mins] 0-10 mins	Pre-cycle brief: Spin bike set up including ideal body position/cycling demonstration introducing basic coaching cues for each element		Discussion: <ul style="list-style-type: none"> » Bike set up tips » Correct position on the bike 	» Why is it important to ensure your riding position is a “good fit” for you?
Warm Up [6 mins] 11-16 mins	» 3 mins light/easy (gear 8-12) @ ~80rpm whilst getting participants to talk and pedal	Alternate: <ul style="list-style-type: none"> » 3 x 30s standing loaded gear (~16-18) » 3 x 30s seated light gear (~8-12) 	Provide feedback: <ul style="list-style-type: none"> » Basic pedalling technique Coaching cue: <ul style="list-style-type: none"> » Smooth pedalling technique and no saddle bounce on efforts 	» Why is body position and smooth pedalling technique so important in cycling?
Activity A [8 mins] 17-24 mins	» 30s (gear 10-12) @ 100rpm with easy spin 90s recovery x 2	» 30s higher gear (13-14) @ 80-100rpm then easy spin 60s followed by 30s standing climb (gear 16-20) @ 60rpm then easy spin 60s x 2	Provide feedback: <ul style="list-style-type: none"> » Basic pedalling technique Coaching cue: <ul style="list-style-type: none"> » Identify the effect of cadence on smooth pedalling technique 	» Why is cadence so important during cycling?
Activity B [8 mins] 25-32 mins	» 60s @ 100rpm (gear 10-12) with easy spin 60s recovery x 2	» 30s higher gear (13-14) @ 80-100rpm then easy spin 60s followed by 30s standing climb (gear 16-20) @ 60rpm then easy spin 60s x 2	Provide feedback: <ul style="list-style-type: none"> » Basic pedalling technique Coaching cue: <ul style="list-style-type: none"> » Identify the strategies for transition between seated and standing cycling 	» Are you finding the transition from seated to standing pedalling challenging?



TRIACTIVE SESSION PLAN

1.2 Cycling (cont'd)



ACTIVITY AND TIME	SKILL FOCUS AND ACTIVITY INFORMATION Set up, group organisation, instructions, progressions-how to CHANGE IT		KEY COACHING POINTS Reinforce what is important and why	QUESTIONS Challenge athletes to find solutions
Warm Down [3 mins] 39-42 mins	» 2 x 60s slightly higher gear (~gear 10-14) @ 100rpm with easy spin 60s recovery		Gather group for session review Coaching cue: » Reinforce importance of stretching as group spins easy to recover heart rate	» Can you identify the basic spin bike set up checklist? » What are the key elements of smooth pedalling technique?
REVIEW AND KEY POINTS Review session and reinforce key points and "take home messages"	» Incorporate primary cycling stretches whilst reviewing session	» Recap of session objective and skill summary	» Obtain feedback as to: <ul style="list-style-type: none"> • Spin bike set up confidence • Understanding of correct pedalling technique • Session intensity • Transition from seated to standing pedalling 	» Use this time to encourage team-building, inclusivity and confidence to ask questions
WHAT'S NEXT? Brief explanation of next session including, objective, time, venue, equipment	» Looking forward to session 2.1 in the pool	» Reiterate venue, session start time and equipment to bring along: <ul style="list-style-type: none"> • Bathers • Goggles • Towel 	» Provide a brief overview of the next sessions content	