

### **Why so Many Sessions?**

Probably the most frequently asked question among swimming parents. Perhaps the best way to understand this is to explain how many different aspects of swimming need to be covered in training.

Firstly, there are the 4 strokes:

Butterfly, Backstroke Breaststroke and Freestyle (front crawl) – this is the basic training for fitness stroke as well the one which has the most diverse distance element. Swimmers need to swim very differently in the 1500m event compared to the 50m sprint event for example.

Then there are the three medley events– the way that strokes are executed in this varies to how each is performed in the individual stroke events.

Starts and Turns – key technical elements of swimming development.

On top of all of this the swimmers need to develop the fitness base to have the speed endurance to race successfully. The key to swimming success is simply to maintain excellent attendance with a first-class work ethic.