

Green/Black

Warm-up

2 - SKIPS x 75 or 100's

- Swim - Easy Pace
- Kick – with a kickboard
- IM Drill – Choose 2 drills from the list below.
- Pull – with a Pull Buoy
- Swim – Medium Pace

First set of SKIPS is all Freestyle with fins.

Second set of SKIPS is NON-FREE, no fins

Group Work

New/Continued Skills – work on parts separately

Breastroke kick

Sit on side of pool and work on breaststroke kick.

5 minutes - Breaststroke kick while holding on side of pool.

5 minutes - Breaststroke kick with a kickboard.

50 meters - Breaststroke kick with the kickball.

50 meters - Separation Drill (3 second delay)

50 meters - 1 pull, 2 kick (SLOW)

Continued Skills

5-10 minutes - Backstroke Starts – Remember to push arms as you throw them back.

100 - Backstroke – Thumb-out, Pinky-In Drill

100 - Backstroke – Wave Drill

100 - Backstroke – Double Out Drill with fins

New/Continued Skills

Fly – RaBaLaBa with fins – depends on time.

Fly - Pop/Up with fins – depends on time.

New Drill – Backstroke Double Out (with fins)

New Drill – Fly kick with Breaststroke pull (with fins)

Cool-Down (200)

100 – swim choice – smooth/easy – NOT fast

100 – kick with board -smooth/easy – NOT fast