

Red/Blue

2 SKIPS – Warm-up

Swim – Freestyle - Easy

Kick - Freestyle

IM Drill – Choose 2 drills from the list below.

Pull – Freestyle with a Pull Buoy

Swim – Medium

First SKIPS – 100 each. All Free with Fins

Second SKIPS – 50 each. No Free. No fins.

Group Work

Continued - New Skills

50 - Breaststroke kick

5 minutes - 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.

Continued Skills

50-100 - Backstroke (Thumb-out, Pinky-In Drill)

50-100 - Backstroke (Wave Drill)

50-100 - Backstroke (Double Out Drill with fins)

Cool-Down (100)

50 Freestyle – Smooth

50 Kick - Choice

Drills

Back: Double-Out, Wave, Thumb-Out/Pinky-In

Free: Catch-up, Zipper

Fly: Aquaman