

Week 1

GROUP WORKOUT: 30-45 MINS FOCUS: BREATHING; BOUYANCY; BALANCE; FRONT QUAD
Don't be in a hurry to swim great distances. Don't beat yourself up. Take it slow relax, relearn, review!

WARM-UP:

4 X 25 SWIM CHOICE R:30 MAX

BREATH CONTROL: BOB ON SIDE OF WALL 20 REPS

(relax, inhale in mouth, go under-exhale out mouth and nose for 8 counts)

:15 VK X 4 R:15

MAIN SET: R: 20-30 AFTER EACH 25

25 FB W/ K

25 BB W/ K

2 X 25 BBR (Front balance to back balance, back balance to front balance)

(focus: blowing out your nose, keeping body aligned, head pressed into water as you rotate)

2 X 25 SGB SIDE GLIDE BALANCE RIGHT

25 SGB LEFT

4 X 25 3&G (3 strokes and hold side glide balance)

2 X 25 5&G

TOTAL 450

OPTIONAL

4-8 X 25 FREE R :20-30 odds HAND SWAP drill

2 or 4 X 50 as 25 Free, 25 BB kick R: 20-30

COOL DOWN:

4 x 25 CHOICE

TOTAL 900

DAY 2 (Week 1)

REVIEW ALL ABOVE DRILLS AS PART OF WARM-UP

AND ADD:

4 X 25 SWIM FREE (2X) R:20 @ 25 and additional 1:00 after 4 (focus: front quad)

DAY 3 (Week 1)

3 X 50 SWIM 25/KICK OR CHOICE 25 R:30 @ 50 and additional 1:00 after 3

2 X 25 moderate- fast R 1:00

DAY 4: (Week1)

4 X 50 SWIM FREE (2X) R :45 @ 50 and additional 1:00 after 2

FREE LADDER:

25 F 3&G R :20

50 (25 S/25 3&G) R :30

75 (25 S/25 3&G/25 S) R :45

50 S R:30

25 K R :20

25 CHOICE