

Drill Warmup - Fast 10s to 12s Workout

It is important to adapt to your groups Fitness & Technique level.

Add more rest if technique is suffering adjust intervals as needed

100 Free 15 sec rest 100 back

min rest have swimmers put on their snorkel

100 fly kick hands at your side working knees down pushing chest under

4x25s Fly pull with 10 sec rest w/ snorkel

20 sec rest

100 fly kick hands at your side working knees down pushing chest under

20 sec rest

4x25s fly drill your choice drill that you like

100 breast kick w/ snorkel floating arms in front on top of water, water line in middle of head looking down with a flat back - Distance per kick

4x25 breast pull with board w/ snorkel w/ 10 sec rest

20 sec rest

100 breast kick w/ snorkel floating arms at your side, water line in middle of head looking down with a flat back - Distance per kick

4x25s breast your drill that works on distance per kick with 15 sec rest

20 sec rest

100 Free pull with board w/ snorkel with 20 sec rest

100 kick Free w/ snorkel hands in front with 15 sec rest

50 drill with 10 sec rest - 50 perfect

repeat 2x

30 sec rest

2x50s Back pull w/ board w/ 10 sec rest

4x25s back kick on 30

2x (25 back drill/25 perfect) with 10 sec rest

repeat 1x

Stretch for 3 mins

Pre-Set - focus is technique, distance per stroke and working the walls

3x100s Distance per stroke on 140 - 2x 100s fast on 130

100 Kick with snorkel

3x100s descend 1-3 on 130 - 2x100s fast on 120

min rest

Main Set - Always explain to the swimmers what their focus should be, stay engaged and encouraging - assure them it is OK to feel uncomfortable - find an interesting way to connect how hard work in practice will reflect in meet performances.

200 build with 20 sec rest - Distance per stroke

100 fast with 15 sec rest

75 fast with 10 sec rest

50 fast with 10 sec rest

25 fast

get heart rate

100 swim down

min rest

100 IM kick on back

8x25s fly - 2 on 35 perfect - 4 on 30 build - 2 on 25 all out

15 sec rest

4x50s fast back on 60 under 40 or (goal time for 100 back divided by 2)

30 sec rest

4x50s fast breast on 60 under 45 or (goal time for 100 breast divided by 2)

30 sec rest

4x50s fast free on 60 under 35 or (goal time for 100 free divided by 2)

30 sec rest

4x50s IM order on 60 all out (Shoot for 200 IM Goal splits)

swim down 3 mins