

7/16/14 Ohio Splash Practice - REMEMBER: Lanes 1-2, Fast, 3-4, Medium, 5-6 Slow

PLEASE ADJUST DISTANCE AND TIMES AS NEEDED – Rest as needed, but keep swimming :)

Warmup – 10-20 minutes continuous swim – alternate 100 choice stroke with 100 choice drill; pace yourself to eliminate stopping on the walls. 2 minutes rest.

Streamline and Gliding Drills – Push off wall in streamline: head between or below arms, shoulders upwards, legs and ankles together, toes pointed and relaxed; body is tight, NOT rigid

-500 free; push off streamlined underwater with 3 dolphin kicks, then flutter kick; when taking a breath, take 3 strokes, then resume streamlined arms and flutter kick; 1st, 3rd, 5th 100 relaxed; 2nd and 4th 100 fast.

-200 breast; push off streamlined underwater, proper pullout, each stroke, maintain and focus on glide (streamline position) for 3-5 seconds before initiating next stroke

-400 IM order (fly, back, breast, free) – 50 slow, 50 fast of each stroke (Optional: 2x)

OPTIONAL:

Catchup – 50 leader's pace at least moderate (swim close without getting kicked in the head)

300: anchor (last person to the front at each 25) – leader can change pace, have FUN with this!

EVERYONE:

Turns – Go to middle of pool, IM order (fly, back, breast, free) – Do 3-5 of each stroke – Lane participants must agree to either split the lane and go half the lane, or go entire lane length

-Fly: two hands touch, push off streamlined underwater, do 3+ dolphin kicks then stroke

-Back: flip and push off on back underwater, remember to breathe out air slowly, underwater 1-3 dolphin kicks, stroke (kick from hips, not knees)

-Breast: two hands touch, streamline, proper pullout

-Free: flipturns, one arm approach, pull arm back, pike, hands push water towards direction of face, push off wall on back or side, turning underwater, streamline, 1-3 dolphin kicks, stroke

Starting Blocks and Sprints

EACH LANE DECIDES AS A GROUP TO DO STARTING BLOCKS OR SPRINTS

600-1200

---If using Starting blocks – first 3x50, easy to moderate, next 3x50 sprint; repeat at least 3x

---If NOT using blocks, 200 swim choice moderate, next 3x100 do within 1 minute or less

(reduced time each 100), then swim 2x50 within 30 seconds or less (reduce time on 2nd 50), rest after each section for 5-15 seconds. Repeat as desired

Cool down – choice, focus on streamline/glide, turn/pullout