

PLEASE ADJUST DISTANCE AS NEEDED IF TIME IS RUNNING OUT. IF TIME AND MEMBERS PERMIT, I WOULD LIKE 1 FREE RELAY USING ALL 6 LANES WITH BEGINNERS TO ADVANCED MIXED IN TEAMS – A FUN RACE. REMEMBER TO JOIN US AT UNION AFTERWARDS.

Lanes 5 and 6 – Advanced

30 secs – 1 min REST between each category

Warmup – 400 free, 200 IM

Breathing Drills – (50 breath 3, 25 1 breath x2, 50 breath 5, 25 1 breath x2, rest 0-5 secs) x2

IM Kick Drills – 200 each

- 4 dolphin kicks, mini breast pull for fly
- 10 kicks, one pull for back
- 3,2,1 kick, mini pull for breast
- 10 kick, one pull for free

IM Pull Drills – 200 each

- 1 kick, 2 pulls for fly
- pull with exaggerated shoulder dip and light kick for back
- 2 pulls, 1 kick for breast
- thumb touch hip, finger drag in water for free

Fartlek – 200: (50 easy, 50 fast), 400: (50 moderate, 50 fast), 200: (50 easy, 50 fast)

Catchup – 50: leader's pace at least moderate (swim close without getting kicked in the head)
400: anchor (last person to the front at each 25)
-leader can change pace, Have FUN with this!

Relays –

X2 - Use starting blocks, 400 IM Relay

X4 – Use starting blocks, 200 Free Relay

(If time permits – mixed ability 200 Free Relay)

Cool Down - Choice

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Lanes 3 and 4 – Intermediate

30 secs – 1 min REST between each category

Warmup – 200 free, 200 IM

Breathing Drills – (50 breath 3, 25 1 breath x2, 50 breath 5, 25 1 breath x2, rest 0-5 secs) x2

IM Kick Drills – 150 each

- 4 dolphin kicks, mini breast pull for fly
- 10 kicks, one pull for back
- 3,2,1 kick, mini pull for breast
- 10 kick, one pull for free

IM Pull Drills – 150 each

- 1 kick, 2 pulls for fly
- pull with exaggerated shoulder dip and light kick for back
- 2 pulls, 1 kick for breast
- thumb touch hip, finger drag in water for free

Fartlek – 200: (50 easy, 50 fast), 200: (50 moderate, 50 fast), 200: (50 easy, 50 fast)

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!

Relays –

X1 - Use starting blocks, 400 IM Relay

X2 – Use starting blocks, 200 Free Relay

(If time permits – mixed ability 200 Free Relay)

Cool Down -Choice

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Lane 2 – Advanced Beginner

30 secs – 1 min REST between each category

Warmup – 200 free, 100 IM

Breathing Drills – (50 breath 3, 50 breath 5, 25 1 breath x2, rest 15 secs) x2

IM Kick Drills – 100 each

- 4 dolphin kicks, mini breast pull for fly
- 10 kicks, one pull for back
- 3,2,1 kick, mini pull for breast
- 10 kick, one pull for free

IM Pull Drills – 100 each

- 1 kick, 2 pulls for fly
- pull with exaggerated shoulder dip and light kick for back
- 2 pulls, 1 kick for breast
- thumb touch hip, finger drag in water for free

Fartlek – 100: (50 easy, 50 fast), 100: (50 moderate, 50 fast), 100: (50 easy, 50 fast)

Catchup – 50: leader's pace at least moderate (swim close without getting kicked in the head)
200: anchor (last person to the front at each 25)
-leader can change pace, Have FUN with this!

Relays –

X1 – Use starting blocks, 200 Free Relay

(If time permits – mixed ability 200 Free Relay)

Cool Down – Choice

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Lane 1 – Beginner

1 min – 2 min REST between each category

Warmup – 100 free

Breathing Drills – (25 breath 3, 25 breath 5, 25 breath 3, 25 1 breath, rest 15-30 secs)

Turns – Go to middle of pool – choice swim to wall, at least 5 open turns, 5 flip turns
FOCUS ON STREAMLINE as you push off the wall.

Fartlek – 200: half 25 easy, half 25 fast (as you approach the middle of the pool, go fast!)

Starts – Go to starting blocks, practice at least 4 starts – Go entire length of pool

(If time permits – mixed ability 200 Free Relay)

Cool Down – Choice