

web workout

Saturday's Are For Fun!

Long Course Meters 1.5 Hour Workout Focusing on Drills/SDK/Vertical Kick

- 20 minute Swim (repeat for 20 minutes)
- 200 Swim, choice
- 100 Kick, choice
- 100 Drill, choice

••• 4 x 50M Vertical Kick with your lane.

Form a single file line and move as a lane to the other end. As you go pass along a med ball to the front then back to the back until you get to the end then repeat. Should take about 15 minutes to complete.

••• 4 x 50M Choice swim (when last person touches wall, first person starts again)

At the 25M mark, do 6-packs: push off the bottom in streamline straight in the air doing dolphin kicks up and down. If your pool is too deep or not deep enough then do vertical dolphin kick streamline with fins on.

••• 4 x 50m Choice

With fins; Streamline 25M underwater dolphin kick 1:15-1:30

••• 4 x 50m Butterfly no breathers

(Or as far as you can go) 2:00

••• 4 x 200m Free swim

Breathing every 4th stroke, up right, back left 4:00-5:00

••• 8 x 50M Warm-down

Ascend 1-4 and 5-8 by 2 sec per 50M 1:10