

Introductions

Watch video of Lindsay Benko doing 6-beat and 2-beat kicks.

Warm-Up

On land: Combine posture and kicking exercise. You are encouraged to do these exercises at home, for just a few minutes a day. These exercises will imprint good swimming posture and a compact kick initiated from the core.

- **Standing:** Belly in, neck long, head neutral on spine (chin back towards spine)
- **On your back on a mat:** Belly in, neck long, head neutral on spine, point toes, and flutter kick – feel the kick from the very tops of your thighs, keep your abs engaged. Maintain the kick for 30 seconds or more (being sure to maintain that posture)
- **Face down on a mat:** Rest your head on your hands. Belly in, neck long, head neutral on spine, point toes, and flutter kick – feel the kick from the very tops of your thighs, keep your abs engaged. Maintain the kick for 30 seconds or more (being sure to maintain that posture)

In the pool: 200 freestyle; hold same stroke count for each 25

Starting Video Benchmark

Underwater video (we will review at end)

Main Focus – Posture

Pre Set

Stop at each wall, stand, pull belly in, grow neck long, head neutral, swim 25.
10 x 25 freestyle on odd repeats, backstroke on even repeats

Main Set

Freestyle: Focus on maintaining posture – begin each repeat with good posture (see above)

1x50
1x100
1x200
1x300
1x200
1x100
1x50

Warm-Down

2x 100 Relaxed freestyle (with good posture)

Video Review

Review Initial Video

Note: Lesson Plans are available online from the following webpage:

<http://www.breakwatersportstraining.com/handouts.html>