

Core Power Swimming Breakwater Sports

Session 2

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Workout – Session 2

			Total Yards
Warm Up	1 x 300 Freestyle	Easy	300
	1 x 200 Kick	50 kickboard, 50 back, 100 side and glide	200
Main Sets	6 x 50 Six Drills	1) Head up 2) Catch up 3) Fist 4) Drag 5) Single Arm - left 6) Single Arm - right	300
	100 Freestyle	Fast - Record time	100
	3 x 100 Freestyle	Time (above) + 15 seconds	300
	3 x 100 Freestyle	With fins on timed interval	300
	4 x 200 Freestyle	Descend (each 50 faster)	800
	12 x 25 Freestyle	Sprint on 35-40	300
Cool Down	1 x 200 Freestyle	Slow	200
		Total Yards	2800

Note: These Lesson Plans Are Available Online

Lesson plans for this session and all subsequent sessions will be available on the website:

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

(Look in the Core Power Swimming program section.)