

1. Warm-Up

300 yards freestyle

2. Vertical Kicking (All)

In the deep end:

- Stand in the water, arms crossed, hands on shoulders
- Kick from your hips, just enough to keep your mouth out of the water
- Keep your kick small, minimize knee bend

Every now and then, try a **Rotational Kick**:

- Kicking leg - Anchor your foot, but release the same hip
- Non-kicking leg - Hold it still – you will pivot your body on this leg, about ¼ turn

3a. Group1: Swimplates on the Roller

- Quarter sit up on roller
- Full sit up on roller
- Three arm/upper body moves with roller and weights
- Table top into bike
- Alternating leg and arm
- Single leg circles, both directions, double leg circles, both directions
- Single leg raises, double leg raises

No roller

- Planks on forearms (hold 20 seconds, then 10 leg lifts on each side)
- Plank with side rotation, alternating sides (maintain straight body alignment)

3b. Group 2: Swim Drills

One member at a time from this group will be taken into another lane for about 5 minutes of cord drill swimming with video.

Other members of the group will repeat the following three sets:

1 x 100 with Fins – First 25 kick only, hands at side, rotate side to side – Second 25 Freestyle

1 x 200 with Fins and Paddles – Drill for first 25 as below – Second 25 always Freestyle

- 1: Right arm only
- 2: Left arm only
- 3: Right arm only
- 4: Left arm only

1 x 100 No Fins or Paddles, on each 25, swim with a single arm for the specified number of strokes, then switch to the other arm; repeat until you reach the wall

- 1: 7 strokes
- 2: 5 strokes
- 3: 3 strokes
- 4: 1 stroke (freestyle!)

4. Video Review

All together.

Note: All lesson plans are available online, in the Core Power Swimming section of this page:

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