

Core Power Swimming Breakwater Sports

Session 4

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Workout – Session 4

			Total Yards
Warm Up	1 x 300 Freestyle	Easy	300
	1 x 200 Kick	50 kickboard, 50 back, 100 side and glide	200
	6 x 50 Six Drills	1) Head up 2) Catch up 3) Fist 4) Drag 5) Single Arm - left 6) Single Arm - right	300
Main Sets	Repeat this set 3 times	1) Fins and paddles 2) Paddles only 3) No equipment	
	1 x 50 Freestyle	Long and strong	150
	1 x 100 Freestyle	Build	300
	1 x 150 Freestyle	Descend	450
	12 x 25 Freestyle	Sprint on 35-40	300
Warm Down	1 x 200 Freestyle	Slow	200
		Total Yards	2200

Note: These Lesson Plans Are Available Online

Lesson plans are available on the website – look in the Core Power Swimming section:

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