

Core Power Swimming Breakwater Sports

Session 6

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Workout 3 (Session 6)

			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
	Repeat the following set twice:		
	200 Freestyle	Work on bilateral breathing	400
	150 Freestyle	Build	300
	100 Freestyle	Work on streamline	200
	50 Freestyle	Descend by 25	100
	8X25 Freestyle	Sprint	200
Cool Down	1 x 200 Freestyle	Slow	200
		Total Yards	2300

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>