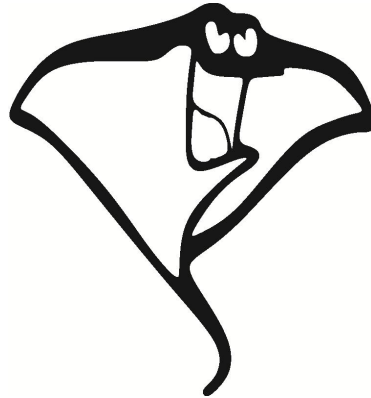




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SWIMMING

11 & UP

Open Swim Workouts – updated 12/7/20

Intervals can be adjusted as needed



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Workout 1

Warm Up:

Stretch!!!!

300 free

200 pull

100 kick

Set #1

4 x 50's Catch Up (:10 rest)

2 x 100's Finger tip drill (:15 rest)

1 x 200 Full stroke (:30 rest)

2 x 100's finger tip drill (:15 rest)

4 x 50's Catch Up (:10 rest)

Kicking

4 x 25's choice (:10 rest)

2 x 50's choice (:15 rest)

4 x 25's choice (:10 rest)

Warm down as much as needed



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Workout 2

Warm Up

250 Swim, 250 Kick, 250 Pull (Breath every 3)

Set 1

50 each with :10 rest

1. R arm only with board high elbow, reach for board.
2. L arm only with board high elbow, reach for board.
3. Catch up with board.
4. Catch up with board.
5. Catch up NO board.
6. Catch up NO board.
7. Finger tip with board.
8. Finger tip with board.
9. Finger tip NO board.
10. Finger tip NO board.
11. Full Stroke.
12. Full Stroke.

Kick Set – No Board – How many kicks off each wall?

- 5 x 100's (Odd Free, Even Prime) :15 rest

Final Set

6 x 50's (working on exaggerated streamline with steady kicking / :15 rest)

Warm down as much as needed



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Workout 3

350 Swim, Kick, Pull

1st set

50's with board - :10 rest

- Fly kick (with board)
- Fly kick (with board)
- Right arm only with board (Kick at top of stroke and kick at bottom of stroke)
- Left arm only with board (Kick at top of stroke and kick at bottom of stroke)
- Right arm no board (Kick at top of stroke and kick at bottom of stroke)
- Left arm no board (Kick at top of stroke and kick at bottom of stroke)
- 3 strokes right arm, 3 left arm
- Repeat
- 3 Right arm, 3 left arm, 3 full stroke
- Repeat
- Full stroke (Once you start, don't stop! Butterfly is all about momentum, once lost you will lose your stroke!)
- Repeat Full stroke

8 x 50's - :15 rest

- Stream line butterfly kick
- 3 R, 3 L
- 3 R, 3 L, 3 Full
- 3 R, 3 L, 6 Full
- Repeat entire set
- How many kicks off each wall?

Kicking with board

5 x 100's Kick All Free :15 seconds rest

Warm down as much as needed



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Workout 4:

350 Swim, Kick, Pull

8 x 50's :10 rest

- Odd Fly Drill (3,3,3/ 3,3,4/ 3,3,5 /full stroke)
- Even Free

4 x 100's Kick :15 rest

- Odd Fly on back in streamline
- Even Free in streamline
- How many kicks off each wall?

5 x 100 Stroke or IM :15 rest

- Practice Crossover Turn for IMers

Warm down as much as needed



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Workout 5:

350 Swim, Kick, Pull

8 x 100's (:10 rest)

- Odd IM -Even Free

5 x 75's Kick (:10 rest)

- Odd Fly
- Even Free

12 x 50's Sprint from a push on 1:00

- Odd Prime
- Even Free

Warm down as much as needed



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Workout 6

350 Swim, Kick, Pull

50's Drill (:20 rest)

- 2 x kicking on back arms at sides
- 2 x Kicking on back arms streamlined
- 1 x right arm only (thumb comes out first, pinky enters water first)
- 1 x Left arm only
- 1 x 3 right arm, 3 left arm, 3 full stroke
- 1 x 3 right arm, 3 left arm, 6 full stroke
- 2 x full stroke

6 x 100's (:20 rest)

- Odd backstroke
- Even free

5 x 75's Kick (:10 rest)

- Odd backstroke
- Even Free

Warm down as much as needed



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Workout 7:

350 Swim, Kick, Pull

8 x 50's :10 rest

- Odd Back Drill (R Arm, Left Arm, 3,3,3 /full stroke)
- Even Free

4 x 100's Kick :15 rest

- Odd Back Streamline position
- Even Free

5 x 100 IM's :15 rest

- Practice Crossover Turn

Warm down as much as needed



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Workout 8

350 Swim, Kick, Pull

50's Drill - :20 rest

- 2 x breast stroke kick with buoy in
- 2 x breast stroke pull with buoy in
- 2 x arms at sides No buoy, touch hands to heel each time you kick
- 2 x 1 pull 3 kicks with buoy in
- 2 times full stroke with buoy in
- 2 times full stroke without buoy

6 x 100's (:20 rest)

- Odd breaststroke
- Even free

5 x 75's Kick (:10 rest)

- Odd breaststroke
- Even Free

Warm down as much as needed



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Workout 9

350 Swim, Kick, Pull

8 x 50's :10 rest

- Odd Breast stroke Drill (Kick with buoy, Heel touch, 3K to 1 pull, full stroke)
- Even Free

4 x 100's Kick :15 rest

- Odd Breast
- Even Free

5 x 100 IM's :15 rest

- Practice Crossover Turn

Warm down as much as needed



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Workout 10

400 Swim, Kick, Pull w/ Bouy

6 x 125's swim (:15 rest)

- Odd IM rotate the 50
- Even Free

5 x 75's kick (:30 rest)

- Odd Prime
- Even Free

3 x100's Sprint From a push on 4:00

Warm down as much as needed



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Workout 11

350 Swim, Kick, Pull

8 x 100's swim – all choice (:15 rest)

6 x 50's kick (:20 rest)

- Odd Prime
- Even Free
 - Kick as far as you can off each wall

Streamlines off the walls – proper breakouts and how many kicks off the walls?

Warm down as much as needed



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Workout 12

400 swim, kick pull

8 x 125's - 75 swim (:05 rest) 50 kick – how far under off each wall (:10 rest)

6 x 50's prime (:10 rest) focus underwater kicking & proper breakouts

50s with FAST Turns – breathing in and out of the walls???

Warm down as much as needed



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Workout 13

400 swim, kick pull

4 x 200's broken at the 50's (:10 rest) (1:00 rest after each 200)

- If you can add up your time

5 x 100 Stroke or IM – rest :15

- Practice Crossover Turn for IMers

Turns – focus on fast in and out off the walls with perfect breakouts

Warm down as much as needed



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Workout 14

400 swim, kick pull

8 x 100 Stroke/IM's (:10 rest)

- Practice Crossover Turn if swimming IMs

8 x 75's kick (Odd Free, Even Prime) – Rest :15 after each

- Can use a board or in Streamline

Turns – focus on fast in and out off the walls with perfect breakouts

Warm down as much as needed



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Workout 15

400, 400, 400

5 x 200's

- Odd swim :20 rest
- Even broken at the 100 – rest :20
 - Rest 1:00 after Broken

6 x 100 I.M.'s :15 rest

- Fly, Breast Turns
 - Dig elbow into side
 - Opposite hand slicing behind head
 - Bring arms together into a streamline

8 Turns of fly or breast (slicing hand behind the head)

Warm down as much as needed