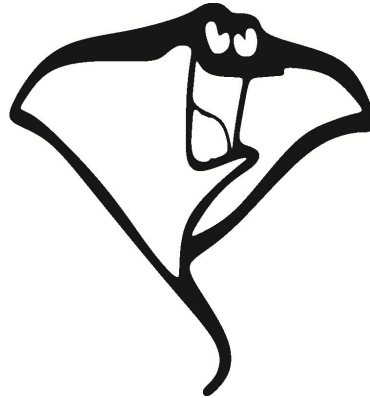




**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



SWIMMING

12 & Under

Open Swim Workouts – updated 12/7/20

Intervals can be adjusted as needed



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Workout 1

Stretch!!!

4 x 25's easy Free

6 x 25's or can do as 6 x 50 with :30 rest

1,2. With board catch up

3,4. No board catch up

5,6. Freestyle

Kicking (rest :20)

6 x 25's (Odd free, even choice)

Warm down as much as needed



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Workout 2

100 Free & 100 Kick

25 each:

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.

6 x 50's kick (Odd Free, Even Prime)

6 x 25's (exaggerated streamlines with kick for half pool then swim to the wall)

Warm down as much as needed



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Workout 3

6x50 rest :15 swim or kick

1st set

25'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 25'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

4 x 50's Kick All Free :15 seconds rest

Warm down as much as needed



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Workout 4:

6 x 50 Swim or Kick

8 x 50's :10 rest

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

6 x 50's Kick :15 rest

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

4 x 100 Stroke or IM 1:00 rest

- Practice Crossover Turn for IMers

Warm down as much as needed



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Workout 5:

8 x 25s – Front/Side/Side/Back – Dolphin K (rest :30)

8 x 75's (:10 rest)

- Odd IM (fly/bk/breast)
- Even Free

5 x 50's Kick (:10 rest)

- Odd Fly
- Even Free

8 x 25's Sprint from a push on 1:00

- Odd Prime
- Even Free

Warm down as much as needed



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Workout 6

Stretch

4 x 25 Free (:30)

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 75's (:20 rest)

- Odd backstroke
- Even free

5 x 50's Kick (:10 rest)

- Odd backstroke
- Even Free

Warm down as much as needed



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Workout 7:

100 Swim, Kick, Swim

12 x 25's :10 rest

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

8 x 50's Kick :15 rest

- Odd Back Streamline position
- Even Free

2 x 100 IM's :15 rest

- Proper Turn

Warm down as much as needed



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Workout 8

150 Swim, Kick, Swim

2 rounds :

2x25'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 50's (:20 rest)

- Odd breaststroke
- Even free

12 x 25's Kick (:10 rest)

- Odd breaststroke
- Even Free

Warm down as much as needed



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Workout 9

4 x 50 Swim, Kick, Swim, Kick

8 x 50's :10 rest

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

6 x 50's Kick :15 rest

- Odd Breast
- Even Free

2 x 100 IM's 1:00 rest

- Practice Proper Turns

Warm down as much as needed



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Workout 10

12x25s Swim, Kick, Swim (rest :20)

6 x 100's swim (:45 rest)

- Odd IM
- Even Free

6 x 50's kick (:30 rest)

- Odd Prime
- Even Free

2 x 50's Sprint From a push on 4:00

Warm down as much as needed



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Workout 11

8 x 25s – Front/Side/Side/Back – Dolphin K (rest :30)

6 x 75's swim – all choice (:15 rest)

6 x 50's kick (:40 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

Stretch

8x25s (rest :20)

Odd swim

Even kick on side

6 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

25s with FAST Finishes – breathing in and out of the walls???

Warm down as much as needed



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Workout 13

8 x 25s – Front/Side/Side/Back – Dolphin K (rest :25)

4 x 100's broken at the 50's (:20 rest) (1:00 rest after each 100)
- If you can add up your time

6 x 50 Stroke or Free – rest :15
- Practice correct turns

Finishes – focus on fast into walls without breathing inside flags

Warm down as much as needed



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Workout 14

12 x 25s – Front/Side/Side/Back – Dolphin K (rest :30)

3 x 100 IM's (:30 rest)
- Correct turns

8 x 75's kick (Odd Free, Even Prime) – Rest :25 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

16 x 25s –

- 1-4 Front/Side/Side/Back – Dolphin K (rest :30)
- 5-8 Free (rest :30)
- 9-12 Front/Side/Side/Back – Flutter K (rest :30)
- 13-16 Backstroke (rest :30)

6 x 50's

- Odd swim :20 rest
- Even broken at the 25 – rest :20
 - Rest 1:00 after Broken

3 x 100 I.M.'s 1:00 rest

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

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

Warm down as much as needed