

Storm Swimming

12 and Under Vacation workout

Warm up: Dynamics
 200 IM (sda)
 4 x 100 odd freestyle pull, even freestyle swim @ 2:00
 Bp alternate 5, 3, choice, choice

Freestyle:

10 x 100 freestyle kick with fins

5	@ 1:45	2:00
3	@ 1:40	1:50
2	@ 1:35	1:45

16 x 25 freestyle

@ :35

1 kick

2 swim

1 swim with 6 beat kick

10 x 75 freestyle swim

@ 1:20 1:30

1 count strokes by 25

1 6 beat kick

1 race

(10th should be AR choice)

Technical backstroke:

16 x 25 done as

@ :35

1 3k switch

1 12-3-12

1 8-7-8

all have 3 powerful dolphins and then flutter to surface

1 swim

Cool Down- 150 done as {25 UW, 25 breaststroke, 25 freestyle} x 2