

Orinda Aquatics Graduation Workout!



"Searching and learning
is where the miracle
process begins."

Yards	Grade	Concept	Set	Notes
Pre-school		Just getting started		
900	<i>Pre-K</i>	Preparing	3x300	Perfect technique
450	<i>Kindergarten</i>	Beginning "school"	3x3x50 @ 50 FR/STR	Build round
Elementary School		Establish fundamentals		
400	<i>First Grade</i>	Basics	Free Kick: SL/RT/LT/HU	With snorkel
400	<i>Second Grade</i>	New concepts	Free Drill: 5-Pt CU, R-A, L-A, CU w/ strong legs	With snorkel
400	<i>Third Grade</i>	A little harder - new material	Fly: Pulse, 1-A, Stone Skip., Pull Flutter Kick	3 Keys
400	<i>Fourth Grade</i>	A little harder - new material	Back: RT, LT, CU, 10ct	3 Keys
400	<i>Fifth Grade</i>	A little harder - new material	Breast: HU Pull, Min SPL, Pull Flutter, Build	3 Keys
400	<i>Sixth Grade</i>	"I.M." cool, I know everything!	400 IM (review)	Build each 100, 4th lap UW
Middle School		Getting harder		
500	<i>Seventh Grade</i>	Getting serious!	5x100 Free (FPSO+10)	Build R to 90%
500	<i>Eighth Grade</i>	More "work"!	5x100 IM (FPSO+10)	Build IM to 90%
High School		A higher level!		
600	<i>Ninth Grade</i>	Beginning to focus	1x600 EZ Free 1 BR/200 SR	Use Tempo Trainer
600	<i>Tenth Grade</i>	Getting harder!	600 Stroke kick, vertical SL, with parachute (4th EZ Free)	Reach for the sky!
1000	<i>Eleventh Grade</i>	The "hardest" year!	20x50 Stroke, fins, FPSO	4th 50 Free
200	<i>Twelfth Grade</i>	"It goes by fast"	8x25 @ 20+5 each	All out
Graduation!		You did it!		
250	<i>After...</i>	Jump for joy!	50xPull out!	Clear your suit
Post Grad				
300	<i>Nap</i>	A much deserved rest!	300 EZ	
7500				

We need long-term goals to help us past the short-term obstacles.

