



Gold and Silver
8:00-9:15 am

Introductions

On Land

Gold

11

Silver

13

Chalk Talk

On Land

Start of practice

Equipment

no equipment week 1 until Friday

Sets/Drills structure

Lane Protocol

Lane Assignments

build throughout the week

Warmup-3 rounds

300

50 kick-surface kick

50 free

Kick Set-3 rounds

300

25 surface kick

25 kick on right side

25 kick hands on stomach

25 kick on left side

Drills-3 rounds

600

4x50-shark fin

4x50-6 kick switch

4x50-one arm free

Main Set-1 rounds

250

25 free stroke count

50 free maintain stroke count

75 free maintain stroke count

100 free maintain stroke count



Bronze
9:15-10:15 am

Introductions
Bronze

On Land
27

Chalk Talk

On Land

Start of practice

Equipment

no equipment week 1

Sets/Workout structure

Lane Protocol

Lane Assignments

build throughout the week

Warmup-3 rounds

150

25 kick-surface kick

25 free

Kick Set-2 rounds

200

25 surface kick

25 kick on right side

25 kick hands on stomach

25 kick on left side

Drills-3 rounds

300

4x25-shark fin

4x25-6 kick switch

4x25-one arm free

Main Set-1 rounds

250

25 free stroke count

50 free maintain stroke count

75 free maintain stroke count

100 free maintain stroke count



Red
10:15-11:00

Introductions
Red

On Land
46

Chalk Talk

On Land

Start of practice

Equipment

no equipment week 1

Sets/Workout structure

Lane Protocol

Lane Assignments

build throughout the week

Warmup-1 round

100

4x25 kick-surface kick

Kick Set-2 rounds

200

25 surface kick

25 kick on right side

25 kick hands on stomach

25 kick on left side

Drills

4x25 one arm free

4x25 catchup free

Main Set

25 free-count your strokes (remember for tomorrow)



Pre-Team

Introductions

9:00-9:30	11
9:30-10:00	12
10:00-10:30	12
10:30-11:00	12
4:00-4:30	12
4:30-5:00	7

Chalk Talk

Start of Practice	Coach meet swimmers at bleachers
End of Practice	Coach brings swimmers to bleachers
Practices	Week 1-combined group
	Week 2-break into two groups
	Swimmers on wall

Kicking

Wall kicks to start-use wall or steps

Explain kick

Toes pointed
Legs extended
Kick with top and bottom of feet-keep ankles extended
Feet stay in water

Kick/Drill Set

4x15 yards-kick with board
Explain holding board-hands on side

4x15 yards-surface kick with arms extended

4x15 yards-streamline kick

4x15 yards-work on freestyle with great kick