



PSC Kicking

Kicking is an important aspect of a swimmer's development. The best swimmers in the world at all ages utilize kick driven strokes to propel themselves through the water at high speeds. An effective kick raises the swimmer's legs up to a horizontal/prone position, thus reducing drag. As the leg muscles are amongst the largest in the body, having a trained, effective kick minimizes energy and oxygen consumption, whilst maximizing propulsion. Having the legs to accelerate in a sprint event or at the end of a longer race can only be done if the kick is developed and trained through the ages and groups with coaches & swimmers who believe in the same kicking philosophy. At PSC, kicking is a focus point during every practice. Below are the test sets we use in our groups to challenge our swimmers to become better kickers and as a result, better swimmers.

STARFISH	10 x 25 choice kick BA on 1:30 Gold Level Kicker – BA under 0:40 Silver Level Kicker – BA under 0:50 Bronze Level Kicker – BA under 1:00
RISING STARS	10 x 50 choice kick BA on 2:30 Gold Level Kicker – BA under 0:55 Silver Level Kicker – BA under 1:05 Bronze Level Kicker – BA under 1:15
WHITE	10 x 50 choice kick BA on 2:00 Gold Level Kicker – BA under 0:45 Silver Level Kicker – BA under 0:55 Bronze Level Kicker – BA under 1:00
RED	10 x 100 choice kick BA on 3:00 Gold Level Kicker – BA under 1:40 Silver Level Kicker – BA under 1:50 Bronze Level Kicker – BA under 2:00
BLACK	10 x 100 choice kick BA on 2:30 Gold Level Kicker – BA under 1:25 Silver Level Kicker – BA under 1:40 Bronze Level Kicker – BA under 1:55
SILVER	10 x 200 choice kick BA on 5:00 Gold Level Kicker – BA under 3:00 Silver Level Kicker – BA under 3:20 Bronze Level Kicker – BA under 3:40
GOLD	10 x 200 choice kick BA on 5:00 Gold Level Kicker – BA under 2:20 Silver Level Kicker – BA under 2:40 Bronze Level Kicker – BA under 3:00