

Week of 12/7/2020 Developmental Workouts

Terminology:

KOB=Kick on Back

SL=streamline

HTR= hands to rear

R:10=rest for 10 seconds

B= breathing pattern (ie, B3-4 means breath every 3 or 4 strokes)

12/7/2020

Warm-up: 2 rounds

1x50 FR

1x50 KOB

4x50 FR fast @1:20

FL with fins

1x50 FL drill-superman wiggle

1x50 FL KOB in SL-dolph kick

1x50 dolph kick in SL (on front) under water

1x50 FL (25 R arm only/25 L arm only)

6x25 FL swim R:10

4x50 O: 25 FL/25 FR E: 25 FR/25 FL

BK: 2 rounds

4x25 drill

Rnd 1: 10-count roll

Rnd 2: 1-arm sky

2x50 KOB in SL

1x50 BK with turns practice stroke counts

Cool Down

12/8/2020

Warm-up: 1x100 FR

1x100 BK

4x25 IMO drill

2x50 FR @1:15

FR with fins

1x50 drill-scutt

1x50 drill-square B on one side only

4x75 FR swim (25 KOB+50 FR B3-4)

2x100 FR with turns and SL

BR

1x50 BR kick with board

4x25 BR drill - spider

2x75 BR (25 KOB+50 swim)

1x50 BR practice pull-outs

IM

3x100 IM R:15 O: R:05 each wall focusing SL off each wall E: regular IM

6x25 FR @:35 4B or less

Cool down

12/9/2020

Warm-up: 2 rounds

1x50 FR

1x50 KOB

4x50 (25 IMO drill+25 FR) @1:30

Drill work (FR, BK, BR)

1x50 FR drill-scutt

2x50 kick with board

1x50 FR drill-square

1x50 BK drill-10 ct roll

1x50 BK drill-1 arm sky

1x50 BK drill-25 L arm/25 R arm

1x50 BR drill-spider

1x50 BR drill-splash

1x50 BR drill-1pull, 2 kick

Main set-fins

2x75 FR

2x50 flutter kick-board

2x75 BK

2x50 KOB in SL

2x50 BR (no fins)

1x50 BK kick-board (no fins)

Cool down

12/10/2020

Warm-up: 2 rounds:

1x100 FR

1x50 KOB

4x25 IMO drill

2x50 FR purple @1:15

BR

1x50 BR kick on board

1x50 BR drill-spider

1x50 BR kick on front HRT focus getting heels to touch fingertips

1x50 BR drill- 1 pull, 2 kick

4x25 BR swim R:10

Kick

9x50

1: 25 BR/25 FR

2: 50 FR

3: KOB

5 bobs

(repeat 3x)

Cool down

12/11/2020

Warm-up: 100 Swim

100 KOB

4x25 FR purple R:10 B4 or less

2x100 FR with turns/SL off each wall

FR-fins

4x75 FR @2:10

4x50 kick-board @1:0

4x25 FR @:40 3B or less

FL-fins

1x50 dolph KOB in SL

1x50 dolph kick under water in SL (on front)

4x25 FL drill-superman wiggle

4x25 FL drill-1-arm FL

4x25 FL

4x50 O: 25 FL/25 FR E: 25 FR/25 FL

IM

2x100 IM R:15 O: R:05 at each 25 focusing on SL off wall E: Regular IM

Cool down