200 Free (160 strokes)

200 Kick (timed for 2 minutes 30 seconds)

200 Choice (128 strokes)

\*\*Repeat until you’ve “chosen” Back, Breast and Fly\*\*

Total yardage: 1800 yards (if it doesn’t feel like enough, repeat again!)

Some math assumptions in order to complete the warm up.

* Assume you take on average 20 strokes per 25yards.
* Assume it takes you 2:30 seconds to kick a 200.
* Assume your “choice” of stroke is breastroke and you take 16 strokes per 25yards.
* Assume your “choice” of stroke is backstroke and you take 20 strokes per 25yards.
* Assume your “choice” of stroke is fly and you take 13 strokes per 25yards.

**Freestyle**

In an open space (wide enough to “fly”), hold a small hand weight or soup can in each hand. Stand in the square position, legs apart only as wide as your shoulders. Bend at the hips (not the waste, but from the hip joint.) Bring your arms up to a superman (as wide as your shoulders, palms down) position. You should be in a position that somewhat resembles a right angle. Back should be flat. If you can’t bend to the right angle, do the best you can without pain.

Take a freestyle stroke paying attention to keeping the elbow high through the pull and to NOT cross under your torso. Recovery will vary by person but the goal is to not stress the shoulder on recovery so adjust until you find the right position. For me a low swing forward worked best outside the water and that is FAR from what is comfortable in the pool.

Breathe every 3 or 4 strokes. Be sure to maintain the right angle position of your legs and torso. Breathe with your chin tucked into the pocket created by your shoulder and your chest (armpit breathing!)

After 20 strokes, stand into a streamline position for 10 seconds, then resume your 90 degree position and your next 20 strokes. A 200 swim requires 7 flip turns (in this case streamline/10second rests).

**Kick**

Couch kicking can be done on any surface it is safe to sit on. (Chair, bench, barstool, loveseat, bed). Sitting with your bottom at the end of the seat, place your hands comfortably behind you, palms down, fingers pointing out. You are going to lean back into them, feel free to adjust the hand position during the kick set to maintain comfort.

Bring your legs up, creating a 90 degree angle. Lean back to aid bringing your legs up. (If your core is really strong, you may not need to use your arms to balance you!) If you can’t create a 90 degree, it’s ok. Find the height you can maintain for the duration of the set.

Flutter kick with your legs straight with a slight bend to the knee and your toes pointed. Legs should not be stiff, rather fluid in the movement. Same with ankles. Chances are your abs will hurt more than your legs after this.

Kick for 35 seconds, then bring your knees in towards your body (think flip turn) hold for 10 seconds and then resume your 35 seconds of kicking. A 200 requires 7 flip turns.

**Breastroke**

Again, standing in the square position, hold hand weights or soup cans in both hands. Looking straight forward, initiate your breastroke pull (scoop the ice cream). Mind how wide your “scoop” is and the position of your elbows. Keep the scoop about as wide as your shoulders and your elbows high. Next bring your elbows in towards your torso and your hands together (pray for more). Roll shoulders forward, elbows in tight (creates a little cleavage) and hand in at your body’s midline. As you extend your arms forward, bend at the hips and put your head down. Extend all the way into a streamline and try to achieve the 90 degree leg/torso we’ve had before.

Repeat for 16 strokes, stand into a streamline position, hold for 10 seconds and resume. (You could put a pulldown in here if you wanted!) A 200 swim requires 7 turns.

**Backstroke**

Standing with your feet in the square position, hold hand weights or soup cans in both hands. Extend your arms over your head in a streamline. To initiate your backstroke, start with ONE arm. Rotate your hand so your pinky will enter first, bend your elbow slightly (like you are trying to put it into your back pocket) and PUSH your hand down towards your feet. Stay away from the outward sweep. Hold your head still and facing forward. Shoulder and hip rotation (if moving cohesively) is a good thing but DO NOT swing your head! Pay attention to your breathing. Try and keep it steady throughout the swim.

After 20 strokes, stand into a streamline position for 10 seconds, then resume your next 20 strokes. A 200 swim requires 7 flip turns (in this case streamline/10second rests).

**Butterfly**

In an open space (wide enough to “fly”), hold hand weights or soup can in each hand. Stand in the square position, legs apart only as wide as your shoulders. Bend at the hips and bring your arms up to a superman (as wide as your shoulders, palms down) position. You should be in a position that somewhat resembles a right angle. Back should be flat, looking down at the floor. If you can’t bend to the right angle, do the best you can without pain.

Take a butterfly stroke bring your head up to breathe during the pull phase. Your bodyline will come away from the 90 degree (that’s good!) but be sure to return to it during the recovery. To recover, be sure the palms of your hands are facing behind you and your looking down. Recovery will vary by person but the goal is maintain the “fly” status. Don’t swim this like a T-Rex.

After 13 strokes, stand into a streamline position for 10 seconds, then resume your next 13 strokes. A 200 swim requires 7 open turns.