

Age Group Practice 1

8x 50 FR SMCU E.V.F (Early Vertical Forearm)
w/ FINS @ :10 Rest

2x 75 IM (No FR) PERFECT TURNS & STEPS @ 1:40
4x 50 FR Kick w/B + FACE IN WATER 1:20
4x 25 Fly @ :40 Hips up + Boom Kick

10 Min TURNS FR OR BK only with

20x 25 BR w/ FINS @ :40

Corners, Elbows, Shoot + Shoulders to Ears.

8x 50 FR Desc x 2 1:00

Get FASTER IN PAIRS OF 2

- Last 2 are RACE!

12x 25 ↓ H2O Dolphin Kick A.F.A.P :45
w/ FINS.

12x 25 Fly w/ FINS Quick Catch :40

Age Group practice 3
200 FR Kick w/ Board

TECH SET

2x | 10x 25 BR 3R/3L @ :15 Rest
* palm facing your feet at all times
4x 25 IMD * STEP Big Push hold Body Tight
@ :45

Rest

200 FR Kick @ :20 Rest
3x 50 BR 2 Kick 1 Pull 1:10
* Tuck Knees @ TURN
* Get into line!
150 FR Kick * Last 50 Extra FAST @ :15 Rest
3x 50 BR 2 KIP 1:10
100 FR Kick FAST

Rest

10x 75 FR w/ FINS @ :15 Rest

o) Strong Breath Every 3

E) RACE

* FAST INTO ALL TURNS
Hold Tight Line Coming
Out!

Age Group practice 4

2x 200 FR Kick @ :30 Rest

— Rest —

4x 100 FRIM (Replace Fly with FR) 2:00
TURN Focus Smooth in,
Smooth Out.

4x 25 BR 3ct stretch Squeeze Feet together
@:45

3x 100 FRIM @ 2:00

4x 25 BR 3ct stretch @:45

2x 100 FRIM @ 2:00

4x 25 BR 3ct stretch @:45

100 FM RACE! @ 2:00

4x 25 BR 3ct stretch @:45

— Rest —

8x 50 BK → BR @ :15 Rest

Touch — Knees up — Spin — Push

Age Group practice 5

2 x 200 FR Kick

10 x 50 BK-BR TURNS @ :15 Rest

- ① Touch on Back
- ② Knees to Chest
- ③ Spin Feet to Wall
- ④ Push off in Tight Line!

Rest

10 x 25 Strong Perfect Fly + FAST Kick @ :45

- ① 10 Flutter Kicks @ wall
- ② Flip + Push off Deep
- ③ FAST Dolphin Kick to SURFACE
- ④ 4 Fly strokes No Breath
- ⑤ FAST Dolphin Kick ON BACK

Rest

20 x 25 Fly w/ FINS @ :40

STEPS * one stroke without Breathing*

Rest

8 x 100 FR w/ FINS @ :15 Rest

Breathe Every 3

* FAST IN + ~~FR~~ Hold Line
Tight + out *