WCCC ROYALS 1- COACH FAITH’S WORKOUTS 11/10/20-11/20/20

TO THE PARENTS: If your swimmers do go and swim laps, help them and hold them accountable with what is in the workout. Some of your swimmers are close to state and should still be pushing themselves as hard as if I were on deck with them. Even if you’re not close to state still push yourself and work hard.

|  |  |
| --- | --- |
| WEDNESDAY (11/11):  -Warm Up:  - 200 Choice easy  - 4x50 Drill Freestyle (One of them needs to be catch up)  - 4x50 Build (Start to get faster throughout the 50, sprint in the red zone)  -Kick Set:  - 10x25 Free/Choice. 5 second rest. Switch each 25. Focus on Consistency  -Technique Focus:  - 4x50 Breaststroke drills  - 2x100 Breaststroke. 10 sec. rest.  - 4x50 Backstroke drills  - 2x100 Backstroke 10 second rest. Flip turns and correct finishes.  -Sprint Set:  - 5x50 @0:50, 1:00, 1:10  -2x100@1:35, 1:50, 2:05  Cool Down:   * 200 kick choice. Go slow and easy but still consistent | THURSDAY(11/12):  -Warm Up:  - 200 Choice easy  - 4x50 Drill Freestyle (One of them needs to be catch up)  - 4x50 Stroke Count # (Needs to be less than 19 per 25)  -Kick Set:  - 2x200 Free/Breast Kick  -Technique Focus:  - 4x50 Fly Drills  - 2x100 Fly. 15 sec. rest.  - 4x50 Free drills  - 2x100 Free. 10 second rest.  -Sprint Set:  - 5x50 @0:50, 1:00, 1:10  -2x100@1:35, 1:50, 2:05  Cool Down:   * 200 Free |
| FRIDAY (11/13):  -Warm Up:  - 200 Choice easy  - 4x50 Drill Choice (One of them needs to be catch up)  - 4x50 IM order Kicks  -Kick Set:  - 10x50 Free/Choice. @1:10. 1:30  -Technique Focus:  - 4x100 Free Drills  - 7,5,3,1 drill  - SL Breathing  - Finger Drag  - Fists  - 200 Free. Focus on keeping head down and breathe every 3 or 5 strokes  -Sprint Set:  - 5x50 @0:50, 1:00, 1:10  -2x100@1:35, 1:50, 2:05  Cool Down:   * 200 Wutevuh | MONDAY (11/16):  -Warm Up:  - 200 Choice easy  - 4x100 7,5,3,1 Drill  -Kick Set:  - 10x25 Free kick. 5 second rest. Focus on Consistent feet. Same pace for every 25  -Technique Focus:  - 10x50 Choice Drills  - 4x75 Build per 25  -Sprint Set:  - 5x50 @0:50, 1:00, 1:10  -2x100@1:35, 1:50, 2:05  -Meet Prep Skills:  - 5 Free Flip Turns  - 5 Back flip turns  - IM transitions (Go through the cycle twice)  Cool Down:   * 200 free |
| TUESDAY (11/17):  -Warm Up:  - 200 Choice easy  - 4x50 Drill Back Stroke  - 200 IM kick  -Kick Set:  - 5x50 Free/Choice. @1:10, 1:30  -Technique Focus:  - 10 Backstroke starts  - 2x100 backstroke. 10 sec rest.  - 10 Breaststroke underwaters  - 2x100 Breaststroke. 10 sec rest. Try using underwaters on your turns  -Sprint Set:  - 20x25 3 sec. rest. Fast pace.  Cool Down:   * 200 Free. Go slow and easy but still consistent | WEDNESDAY (11/18):  -Warm Up:  - 200 Choice easy  - 4x50 Breaststroke Drill  - 4x50 Stroke Count #. Count per 25  -Kick Set:  - 20x25 Fly kick. 5 sec. rest  -Technique Focus:  - 4x50 Butterfly Kicks (UV Kicks)  - 4x50 Fly drills  - Water Angels  - Breast Arms w/ Fly kicks  - 2, 2, 2 Drill  - 4 kicks, 1 pull  - 2x100 Butterfly 20 sec rest.  Meet Prep Skills:  - 10 Flip turns Back/Free. GOOD Streamline off wall.  - Breast/Fly turns.  -Sprint Set:  - 8x50 Free @0:50, 1:10, 1:20  Cool Down:   * 200 Kick |
| THURSDAY (11/18):  -Warm Up:  - 200 Choice easy  - 4x50 Drill butterfly  - 2x100 Catch-Up  -Kick Set:  -500 Free kick. Focus on pace and consistent feet. Don’t go slow then speed up at random.  -Technique Focus:  - 5x50 Free Drills  - 4x100 Free. 10 sec. rest. Focus on keeping nose pointed towards the ground  - 10 Free flip turns  - IF THE LIFEGUARDS ALLOW: 5 Starts. Swim a 25 and walk back. 4 breaths per 25 ONLY  Cool Down:   * 200 Wutevuh |  |