

Five Workouts to Get You Started
Adult Summer League
Chastain Park Athletic Club - Star Brackin

PRACTICE A

Warm-up: Free

400- Swim

9x50 – free descend in groups of 3 @:60

9x50 – kick descend in groups of 3 @:60

Drill work:

Streamline glide

Streamline glide plus dolphin kick

4x25 underwater

9x50 – free descend in groups of 3 @:60

Suntan/superman

4x25 right arm left arm

9x50 – kick descend in groups of 3 @:60

set two: stroke- choice

4x200 – pull

5x100-swim @1:30

6x 75 –kick build each 25

7x 50 –swim (work your turns!)@:60

8x 25 – Sprint! @:30

Set Three: DPS

4x 50 – free DPS

2x 100- free breath 3/5/7/9

4x 50 – free DPS- drop two strokes

2x100-swim @ 1:30/1:45/2:00

4x50 -stroke -form focused

2x 100- stroke @ interval

Set Four:

Repeat 3 X:

4x 25- wind sprint

2x 50 –sprint from block (3 breaths total)

Cool Down:

100 – slow and Pretty

PRACTICE B

Warm-up:

300 swim

200 drill

4x25 sprint- odds -10 vertical jumps, evens- 30 second vertical kick

Set One:

3x300

1- freestyle (underwater 10m every wall)

2- pull

3- 75 fast/25 easy (repeat 3x=300)

9x50

2 kick FAST!

1 swim easy

Set Two:

6x200

2- freestyle (underwater 10m every wall)

2- IM

2- 50 fast/50 easy

9x50(HS)

6x50 (MS)

2 kick FAST!

1 swim easy

Set Three:

9x100

3- freestyle (underwater 10m every wall)

3- stroke

3- 25 fast/50 easy/25 fast

9x50 (HS)

6x50 (MS)

2 kick FAST!

1 swim easy

Final Set:

25's - 30 second planks/10 pushups

PRACTICE C

Warmup: 3-2-1

300 Swim

200 drill

100 kick

9x50 Swim descend in groups of 3 @:60

Pyramid

8x75 IM order kick drill Swim by 25

10x50 kick @:45

4x100 underwater drill sprint drill by 25

300 pull

8 x25 sprint @:20

100 easy

Total 3150

PRACTICE D

Warmup: 3-2-1

300 Swim

200 drill

100 kick

9x50 Swim descend in groups of 3 @:60

Set one: freestyle

2x200 pull rest :20

4x50 Swim @:50/:60

2x100 kick rest:20

4x50 Swim @:50/:60

Set two: stroke

2x 200 drill rest :20
4x50 Swim @:60
2x100 kick rest:20
4x50 Swim @:60

100 slow and pretty

Total 3150

PRACTICE E

Warm-ups:

4 x 200 – swim kick drill swim

Set One: review from last week

2x 100 – free breath control 3/5/7/9 – MS 6x50 breath 3/5, 5/7

2x 50 – backstroke, work your turns

Set Two: Breaststroke

4x25 – kick, focus on glide, head should push up out of the water

4x50 – kick

4x75 – drill by 25 (3 kicks, 2 kicks pull, swim)

4x100 – swim (moderate, build up, build down, sprint) by 25 – MS 6x50 (build up, build down; easy, sprint)

Set Three: Fly

4x 20 sec – vertical kick (rest 10 sec)

4x50 – vertical kick with push off from bottom (just before hands break the surface of the water Sweep Out, Sweep In, throw arms around and up to The (vertical) Line and sink straight down)

and/or

4x50 – vertical kick no push off (same as above but do not push off the bottom after the first time. While sinking, use body undulation to re-direct the body up towards the surface)

4x75 – kick on back 25, drill 50

HS 8 x 100 – swim rest 20 sec

1 – free

2 – 75 free/25 fly rest :05 before fly

3 – 50 free/50 fly

4 – 25 free/75 fly

FINAL Set:

16x35 – sprints from the block (sprint to wall- execute turn, then swim to wall and get out)

IM order repeated 4 times

Round 1 – 10 squats

Round 2- 10 pushups

Round 3- 10 squats

Round 4 – 10 crunches and return kick boards