Swimming Practice Tuesday, November 5th

• Objective:

- o Learn the Basics of Breathing, Streamline and Ready Position
- o Start to Learn Underwater Body Dolphin
- o Establish Body Position Kicking

• Build a Base:

	Group 1	Group 2	Group 3
4	4-min Swim, alt 50 free, 50	4-min Swim, alt 50 free, 50	3-min Swim, alt 50 free, 50
	choice	choice	choice
((300 yards)	(300 yards)	(200 yards)
	Technique Progressions:	Technique Progressions:	Technique Progressions:
	The Basics - Streamline	The Basics - Breathing,	The Basics - Breathing,
		Streamline, and Ready	Streamline, and Ready
		Position	Position
	(50 yards)	(100 yards)	(100 yards)
4	4 x 50 Kick/Swim by 25	4 x 50 Kick/Swim by 25	4 x 50 Kick/Swim by 25
	 Left side 	 Left side 	• Front
	• Front	Front	• Back
	 Right Side 	 Right Side 	Floppy ankles, minimum
	 Back 	Back	knee bend
((200 yards)	(200 yards)	(200 yards)
	Body Dolphin Progression, adding scull	Body Dolphin Progression	Body Dolphin Progression
	(300 yards)	(300 yards)	(300 yards)
8	8 x 25 Streamline Kick on	8 x 25 Streamline Kick on	6 x 25 Streamline Kick on
:	:50. Alternate:	1:00. Alternate:	1:15 Alternate:
	 On your back 	 On your back 	 On your back
	underwater then	underwater then	underwater then
	hard kick on the	hard kick on the	hard kick on the
	surface	surface	surface
	(200 yards)	(200 yards)	(150 yards)
	8 x 25 Streamline Body	8 x 25 Streamline Body	6 x 25 Streamline Body
	Dolphin as far as possible	Dolphin as far as possible	Dolphin as far as possible
	the entire way	 the entire way 	the entire way
	underwater if you	underwater if you	underwater if you
	can	can	can
	• then hard kick on the	• then hard kick on the	• then hard kick on the
	surface on your back	surface on your back	surface on your back
	(200 yards)	(200 yards)	(150 yards)
6	6 x 50 on 1:30, Smooth	8 X 25 on :40	6 X 25 on :45 or :50
	• Open turns,		
	repeating Ready		
	Position		
	Skate Position EXERN		
	EVERY stroke		
	• 6 kicks off walls	(200 yards)	(150 yards)
	(300 yards)	, ,	, ,
	1,550 yards	1,500 yards	1,350 yards