

## **Drill Warmup - Fast 10s to 12s Workout - Perfect - Fast**

It is important to adapt to your groups Fitness & Technique level.

Add more rest if technique is suffering adjust sets, intervals as needed based upon your swimmers needs and amount of time for practice.

100 Free 15 sec rest 100 back

min rest have swimmers put on their snorkel

100 fly kick hands at your side working knees down pushing chest under

4x25s Fly pull with 10 sec rest w/ snorkel

20 sec rest

100 fly kick hands at your side working knees down pushing chest under

20 sec rest

4x25s fly drill your choice drill that you like

100 breast kick w/ snorkel floating arms in front on top of water, water line in middle of head

looking down with a flat back - Distance per kick

4x25 breast pull with board w/ snorkel w/ 10 sec rest

20 sec rest

100 breast kick w/ snorkel floating arms at your side, water line in middle of head looking down

with a flat back - Distance per kick

4x25s breast your drill that works on distance per kick with 15 sec rest

20 sec rest

100 Free pull with board w/ snorkel with 20 sec rest

100 kick Free w/ snorkel hands in front with 15 sec rest

50 drill with 10 sec rest - 50 perfect

repeat 2x

30 sec rest

2x50s Back pull w/ board w/ 10 sec rest

4x25s back kick on 30

2x (25 back drill/25 perfect) with 10 sec rest

repeat 1x

Stretch for 3 mins

Pre-Set - focus is technique, distance per stroke and working the walls

6x50s desc 1-3 on 50 or 55 or 60

100s Perfect/Fast

1 x Perfect on 200 - 1 x Fast on 140

1 x Perfect on 200 - 2 x Fast on 135

1 x Perfect on 200 - 3 x Fast on 130

min rest

T100 as fast as possible

100 kick with snorkel

50 double arm back

50s Perfect/Fast

1 x Perfect on 110 - 1 x Fast on 55

1 x Perfect on 120 - 2 x Fast on 50

1 x Perfect on 130 - 3 x Fast on 40

min rest

T50 as fast as possible

min rest

6x75s fly with fins - 25 build/25 kick on back/25 fast w/20 sec rest

min rest

8x50s back with fins- 1 perfect 55 - 1 build 50 - 2 fast on 45 - repeat

min rest

8x50s breast - 1 perfect 60 - 1 build 55 - 2 fast on 50 - repeat

min rest

4x25s fast fly on 30 - 2x50 fast back on 50 - 2x50 fast breast on 60 - 2x50 fast free on 60 as close to 30 as possible

3 mins swim down