

Monday 1-25-21

GIRLS ALL LANES

WARM UP:

300 (50 swim, 50 kick)

200- TN Tumbler

100 Pull Perfect Stroke

SKILL SET:

8 x 50 DPS on :55 Finding the balance between efficient swimming and a low stroke count

MAIN SET:

4 Rounds...(do your primary stroke on some or all rounds)

100 Swim DPS on 1:50

50 Swim with low stroke count about 80% on 1:00

25 Sprint on :40

BREAKOUT DRILLS: 3 Rounds

1st- 4-5 Dolphin Kicks off the wall (*Breast-1 strong dolphin kick in streamline)

2nd- 3-4 Dolphin Kicks into strong flutter kicks (or shorter faster dolphin kicks for fly) (*Breast- dolphin kick to strong pullout and hands back to streamline)

3rd- Breakout with one arm, other arm glued up front (fly rotate arms) (*Breast- add strong kick)

4th- Full breakout with 3 fast strokes

6 x 25 with FAST breakout

WARM DOWN:

200 (50 swim, 50 kick, 50 backstroke)

Tuesday 1-26-21

BOYS ALL LANES

300 Warm Up (50 swim, 50 Kick)

200 TN Tumbler

Pre-Set:

6 x 100 (1:40, 1:35, 1:30)

4 x 50 Pull Stroke on 1:00, setting up a good **strong** DPS

8 x 25 focus on fast breakouts & dolphin kicks

3 x 50 Descend 1-3 on :50

****KING OF THE POOL****

200 Warm Down

Wednesday 1-27-21

GIRLS ALL LANES

300 Warm Up (50 swim, 50 Kick)

200 TN Tumbler

Pre-Set:

6 x 100 (1:40, 1:35, 1:30)

4 x 50 Pull Stroke on 1:00, setting up a good **strong** DPS

8 x 25 focus on fast breakouts & dolphin kicks

3 x 50 Descend 1-3 on :50

****QUEEN OF THE POOL****

200 Warm Down