

SWIM WORKOUTS

There's a Group Waiting for you at the Y!
October 10, 2011



Beginner Workout	Intermediate Workout	Advanced Workout
<p>Warm up- 3 Minute Freestyle Swim, 3 Minute Freestyle Drill, 3 Minute Freestyle Kick Main Set-12-50 Choice Rest 10 seconds 4-75 Kick, Drill, Swim (by 25) Cool Down- 3 Minutes Stretched Freestyle/Backstroke</p>	<p>Warm up- 200 Freestyle, 200 Choice, 200 Kick, 200 Freestyle Drill Main Set- 16-50 Choice Build within the 50 (start slow- finish fast) Rest 10 seconds 6-75 Kick, Drill, Swim (by 25) Cool Down- 200 Easy Freestyle, 100 easy choice</p>	<p>Warm up - 200 Swim (Freestyle), 200 Kick (no board), 200 IM Drill, 200 Pull, 200 Swim (Choice) ["S.K.I.P.S."] Pre-main Set- 8x75 IM order (by 75); Kick, Drill, Swim (by 25) Int: 1:15 Main Set -20x50 IM order, Build within the 50 Cool Down - 300 Easy Freestyle/Choice</p>
<p>Warm up - 5 Minute Freestyle Swim, 3 Minute Freestyle Drill, 5 Minute Freestyle Kick Main Set -12x50 Freestyle rest 10 seconds, 5x50 Choice rest 10 seconds- Repeat twice Cool Down - 3 Minutes Stretched Freestyle/Choice</p>	<p>Warm up - 200 Freestyle, 200 Choice, 200 Kick Pre-main Set- 1x200 Freestyle Drill, 2x100 Choice Drill Main Set - 5x100 Build within the 100 (start slow-finish fast) Rest 20 seconds; Repeat main set twice; first round freestyle, second round choice Cool Down - 200 Easy Freestyle, 100 easy choice</p>	<p>Warm up - 200 Swim (Freestyle), 200 Kick (no board), 200 IM Drill, 200 Pull, 200 Swim (Choice) ["S.K.I.P.S."] Main Set -50, 75, 100, 150, 200, 150, 100. 75, 50, (pyramid) Repeat 2 Rounds; Alternate Free/Choice by round; Rest 5 seconds between distances, 1 minute between rounds Cool Down - 200 Easy Freestyle, 50 Breaststroke kick on back</p>
<p>Warm up - 5 Minute Freestyle Swim, 5 Minute Freestyle Drill, 5 Minute Freestyle Kick Main Set -8x50 Freestyle rest 10 seconds, 8x50 Choice rest 10 seconds- Repeat twice Cool Down - 3 Minutes Stretched Freestyle/Breaststroke</p>	<p>Warm up - 200 Freestyle, 200 Choice, 200 Kick Pre-main Set- 2x200 Freestyle Drill Main Set - 12x50 on the 1 minute Interval; Repeat main set twice, rest 2 minutes between rounds Cool Down - 200 Easy Freestyle, 100 easy choice</p>	<p>Warm up - 200 Swim (Freestyle), 200 Kick (no board), 200 IM Drill, 200 Pull, 200 Swim (Choice) ["S.K.I.P.S."] Main Set - 20x25- Sprint Int. 30 10x50- Long and Strong: Int. 1:00 5x100- Build up; Int. 1-2:00, 2-1:50, 3-1:45, 4-1:35 2x200- Race Pace Rest: 1 minute Cool Down - 400 Freestyle Drill Easy.</p>

Our Mission:

To put Christian principals into practice through programs that build a healthy spirit, mind and body for all.

For more information
Contact the Y @ 246-9622
Chip Mark, Healthy Living Program Director