

SWIM WORKOUTS

There's a Group Waiting for you at the Y!

April 23, 2012



Beginner Workout	Intermediate Workout	Advanced Workout
<p>Warm up- 3 Minute Freestyle Swim, 3 Minute Freestyle Drill, 3 Minute Freestyle Kick Main Set-5x50 Freestyle rest 10 seconds, 5x50 Backstroke rest 10 seconds- Repeat twice Cool Down- 3 Minutes Stretched Freestyle/Backstroke</p>	<p>Warm up- 200 Kick, 200 Pull, 200 Drill Main Set- 3x150 Swim Build-up by 50 2x50 Butterfly, 3x50 Freestyle 2x50 Backstroke, 3x50 Freestyle 2x50 Breaststroke, 3x50 Freestyle 2x50 FAST Freestyle, 3x50 Freestyle (3x50 Freestyle, moderate pace) Cool Down- 200 IM Drill, 100 easy choice</p>	<p>Warm up- 300 Freestyle, 200I.M. Kick, 200 I.M. Drill Pre-Set- 4x100 Free, bilateral breathing, 5-7 strokes Set#1- 6x100 I.M, Build each 25, descend each 100. Rest 15 seconds Set #2- 4x100 Choice (No Freestyle), Int:1:30 Set #3- 2x200 IM, Rest 30seconds, Maintain average time throughout the set Cool Down- 300 Easy Choice</p>
<p>Warm up- 200 Freestyle Swim, 100 Freestyle Drill, 150 Freestyle Kick Main Set-10x50 Freestyle rest 10 seconds Cool Down- 3 Minutes Stretched Freestyle</p>	<p>Warm up - 200 Freestyle, 200 Choice, 200 Kick Pre-main Set- 2x100 Freestyle Drill, 2x100 Choice Drill Main Set - 6x100 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, 200 Kick, 200 Pull, 200 Swim Pre-main Set- 400 Freestyle, breath every 5, 7, 9, 5 Main Set -ALL Choice-6x75 swim 15 seconds rest 6x50 kick 15 seconds rest 6x50 pull 15 seconds rest 6x25 hard swim, rest 5 sec. Cool Down - 300 Easy Choice</p>
<p>Warm up - 200 Freestyle Main Set -8x50 Freestyle free kick, 8x50 Free swim Repeat main set as many times as you can Cool Down - 3 Minutes Stretched Freestyle</p>	<p>Warm up- 200 Freestyle, 200 Choice, 200 Kick Pre-main Set- 3x100 Freestyle Drill Main Set- 12x25 I.M. order or alternate Free/choice on the 1 minute Interval; Repeat main set twice, rest 2 minutes between rounds Cool Down- 200 Easy Freestyle, 100 easy choice *On the 25s, get your heart rate up into the 80-90% max range each time you swim and reward yourself with the long rests.</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 - 16x25- Sprint (Like a shark is chasing you!) Int. 30 / 8x50- Long and Strong: Int. 1:00 / 4x100- Build up; Int. 1-2:00, 2-1:50, 3-1:45, 4-1:35 2x200- Race Pace Rest: 1 minute Repeat Main set twice. Rest 3 minutes in between sets. Cool Down - 400 IM 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

SWIM WORKOUTS

There's a Group Waiting for you at the Y!

April 23, 2012



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**