



Lisa's Swim Club Workouts

Coach Lisa Dunnivan

www.chateauwhite.com/swim

April 8, 2006: Saturday 2200m

Tri Training Day!

Warm up

500 Free

Pre-set

2 x 50 Free Ladder Pull

2 x 50 Free Stop, Stop, Switch

Main Set

1000 Free Check Your Time. Focus on stretching out your stroke, head position, GLIDE!

100 Back Easy

4 x 50 Free Sprint!

Cool Down

200 Back Easy

Free Ladder Pull

Regular Free, but imagine as you grab the water you are grabbing a rung on a ladder. Pull yourself along the ladder, making your body slide over the rung (instead of your hand sliding down your body).

Free Stop, Stop, Switch

Hesitate stroke when hand is by your side, hesitate again when arm is out of the water (like a shark fin), when hand moves forward, pull hard with hand in the water to roll quickly (SWITCH) your body over to the other side
