



Lisa's Swim Club Workouts

Coach Lisa Dunnivan

www.chateauwhite.com/swim

April 29, 2006: Saturday 2200m

Warm up

300 Free
200 Choice

Drill Set

4 x 75 Free 25m Stop, Stop, Switch
25m Kayak
25m Ladder Pull

2 x 200 Free Odd Lengths (1,3,5,7) Easy
Even Lengths (2,4,6,8) Hard

3 x 100 Choice Kick

Main Set

4 x 75 IM 1st Set - 25m Fly, 25m Back, 25m Breast
2nd Set - 25m Back, 25m Breast, 25m Free
3rd Set - 25m Breast, 25m Free, 25m Fly
4th Set - 25m Free, 25m Fly, 25m Back

8 x 25 Free Sprint! For Time

Cool Down

200 Choice Easy

Stroke	Drill Name	Description
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
Free	Kayak	Start by floating, above the line, arms and legs stretched out. Slowly bring arms (straight out in front) and legs in, forming a perfect line. Start with arm pull, then kick, focusing on keeping as straight as possible. Swim 3-4 strokes before taking first breath
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).
