

## **IHC Wahoos Weekly Workouts: Dry Land**

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Number of reps for each exercise = the age you are

1. High knees (standing in place)
2. Butt kicks (standing in place)
3. Jumping jacks
4. Push-ups
5. Crunches
6. Squats
7. Burpees
8. Stretch!

# IHC Wahoos Weekly Workouts: Beginner

	Warm-up	Activity 1	Activity 2	Activity 3	Cool Down
<b>Monday (6/15)</b>	2x 25s freestyle (x1) choice (x1)	6x 25s all freestyle kick on back in streamline	6x 25s all freestyle drill=ketchup drill	6x 25s all freestyle each lap increase speed	2x 25s (both choice)
<b>Tuesday (6/16)</b>	2x 25s freestyle (x1) choice (x1)	6x 25s all backstroke kick on back in streamline	6x 25s all backstroke drill=1stroke/5 kicks	6x 25s all backstroke each lap increase speed	2x 25s (both choice)
<b>Wednesday (6/17)</b>	2x 25s freestyle (x1) choice (x1)	6x 25s (3x frees / 3x back) kick on back in streamline	6x 25s (3x frees / 3x back) drill=choice	6x 25s (3x frees / 3x back) each lap increase speed	2x 25s (both choice)
<b>Thursday (6/18)</b>	2x 25s freestyle (x1) choice (x1)	6x 25s all freestyle kick on back in streamline	6x 25s all freestyle drill=ketchup drill	6x 25s all freestyle each lap increase speed	2x 25s (both choice)
<b>Friday (6/19)</b>	2x 25s freestyle (x1) choice (x1)	6x 25s all backstroke kick on back in streamline	6x 25s all backstroke drill=1stroke/5 kicks	6x 25s all backstroke each lap increase speed	2x 25s (both choice)
<b>Saturday (6/20)</b>	2x 25s freestyle (x1) choice (x1)	6x 25s (3x frees / 3x back) kick on back in streamline	6x 25s (3x frees / 3x back) drill=choice	6x 25s (3x frees / 3x back) each lap increase speed	2x 25s (both choice)
<b>Sunday (6/21)</b>	2x 25s freestyle (x1) choice (x1)	6x 25s (3x frees / 3x choice) kick on back in streamline	6x 25s all choice all fast!	2x 50s freestyle (x1) choice (x1)	2x 25s (both choice)

# IHC Wahoos Weekly Workouts: Intermediate

	Warm-up	Activity 1	Activity 2	Activity 3	Cool Down
<b>Monday (6/15)</b>	2x 50s freestyle (x1) choice (x1)	4x 50s all freestyle	4x 75s (kick/drill/swim) all freestyle drill=ketchup drill	2x 100 all freestyle each lap increase speed	1x 50 choice
<b>Tuesday (6/16)</b>	2x 50s freestyle (x1) choice (x1)	4x 50s all freestyle kick on back in streamline	All freestyle ladder 25-50-75-100-75-50-25	6x 25s 3 freestyle / 3 choice fast!	1x 50 choice
<b>Wednesday (6/17)</b>	2x 50s freestyle (x1) choice (x1)	4x 75s (kick/drill/swim) all freestyle drill=finger tip drag drill	8x mid-pool 50s work on flip turns! all freestyle	2x 100 all freestyle each lap increase speed	1x 50 choice
<b>Thursday (6/18)</b>	2x 50s freestyle (x1) choice (x1)	6x 50s (all backstroke)	6x 75s (kick/drill/swim) all backstroke drill=1 stroke/5 kicks	2x 100 backstroke	1x 50 choice
<b>Friday (6/19)</b>	2x 50s freestyle (x1) choice (x1)	All freestyle ladder 25-50-75-100-75-50-25	All backstroke ladder 25-50-75-100-75-50-25	6x 25s 3 freestyle / 3 backstroke fast!	1x 50 choice
<b>Saturday (6/20)</b>	2x 50s freestyle (x1) choice (x1)	4x 50s freestyle (x2) backstroke (x2)	6x 75s 3 freestyle / 3 backstroke each lap increase speed	8x mid-pool 50s work on flip turns! 4 freestyle / 4 backstroke	1x 50 choice
<b>Sunday (6/21)</b>	2x 50s freestyle (x1) choice (x1)	4x 50s freestyle (x2) choice (x2)	4x 100 all choice each lap increase speed	10x 25s all choice fast!	1x 50 choice

# IHC Wahoos Weekly Workouts: Advanced

	Warm-up	Activity 1	Activity 2	Activity 3	Cool Down
<b>Monday (6/15)</b>	2x 100s (1 freestyle / 1 choice)	6x 50s all freestyle	6x 75s (kick/drill/swim) all freestyle drill=ketchup drill	3x 100s all freestyle each lap increase speed	1x 100 choice
<b>Tuesday (6/16)</b>	2x 100s (1 freestyle / 1 choice)	4x 50s all freestyle kick on back in streamline	All freestyle ladder 50-100-150-200-150-100-50	8x 25s 4 freestyle / 4 choice fast!	1x 100 choice
<b>Wednesday (6/17)</b>	2x 100s (1 freestyle / 1 choice)	4x 75s (kick/drill/swim) all freestyle drill=finger tip drag drill	10x mid-pool 50s work on flip turns! all freestyle	3x 100s all freestyle each lap increase speed	1x 100 choice
<b>Thursday (6/18)</b>	2x 100s (1 freestyle / 1 choice)	6x 50s all backstroke	6x 75s (kick/drill/swim) all backstroke drill=1 stroke/5 kicks	6x mid-pool 50s work on flip turns! all backstroke	1x 100 choice
<b>Friday (6/19)</b>	2x 100s (1 freestyle / 1 choice)	6x 50s freestyle (x3) backstroke (x3)	8x 75s (kick/drill/swim) odds=free/evens=back drill=choice	4x 100s 2 freestyle / 2 backstroke each lap increase speed	1x 100 choice
<b>Saturday (6/20)</b>	2x 100s (1 freestyle / 1 choice)	All freestyle ladder 50-100-150-100-50	All backstroke ladder 50-100-150-100-50	8x 25s 4 freestyle / 4 backstroke fast!	1x 100 choice
<b>Sunday (6/21)</b>	2x 100s (1 freestyle / 1 choice)	6x 50s freestyle (x3) backstroke (x3)	6x mid-pool 50s work on flip turns! 3x free / 3x back	4x 100s 2 freestyle / 2 backstroke each lap increase speed	1x 100 choice

### Point Tracker

Date	Dryland	Swim
6/15/20		
6/16/20		
6/17/20		
6/18/20		
6/19/20		
6/20/20		
6/21/20		
6/22/20		
6/23/20		
6/24/20		
6/25/20		
6/26/20		
6/27/20		
6/28/20		

If you do the dry-land activities, you get **1 point**

If you do the swim activities, you get **1 point**

If you do the dry-land & swim activities for the day, you get **2 points**

Once you get **10 points**, you can bring your chart to the front desk & you will get a **prize!** You can only get **\*1\* prize per week.** All points will carry over into following weeks.

For every 10 points you get, you can put **1 sticker** by your name on the big leaderboard at the swim club!

#### EXAMPLE: Point Tracker

Date	Dryland	Swim
6/15/20	1	1
6/16/20	1	0
6/17/20	0	1