

IHC Wahoos Weekly Workouts: Dry Land

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
Monday (6/22)	2x 25s freestyle (x1) choice (x1)	8x 25s freestyle kick on back in streamline	8x 25s freestyle drill=ketchup drill	8x 25s freestyle descend 1-4 (repeat)	2x 25s (both choice)
Tuesday (6/23)	2x 25s freestyle (x1) choice (x1)	8x 25s backstroke kick on back in streamline	8x 25s backstroke drill=double arm back	8x 25s backstroke descend 1-4 (repeat)	2x 25s (both choice)
Wednesday (6/24)	2x 25s freestyle (x1) choice (x1)	8x 25s butterfly kick on back in streamline	8x 25s (4x frees / 4x back) drill=ketchup/double arm	8x 25s 4 freestyle / 4 backstroke descend 1-4 (repeat)	2x 25s (both choice)
Thursday (6/25)	2x 25s freestyle (x1) choice (x1)	8x 25s 4 freestyle / 4 backstroke kick on back in streamline	8x 25s all choice drill	8x 25s freestyle odds: easy / evens: FAST!	2x 25s (both choice)
Friday (6/26)	2x 25s freestyle (x1) choice (x1)	8x 25s freestyle kick on back in streamline	6x 25s (butterfly) odds: left arm stroke only evens: right arm stroke	8x 25s backstroke odds: easy / evens: FAST!	2x 25s (both choice)
Saturday (6/27)	2x 25s freestyle (x1) choice (x1)	8x 25s butterfly kick on back in streamline	8x 25s (4x frees / 4x back) drill=ketchup/double arm	8x 25s (4x frees / 4x back) odds: easy / evens: FAST!	2x 25s (both choice)
Sunday (6/28)	2x 25s freestyle (x1) choice (x1)	8x 25s 4 freestyle / 4 backstroke kick on back in streamline	2x 50s freestyle (x1) backstroke (x1)	4x 25s freestyle (x2) - FAST choice (x2) - FAST	2x 25s (both choice)

IHC Wahoos Weekly Workouts: Intermediate

	Warm-up	Activity 1	Activity 2	Activity 3	Cool Down
Monday (6/22)	2x 50s freestyle (x1) choice (x1)	8x 25s 2 fly/ 2 back/ 2 breast / 2 free (1 drill, 1 swim)	3x 100s all freestyle each 100 gets faster	6x 50 odds: backstroke evens: breaststroke	1x 50 choice
Tuesday (6/23)	2x 50s freestyle (x1) choice (x1)	6x 50s (choice) odds: kick evens: swim w/ fast turn	4x 75s all backstroke 4underwater kicks off wall	3x 100s (freestyle) 25 kick - 25 drill - 25 kick - 25 swim	1x 50 choice
Wednesday (6/24)	2x 50s freestyle (x1) choice (x1)	All freestyle KICK ladder 25-50-75-100-75-50-25	10x 25s all freestyle 4underwater kicks off wall	4x 75s one of each stroke 50 drill, 25 swim	1x 50 choice
Thursday (6/25)	2x 50s freestyle (x1) choice (x1)	4x 75s 2 back / 2 breast 50 drill, 25 swim	4x 50 (free) easy down (w/ good technique) & fast back	3x 100s (freestyle KICK) each lap gets faster... last lap is FAST!	1x 50 choice
Friday (6/26)	2x 50s freestyle (x1) choice (x1)	12x 25s 3 fly/ 3 back/ 3 breast / 3 free(1 kick, 1 drill, 1 swim)	4x 50 (freestyle) breathe every 3 strokes	6x 25s (freestyle) focus on good finishes!	1x 50 choice
Saturday (6/27)	2x 50s freestyle (x1) choice (x1)	10x 25s all freestyle 5underwater kicks off wall	All freestyle ladder 25-50-75-100-75-50-25 (25s should be fast)	6x 50 (freestyle KICK) fast down, easy back	1x 50 choice
Sunday (6/28)	2x 50s freestyle (x1) choice (x1)	4x 50s freestyle (x2) choice (x2)	3x 100s (freestyle KICK) 25 fast / 50 smooth / 25 BLAST!	6x 75 odds: backstroke evens: breaststroke	1x 50 choice

IHC Wahoos Weekly Workouts: Advanced

	Warm-up	Activity 1	Activity 2	Activity 3	Cool Down
Monday (6/22)	2x 100s (1 freestyle / 1 choice)	8x 50s freestyle	6x 75s (kick/drill/swim) backstroke drill=double arm back	3x 100s freestyle descend 1-4	1x 100 choice
Tuesday (6/23)	2x 100s (1 freestyle / 1 choice)	5x 50s flutter kick on back 3 kicks off each wall	4x 100s freestyle descend 1-4	6x 50s backstroke drill down / swim back	1x 100 choice
Wednesday (6/24)	2x 100s (1 freestyle / 1 choice)	8x 50s freestyle (x4) backstroke (x4)	Freestyle ladder 100-200-300-200-100	8x 25s 4 freestyle / 4 backstroke variable sprint	1x 100 choice
Thursday (6/25)	2x 100s (1 freestyle / 1 choice)	10x mid-pool 50s work on flip turns! all freestyle	6x 75s (kick/drill/swim) butterfly drill=1 arm	6x 50s butterfly	1x 100 choice
Friday (6/26)	2x 100s (1 freestyle / 1 choice)	4x 100s 2 laps free KICK 2 laps fly KICK	backstroke ladder 100-150-200-150-100	4x 100s 2 freestyle / 2 backstroke 50 drill / 50 swim	1x 100 choice
Saturday (6/27)	2x 100s (1 freestyle / 1 choice)	3x 50s all kick free (x1) fly (x1) back (x1)	4x 100s 2 freestyle / 2 backstroke 50 kick / 25 drill / 25 swim	6x 50s 2 freestyle / 2 choice 50 drill / 50 swim	1x 100 choice
Sunday (6/28)	2x 100s (1 freestyle / 1 choice)	8x 50s breaststroke (x4) - KICK backstroke (x4) - KICK	6x 75s (kick/drill/swim) breaststroke drill=2 kicks, 1 pull	8x 50s breaststroke (x4) backstroke (x4)	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