

## **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 (7/13)</b>	2x 25s freestyle (x1) choice (x1)	10x 25s freestyle kick on back in streamline	10x 25s freestyle all drill	4x 50s freestyle easy down, FAST back	2x 25s (both choice)
<b>Tuesday (7/14)</b>	2x 25s freestyle (x1) choice (x1)	12x 25s 3x each stroke (IM order) kick on back in streamline	12x 25s 3x each stroke (IM order) all drill	8x 25s freestyle easy down, FAST back	2x 25s (both choice)
<b>Wednesday (7/15)</b>	2x 25s freestyle (x1) choice (x1)	6x 25s fly (x3) breast (x3) kick on back in streamline	8x 25s fly (x4) breast (x4) drill	4x 25s fly (x2) breast (x2) swim	2x 25s (both choice)
<b>Thursday (7/16)</b>	2x 25s freestyle (x1) choice (x1)	4x 50s IM order kick down / drill back	2x 100s freestyle each lap faster	4x 50s IM order swim	2x 25s (both choice)
<b>Friday (7/17)</b>	2x 25s freestyle (x1) choice (x1)	1x 100s IM kick on back in streamline	1x 100s IM drill	1x 100s IM swim	2x 25s (both choice)
<b>Saturday (7/18)</b>	2x 25s freestyle (x1) choice (x1)	4x 50s IM order kick on back in streamline	12x 25s 3x each stroke (IM order) all drill	4x 50s backstroke easy down, FAST back	2x 25s (both choice)
<b>Sunday (7/19)</b>	2x 25s freestyle (x1) choice (x1)	4x 50s free down / choice back kick on back in streamline	10x 25s freestyle all drill	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
<b>Monday (7/13)</b>	2x 50s freestyle (x1) choice (x1)	12 x 25 odds: butterfly with good technique. evens: backstroke with good underwater kicks	3 x 100 25 backstroke kick 50 backstroke drill 25 backstroke swim FAST	6 x 75 choice kick each lap gets faster	1x 50 choice
<b>Tuesday (7/14)</b>	2x 50s freestyle (x1) choice (x1)	50-25-50-50-50-75-50-100 50s = freestyle fast 25, easy 25 everything else = kick	8 x 25 Underwater Progression start at 2 underwater kicks off the wall and add 1 kick on each 25 (#8 = 9 kicks)	6 x 50 #1-2 = fly drill. #3-4 = backstroke good technique #5-6 = breaststroke drill 25, swim 25	1x 50 choice
<b>Wednesday (7/15)</b>	2x 50s freestyle (x1) choice (x1)	2 x (25, 50, 100) 25 = backstroke FAST! 50 = kick (2nd lap faster than 1st) 100 = freestyle swim	10 x 25 Freestyle #1-4 = breathe every 3 strokes #5-8 = breathe every 4 strokes #9-10 = FAST	2 x 100 #1 = 50 backstroke, 50 freestyle #2 = IM drill	1x 50 choice
<b>Thursday (7/16)</b>	2x 50s freestyle (x1) choice (x1)	3 x 100 Kick #1 = moderate, #2 = faster, #3 = FAST!	8 x 75 (2 of each stroke) odds: kick, drill, kick by 25 evens: 50 drill, 25 swim FAST	4 x 50 breaststroke odds: drill evens: swim good technique	1x 50 choice
<b>Friday (7/17)</b>	2x 50s freestyle (x1) choice (x1)	6 x 50 backstroke focus on rotation of the arms and good, constant kick	8 x 25 Freestyle. Count your strokes! Decrease the number of strokes you are taking on each lap	5 x 100 odds: freestyle (last 25 FAST). evens: 50 backstroke, 25 breaststroke, 25 freestyle	1x 50 choice
<b>Saturday (7/18)</b>	2x 50s freestyle (x1) choice (x1)	25-50-75-100-125 smooth and good technique, last lap of each distance is strong effort holding good technique	2 x 150 Freestyle hold good technique and consistent stroke count on each lap!	8 x 25 fly odds: 3 strokes single arm right, 3 single arm left, 3 swim evens: swim focus on two kicks per stroke.	1x 50 choice
<b>Sunday (7/19)</b>	2x 50s freestyle (x1) choice (x1)	4 x 50 Freestyle #1 = moderate, each 50 gets faster (#4 = FAST!)	6 x 75 Kick 25 smooth kick with 3 underwater kicks off the wall, 25 build kick to a fast turn, 25 strong kick	4 x 100 25 freestyle, 25 backstroke, 25 breaststroke, 25 freestyle	1x 50 choice

# IHC Wahoos Weekly Workouts: Advanced

	Warm-up	Activity 1	Activity 2	Activity 3	Cool Down
<b>Monday (7/13)</b>	2x 100s (1 freestyle / 1 choice)	8x 75s (kick/drill/swim) freestyle	10x 50s backstroke swim	8x 50s freestyle easy down, FAST back	1x 100 choice
<b>Tuesday (7/14)</b>	2x 100s (1 freestyle / 1 choice)	10x 50s kick down / drill back IM order	4x 100s 1x each stroke, IM order all swim	4x 50s IM order fast	1x 100 choice
<b>Wednesday (7/15)</b>	2x 100s (1 freestyle / 1 choice)	4x 100s freestyle each one faster	6x 75s (kick/drill/swim) fly	3x 100s IM swim	1x 100 choice
<b>Thursday (7/16)</b>	2x 100s (1 freestyle / 1 choice)	4x 75s (kick/drill/swim) backstroke	freestyle ladder 200-300-400-300-200	4x 50s backstroke swim	1x 100 choice
<b>Friday (7/17)</b>	2x 100s (1 freestyle / 1 choice)	4x 75s (kick/drill/swim) breaststroke	4x 100s IM descend 1-4	4x 50s breaststroke swim	1x 100 choice
<b>Saturday (7/18)</b>	2x 100s (1 freestyle / 1 choice)	4x 75s (kick/drill/swim) freestyle	backstroke ladder 150-200-300-300-150	4x 50s freestyle swim	1x 100 choice
<b>Sunday (7/19)</b>	2x 100s (1 freestyle / 1 choice)	3x 100s IM 1 kick / 1 drill / 1 swim	4x 100s IM (x2) choice (x2) swim	2x 200s IM swim	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