

## **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 (7/20)</b>	2x 25s freestyle (x1) choice (x1)	10x 25s freestyle (x5) choice (x5) kick on back in streamline	4x 50s freestyle all drill	8x 25s freestyle (x4) choice (x4) easy down, FAST back	2x 25s (both choice)
<b>Tuesday (7/21)</b>	2x 25s freestyle (x1) choice (x1)	3x 50s freestyle kick on back in streamline	8x 25s 2x each stroke drill	4x 25s freestyle (x2) - FAST choice (x2) - FAST	2x 25s (both choice)
<b>Wednesday (7/22)</b>	2x 25s freestyle (x1) choice (x1)	8x 25s 2x each stroke kick on back in streamline	4x 50s freestyle (x2) breast (x2) drill	4x 25s 1x each stroke swim	2x 25s (both choice)
<b>Thursday (7/23)</b>	2x 25s freestyle (x1) choice (x1)	4x 25s IM order kick on back in streamline	4x 50s IM order drill	4x 50s IM order swim	2x 25s (both choice)
<b>Friday (7/24)</b>	2x 25s freestyle (x1) choice (x1)	4x 50s IM order kick on back in streamline	4x 50s backstroke drill	4x 25s freestyle (x2) - FAST choice (x2) - FAST	2x 25s (both choice)
<b>Saturday (7/25)</b>	2x 25s freestyle (x1) choice (x1)	8x 25s 2x each stroke kick on back in streamline	12x 25s 3x each stroke (IM order) all drill	4x 50s 1x each stroke easy down, FAST back	2x 25s (both choice)
<b>Sunday (7/26)</b>	2x 25s freestyle (x1) choice (x1)	1x 100s freestyle kick on back in streamline	1x 100s freestyle all drill	1x 100s freestyle swim	2x 25s (both choice)

# IHC Wahoos Weekly Workouts: Intermediate

	Warm-up	Activity 1	Activity 2	Activity 3	Cool Down
<b>Monday (7/20)</b>	2x 50s freestyle (x1) choice (x1)	8 x 50 #1-2 = 25 butterfly 25 backstroke #3-4= 25 backstroke 25 breaststroke #5-6= 25 breaststroke 25 freestyle #7-8= freestyle	12 x 25 Underwater Progression start at 3 underwater kicks off the wall & add 1 kick after every 2 (#11-12 = 8 kicks)	3 x 100 Backstroke 25 double arm backstroke, 25 right arm only, 25 left arm only, 25 swim	1x 50 choice
<b>Tuesday (7/21)</b>	2x 50s freestyle (x1) choice (x1)	Kick Ladder 25-50-75-100-75-50-25 last lap of each distance is FAST!	6 x 75 IM #1-2 = kick #3-4 = drill. #5-6 = swim	3 x 100 Freestyle. Descend 1-3 by 100 (first one moderate, last one FAST!)	1x 50 choice
<b>Wednesday (7/22)</b>	2x 50s freestyle (x1) choice (x1)	8 x 50 Kick odds= 25 easy, 25 fast evens = fast turn with good underwater kicks	8 x 50 Freestyle descend #1-3 to strong effort, #4 is moderate with a fast turn (repeat twice)	4 x 100 Backstroke 50 kick on back strong, 25 backstroke swim FAST!, 25 easy	1x 50 choice
<b>Thursday (7/23)</b>	2x 50s freestyle (x1) choice (x1)	6 x 50 Breaststroke #1 & 4 = kick / swim x 25 #2 & 5 = drill #3 & 6 = swim easy / fast by 25	10 x 25 Freestyle odds = breathe every 4 strokes (challenge = 5!) evens: fast underwater and breakout, easy rest of way	6 x 75 odds= freestyle 50 drill, 25 swim good technique. evens = 25 fly drill, 25 back drill , 25 breast drill	1x 50 choice
<b>Friday (7/24)</b>	2x 50s freestyle (x1) choice (x1)	6 x 50 Backstroke #1 = moderate, #2 = faster, #3= fast! (repeat 2x)	3 x 150 Freestyle hold good technique throughout the entire 150	10 x 25 Breaststroke odds= 2 kicks, 1 pull drill. evens = swim FAST!	1x 50 choice
<b>Saturday (7/25)</b>	2x 50s freestyle (x1) choice (x1)	5 x 100 Freestyle 25 fingertip drag drill, 50 swim with good turns, 25 kick	4 x 75 IM #1 = kick #2=drill #3-4 = swim	12 x 25 Butterfly odds = butterfly kick on back (arms by side). evens: drill (mix up different drills!)	1x 50 choice
<b>Sunday (7/26)</b>	2x 50s freestyle (x1) choice (x1)	2 x 200 Kick hold a constant number of underwater kicks off each wall (even if it is 1-2 kicks!)	10 x 25 Choice odds = first half fast! evens = second half fast!	4 x 50 Butterfly odds = 25 drill, 25 swim evens = 25 swim, 25 kick	1x 50 choice

# IHC Wahoos Weekly Workouts: Advanced

	Warm-up	Activity 1	Activity 2	Activity 3	Cool Down
<b>Monday (7/20)</b>	2x 100s (1 freestyle / 1 choice)	12x 75s (kick/drill/swim) IM order (3x each stroke)	10x 50s 2x each stroke drill	10x 50s 2x each stroke easy down, FAST back	1x 100 choice
<b>Tuesday (7/21)</b>	2x 100s (1 freestyle / 1 choice)	12x 50s 4 kick / 4 drill / 4 swim IM order	4x 100s 1x each stroke, IM order all swim	4x 50s IM order fast	1x 100 choice
<b>Wednesday (7/22)</b>	2x 100s (1 freestyle / 1 choice)	2x 200s IM kick	2x 200s IM drill	2x 200s IM swim	1x 100 choice
<b>Thursday (7/23)</b>	2x 100s (1 freestyle / 1 choice)	4x 75s (kick/drill/swim) butterfly	freestyle ladder 200-300-400-300-200	4x 50s bactstroke swim (fast/easy/fast/easy)	1x 100 choice
<b>Friday (7/24)</b>	2x 100s (1 freestyle / 1 choice)	6x 75s (kick/drill/swim) breaststroke	5x 100s IM descend 1-5	4x 50s butterfly swim (fast/easy/fast/easy)	1x 100 choice
<b>Saturday (7/25)</b>	2x 100s (1 freestyle / 1 choice)	6x 75s (kick/drill/swim) backstroke	backstroke ladder 100-150-200-150-100	4x 50s freestyle swim (fast/easy/fast/easy)	1x 100 choice
<b>Sunday (7/26)</b>	2x 100s (1 freestyle / 1 choice)	6x 75s (kick/drill/swim) freestyle	4x 100s IM (x2) choice (x2) swim	4x 50s breaststroke swim (fast/easy/fast/easy)	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