

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)	10x 25s freestyle kick on back in streamline	10x 25s freestyle all drill	8x 25s freestyle easy down, FAST back	2x 25s (both choice)
Tuesday (6/23)	2x 25s freestyle (x1) choice (x1)	8x 25s 2x each stroke kick on back in streamline	10x 25s backstroke all drill	8x 25s backstroke easy down, FAST back	2x 25s (both choice)
Wednesday (6/24)	2x 25s freestyle (x1) choice (x1)	8x 25s butterfly kick on back in streamline	2x 50s freestyle down choice back	4x 50s freestyle descend 1-4 (repeat)	2x 25s (both choice)
Thursday (6/25)	2x 25s freestyle (x1) choice (x1)	4x 50s IM order kick down / drill back	10x 25s all choice all drill	4x 50s backstroke descend 1-4 (repeat)	2x 25s (both choice)
Friday (6/26)	2x 25s freestyle (x1) choice (x1)	4x 25s breaststroke kick on back in streamline	10x 25s breaststroke all drill	8x 25s breaststroke odds: easy / evens: FAST!	2x 25s (both choice)
Saturday (6/27)	2x 25s freestyle (x1) choice (x1)	1x 100 IM order kick on back in streamline	8x 25s (4x frees / 4x back) drill=ketchup/double arm	4x 50s freestyle easy down, FAST back	2x 25s (both choice)
Sunday (6/28)	2x 25s freestyle (x1) choice (x1)	1x 100 IM order kick on back in streamline	8x 25s 2x each stroke 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
Monday (6/29)	2x 50s freestyle (x1) choice (x1)	6 x 50 Backstroke. Odds: drill Evens: swim with fast turn	6 x 75 Odds: fly, back, breast Evens: kick (each lap gets faster)	4 x 100 #1-2: breathe every 3rd stroke #3-4: 2nd 50 faster than 1st 50	1x 50 choice
Tuesday (6/30)	2x 50s freestyle (x1) choice (x1)	6 x 50 All Freestyle #1 & 4 = moderate #2 & 5 = faster #3 & 6 = FAST!	Kick Ladder. 100-75-50-25-50-75-100	10 x 25 Odds: at least 5 underwater kicks. Evens: swim fast!	1x 50 choice
Wednesday (7/1)	2x 50s freestyle (x1) choice (x1)	8 x 75 (first 4 freestyle, second 4 choice) Odds: kick, drill, swim. Evens: swim with good turns	6 x 25 Freestyle - at least 6 underwater kicks off the wall	3 x 100 Freestyle 75 moderate, 25 FAST!	1x 50 choice
Thursday (7/2)	2x 50s freestyle (x1) choice (x1)	4 x 50 All Freestyle. 1st 25 moderate fast turn! 2nd 25 FAST!	4 x 100 (50 backstroke, 50 breaststroke)	6 x 25 Odds: butterfly drill Evens: freestyle swim good technique	1x 50 choice
Friday (7/3)	2x 50s freestyle (x1) choice (x1)	2 x 150 Freestyle. Hold good technique the whole time	4 x (50 +25) one round of each stroke. 50 = drill 25 = swim fast!	4 x 75 backstroke 50 kick at strong effort, 25 swim moderate	1x 50 choice
Saturday (7/4)	2x 50s freestyle (x1) choice (x1)	4 x 100 kick 25 easy 25 work on underwater kicks 25 build to fast effort 25 fast!!!	4 x 50 breaststroke Odds: drill (2 kicks 1 pull). Evens: swim	10 x 25 Underwater Ladder (#1 = 1 underwater kick off the wall – add one underwater kick on each 25 – aim for 10 underwater kicks on last 25)	1x 50 choice
Sunday (7/5)	2x 50s freestyle (x1) choice (x1)	8 x 25 Butterfly. Odds: single arm fly Evens: swim good technique	6 x 75 IM Odds: drill Evens: swim	4 x 100 Choice. # 1 = drill #2 = swim good technique. #3 = fast turns #4= fast!!	1x 50 choice

IHC Wahoos Weekly Workouts: Advanced

	Warm-up	Activity 1	Activity 2	Activity 3	Cool Down
Monday (6/29)	2x 100s (1 freestyle / 1 choice)	10x 50s freestyle kick down, drill back	3x 100s freestyle descend 1-3	2x 75s backstroke	1x 100 choice
Tuesday (6/30)	2x 100s (1 freestyle / 1 choice)	6x 75s (kick/drill/swim) freestyle	4x 100s backstroke descend 1-4	2x 75s freestyle	1x 100 choice
Wednesday (7/1)	2x 100s (1 freestyle / 1 choice)	10x mid-pool 50s work on flip turns! all freestyle	6x 75s (kick/drill/swim) 2x free / 2x back / 2x fly	4x 50s breaststroke drill down / swim back	1x 100 choice
Thursday (7/2)	2x 100s (1 freestyle / 1 choice)	4x 75s (kick/drill/swim) butterfly	2x 100s IM 1x kick / 1x swim	6x 50s butterfly	1x 100 choice
Friday (7/3)	2x 100s (1 freestyle / 1 choice)	6x 50s 3 free KICK 3 fly KICK	freestyle ladder 200-300-400-300-200	4x 25s freestyle sprint	1x 100 choice
Saturday (7/4)	2x 100s (1 freestyle / 1 choice)	4x 75s kick/drill/swim IM order	4x 100s IM descend 1-4	4x 50s 2 backstroke / 2 choice 2x drill / 2x swim	1x 100 choice
Sunday (7/5)	2x 100s (1 freestyle / 1 choice)	4x 50s kick IM order	10x mid-pool 50s work on flip turns! 2x each stroke	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