

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 (7/27)	2x 25s freestyle (x1) choice (x1)	8x 25s (2x) each stroke kick on back in streamline	4x 50s breaststroke all drill	10x 25s back (x5) choice (x5) easy down, FAST back	2x 25s (both choice)
Tuesday (7/28)	2x 25s freestyle (x1) choice (x1)	3x 50s freestyle kick on back in streamline	8x 25s butterfly drill	8x 25s breaststroke (x4) - FAST backstroke (x4) - FAST	2x 25s (both choice)
Wednesday (7/29)	2x 25s freestyle (x1) choice (x1)	8x 25s 2x each stroke kick on back in streamline	4x 50s back (x2) breast (x2) drill	4x 50s back (x2) breast (x2) swim	2x 25s (both choice)
Thursday (7/30)	2x 25s freestyle (x1) choice (x1)	3x 50s butterfly kick on back in streamline	8x 25s IM order drill	4x 50s freestyle swim	2x 25s (both choice)
Friday (7/31)	2x 25s freestyle (x1) choice (x1)	8x 50s (x2) each stroke kick on back in streamline	4x 50s backstroke drill	8x 25s backstroke (x4) - FAST choice (x4) - FAST	2x 25s (both choice)
Saturday (8/1)	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)
Sunday (8/2)	2x 25s freestyle (x1) choice (x1)	1x 100s backstroke kick on back in streamline	1x 100s backstroke all drill	1x 100s backstroke swim	2x 25s (both choice)

IHC Wahoos Weekly Workouts: Intermediate

	Warm-up	Activity 1	Activity 2	Activity 3	Cool Down
Monday (7/27)	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 (7/28)	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 (7/29)	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 (7/30)	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 (7/31)	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 (8/1)	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 (8/2)	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 (7/27)	2x 100s (1 freestyle / 1 choice)	8x 50s #1-2 = 25 butterfly 25 backstroke #3-4= 25 backstroke 25 breaststroke #5-6= 25 breaststroke 25 freestyle #7-8= freestyle	12x 50s 2x each stroke drill	12x 50s 2x each stroke easy down, FAST back	1x 100 choice
Tuesday (7/28)	2x 100s (1 freestyle / 1 choice)	16x 50s 8 drill / 8 swim IM order	Kick Ladder 25-50-75-100-75-50-25 last lap of each distance is FAST!	8x 50s IM order fast	1x 100 choice
Wednesday (7/29)	2x 100s (1 freestyle / 1 choice)	3x 200s IM kick	3x 200s IM drill	3x 200s IM swim	1x 100 choice
Thursday (7/30)	2x 100s (1 freestyle / 1 choice)	1x 300s freestyle kick on back in streamline	freestyle ladder 200-300-400-300-200	6x 50s backstroke swim (fast/easy/fast/easy)	1x 100 choice
Friday (7/31)	2x 100s (1 freestyle / 1 choice)	8x 75s (kick/drill/swim) breaststroke	5x 100s IM descend 1-5	4x 50s butterfly swim (fast/easy/fast/easy)	1x 100 choice
Saturday (8/1)	2x 100s (1 freestyle / 1 choice)	8x 75s (kick/drill/swim) butterfly	backstroke ladder 100-150-200-150-100	4x 50s freestyle swim (fast/easy/fast/easy)	1x 100 choice
Sunday (8/2)	2x 100s (1 freestyle / 1 choice)	8 x 50 #1-2 = 25 butterfly 25 backstroke #3-4= 25 backstroke 25 breaststroke #5-6= 25 breaststroke 25 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