



Advanced Week 4

1) 3 x SL to flags

Streamline to the flags with all 3 things: Lock thumb, squeezed ears, looking down.

2) Streamline + 3 FREE + Flip

3 x Streamline then do 3 free without breathing. Then do a front flip. Attempt no breathing. Focus on good SL underwater and good arms above.



3) 3x Handstand, flip, SL jump

Handstand with both legs together for 2 seconds. Front flip without touching ground. Plant feet w/ whole body 45°.



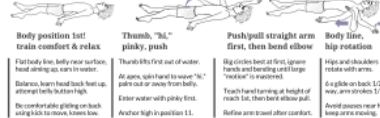
4) 3 x SL + 5 FREE + 1 Breath on 3rd stroke

Set up lane. Push off on right. Streamline underwater. At the surface take 5 strokes of front crawl. On the 3rd stroke take a quick breath. Focus on swimming in position 11.

5) 3 x SL on BK to flags + 3 BK

Start back strokes AFTER the flags. Practice for stroke counting.

Back Crawl Arms:



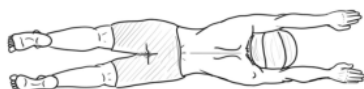
6) Handstand Rewind

Push off the wall and do a handstand on the "T" mark. Pause for 2 seconds. Push off with your hands, and "rewind" so your feet touch the wall, where you began.



7) Position 11

Do 2 x 25, or 4 x 25 of Position 11. Use fins if possible. Review 3 things to a good SL and a good Pos. 11 together. Have swimmers repeat to you.



8) 1 x 25 FREE with Kickboard

Hold the kickboard at the bottom, like doing Position 11. Focus on kicking. 1 arm moves at a time (catch-up).

9) Push off the wall in Airplane

Push off the wall in airplane position on the surface or underwater. See who can go the farthest without kicking or breathing!



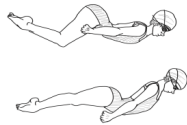


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10) 3 x SL + 3 FLY Kick to the flags

Streamline with fly kicks. At surface put hands in soldier. Using the hips and chest undulate (fly kick) to the flags.

Demonstrate fly kick motion while standing. Then, have swimmers do 3 streamlines with fly kick until they get to the flags (5 yards). Repeat. If swimmers struggle in streamline have them SL to surface, then do fly kick in soldier until they get to the flags.



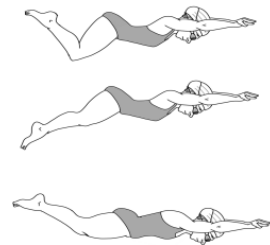
11) 5 x SL + Position 11 for 5 kicks + 1 FREE

Streamline, then at the surface kick in Pos. 11 for 5 kicks, keep kicking and do 1 FREE arm stroke, keeping other arm in 11. Stop. Return to wall and repeat.



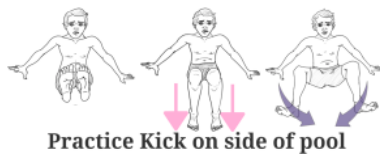
12) SL + 2 FLY under & on back

Like a backstroke SL, push off underwater. While under, and on back, do 2 full fly strokes without touching the surface.



13) BR Kick on the side

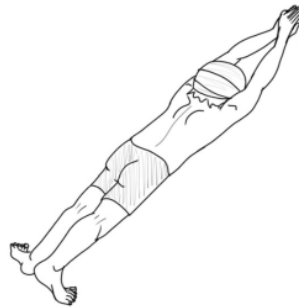
Do 10 slow breaststroke kicks while sitting on the side.



Practice Kick on side of pool

14) 5 x SL + FLEX

Review on the deck first. Hold streamline throughout. Enter flex position after push off the wall.



SL + Flex

15) BR Feet Streamline Push

Partner streamline push, but the person in streamline must use a BR kick push. Partner pushing should hold inside of streamliner's feet.

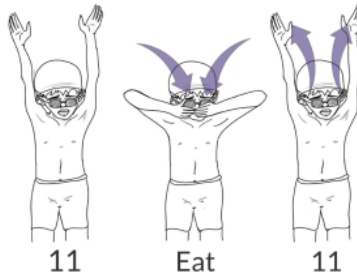


16) 2 x 25 Position 11 Catch-up Drill

With FINS. With Kick board. Holding the bottom of the kick board in position 11, swim front crawl 25 yards. Breath on any stroke. 1 arm moves at a time. The other hand remains in position 11 holding onto the board. 1 hand on board at all times. Strong kick.

17) 5 x SL + 2x (11, Eat, 11)

Do the breaststroke arm MOTION, not a swim. Focus on elbows high, scoop to hips, return to 11.



18) Handstand Rewind

Push off the wall and do a handstand on the "T" mark. Pause for 2 seconds. Push off with your hands, and "rewind" so your feet touch the wall, where you began.

