

**GO SLOW**

Warm Up

Swim 6 lengths slow, blowing bubbles

Kick 8 lengths with a board without stopping, no fins preferred but if needed, use

6 x 50 Kick 11's (slow with lots of bubbles)

<https://www.youtube.com/watch?v=BL3PdGPR4JA>

<https://www.youtube.com/watch?v=L-e85suPSMA>

6 x 25 backstroke kick 10's

<https://www.youtube.com/watch?v=zTCrC9frLQs>

4 x 50 swim free / back x 25's

1000

**GO SLOW**

Warm Up

Swim 6 lengths slow, blowing bubbles

Kick 8 lengths with a board without stopping, no fins unless necessary

6 x 50 Kick 11's 25 / swim 25 with small, steady kick  
slow and blow lots of bubbles

6 x 25 3 strokes free/4 strokes backstroke

<https://www.youtube.com/watch?v=GiqKmjnxoU8>

4 x 50 swim free

1000

**GO SLOW**

Warm Up	Swim	6 lengths slow, blowing bubbles
	Kick	8 lengths without a board, without stopping, roll to your back to breath, roll to stomach when ready, but never stop kicking
	6 x 50	Streamline kick 25, stroke to breath, / 25 swim 11's    slow and blow lots of bubbles
	6 x 25	backstroke swim
	4 x 50	swim free, count the number of strokes taken each length

1000

**GO SLOW**

Warm Up

Swim 6 lengths slow, blowing bubbles

Kick 8 lengths alternate kick 11's and side kick

<https://www.youtube.com/watch?v=DJ3nwVczsEE>

4 x 100 25 streamline kick on back / 50 freestyle swim slow with bubbles / 25 streamline kick on back slow and blow lots of bubbles  
<https://www.youtube.com/watch?v=Cvsua2kPvZg>

5 x 50 Fast Kick with a board

4 x 50 25 free/25 back

1200

## GO SLOW

Warm Up

Swim	4 x 50 slow, blowing bubbles	
kick with fins	12 x 25 shark fin kick, switch before the breath each time and repeat on the other side	<a href="https://www.youtube.com/watch?v=4w-_vc0l-wk">https://www.youtube.com/watch?v=4w-_vc0l-wk</a>
8 x 50	Swim Free holding a steady stroke count each length of the pool	slow and blow lots of bubbles
200	200 swim alternate freestyle and backstroke x 25's, without stopping	
8 x 25	Fast kick with a board	

1200

GO SLOW

Warm Up

Swim	4 x 50 slow, blowing bubbles
8 x 50	25 doggie paddle / 25 swim <a href="https://www.youtube.com/watch?v=qZhCL2XsQNI">https://www.youtube.com/watch?v=qZhCL2XsQNI</a>
4 x 100	75 freestyle / 25 backstroke slow and blow lots of bubbles
200	continuous kick with steady white water
200	swim with consistent stroke count each length
1200	

GO SLOW

Warm Up

Swim

4 x 50 slow, blowing bubbles

200

kick with white water

6 x 100

75 alternate swim catch up x 25's

slow and blow lots  
of bubbles

4 x 50

free 3 strokes / backstroke 4 strokes

8 x 25

Fast kick without a board

1400

GO SLOW

Warm Up	Swim	4 x 50 slow, blowing bubbles	
	3 x 100	kick around the world	
	3 x3 x 100	1-kick / 2-swim count strokes each length / 3- breath 3's	slow and blow lots of bubbles

1400



GO SLOW

Warm Up

Swim

4 x 50 slow, blowing bubbles

200

kick

2 x 200

Swim Free with steady kick    slow and blow lots  
of bubbles

6 x 50

kick / swim back

4 x 75

50 count strokes / 25 fast

1400

GO SLOW

Warm Up

Swim 3 x 100 slow, blowing bubbles

side kick 8 x 50 25 side kick / 25 swim

300 Swim with steady kick and consistent stroke count

200

100

4 x 75 50 swim / 25 kick fast

1600

Warm Up	Swim	3 x 100 slow, blowing bubbles
	Kick	300 kick continuous
	Swim	3 x 200 check times on each one
	Swim	4 x 100 check times

1600

Warm Up

Swim

1x200 slow, blowing bubbles

drill

4 x 100 shark fin kick / swim x 50

Swim

8 x 100 50 back / 50 free

Swim

8 x 25 Fast

1600

Warm Up	Swim	1x200 slow, blowing bubbles
	kick	200 steady white water
	Swim	400 / 300 / 200 / 100
	Swim	200 back/free x 25

1600

Warm Up	Swim	1x200 slow, blowing bubbles
	kick	300 25 kick 11's / 50 swim continuous
	Swim	3 x 3 x 100 descend 1-3
	Swim	200 backstroke kick/swim

1600

Warm Up	Swim	1x200 slow, blowing bubbles
	kick	200 alternate front kick / back kick x 25
	Swim	3 x 300 keep steady kick and consistent breathing patterns
	Swim	12 x 25 fast free/back

1600

GO SLOW

Warm Up

Swim

1x300 slow, blowing bubbles

kick/swim

4 x 100 backstroke kick 50 / swim 50

Swim

4 x 200 swim with maintaining a steady kick

3 x 100 count strokes, keep it the same



1800

Warm Up	Swim	1x300 slow, blowing bubbles
	kick	200 steady
	Swim	8 x 100 descend 1-4 and again 5-8
	swim	500 maintain stroke and kick

1800

Warm Up	Swim	1x300 slow, blowing bubbles
	kick	4 x 50 swim kick x 25 / faster tempo
	Swim	400 fast Record your time
	swim	8 x 50 kick swim backstroke or freestyle x 25's
	Swim	200 Fast Record your time
swim	200 easy	

1800