

Polliwog Workout

WU:

- 50 Swim (any stroke)
- 100 Kick (any stroke)
- 100 Swim (any stroke)

Set #1

- 4x50 free swim (25 easy/25 fast) RI :15-20
- 4x25 kick w/kickboard flutter kick (keep knees straight - kick from hips) RI :15-20
- 4x25 fast free swim (w/strong kick) RI :15-20

Drill - proper side breathing (ear in water, arm extended, chin close to chest)

- 8x25 free one arm (alternate arms by each 25) focus on breathing [video](#)

Set #2

- 3x50 RI :30

Cool Down

- 25 to 50 easy
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Cub and Cadet Workout

WU:

- 100 Swim
- 150 Kick
- 150 Swim

Set #1 w/flip turns

- 4x75 free swim (25 easy/25 med/25 fast) RI :15-20
- 4x25 kick w/kickboard flutter kick (keep knees straight - kick from hips) RI :15-20
- 6x50 fast free swim (good kick) RI :15-20

Drill w/flip turns - proper side breathing (ear in water, arm extended, chin close to chest)

- 6x50 one arm (25 left/25 right) focus on breathing [video](#)

Set #2

- 6x50 RI :20

Cool Down

- 50 easy

(RI means that they rest this much time after each interval, so you rest for this much time after each one you swim)