

# SWIMLAND SWIM CLUB

## MEET DRYLAND WARMUP



TO BE DONE AS A GROUP

ACTIVE ARM WARMUP (ARMSWINGS) – 10 OF EACH

FORWARD AND BACK  
GIVE YOURSELF A HUG  
MONKEY  
SPEED SKATER

ACTIVE LEG WARMUP – 10 OF EACH

FORWARD AND BACK  
CROSSOVER IN FRONT

CORE STRENGTH

10 SWIMSITS  
5 SWIMMING PUSHUPS  
(REPEAT 3 TIMES)

BODY ACTIVATION

10 BURPEES + TOYOTAS

## SWIMLAND SWIM CLUB – LOLLIE REWARD RULES

YOU RECEIVE ONE LOLLIE FOR EACH OF THE FOLLOWING:

1. SWIM AN EVENT FOR THE FIRST TIME EVER.
2. ACHIEVE A LIFETIME BEST IN THE EVENT
3. ACHIEVE A NEW SSC, JX, STATE, AGE NAT, NATIONAL OR FINA STANDARD
4. QUALIFY FOR A FINAL (2)
5. QUALIFY FOR A CONSOLATION
6. WIN YOUR HEAT
7. SET A NEW CLUB RECORD

YOU MUST COLLECT YOUR LOLLIE IMMEDIATELY AFTER YOUR EVENT. IF QUALIFICATION FOR FINALS, CONSOLATIONS OR NEW STANDARD ARE NOT IMMEDIATELY AVAILABLE YOU MUST COLLECT YOUR LOLLIE UPON OFFICIAL NOTIFICATION OF YOUR ACHIEVEMENT.

# **SWIMLAND SWIM CLUB**

## **(STATE/NATIONAL SQUAD)**

### **PRELIMINARY MEET WARMUP**



GET IN THE WATER AND DO YOUR WARMUP

- SMOOTH CONTROLLED SWIMMING
- SOME KICKING
- SOME DRILLS AND TECHNICAL WORK
- SOME ACCELERATIONS
- BK NUMBER OF STROKES FROM FLAGS TO WALL
- TURNS
- STARTS AND POWERFUL BREAKOUTS
- SPECIFIC RACE PACING

#### **400 SWIM**

4 X 100 KICK ON 2:00 OR :05

400 AS DRILL/SWIM BY 25'S

8 X 50 FR OR BK :50/:55 (INCREASE H.R.) OR :05

SPECIFIC RACE PACE (FOR FIRST EVENT)

1500 FR – 5 X 100 FR :10 AT GOAL PACE

800 FR – 4 X 100 FR :10 AT GOAL PACE

400 FR – 3 X 100 FR :10 AT GOAL PACE

400 IM – 8 X 50 :10 AT GOAL PACE (NEG SPLIT)

200 EVENT – 4 X 50 :15 AT GOAL PACE (AVE)

100 EVENT – 2 X 100 AS 50 SWIM TECH

50 AT GOAL PACE (2<sup>ND</sup> 50)

100 IM – 2 X 100 AS 50 FLY/BK TECH

50 FLY/BK AT GOAL PACE

(SAME FOR BR/FR)

50 EVENT – 2 X 100 AS 50 SWIM TECH

50 AS START + SP TO 15M

+ BUILD TO FINISH

25 EVENT – 2 X 50 AS 15 SP FAS 15 CR 20 BUILD TO FINISH

200 CHOICE LAST CHANCE PREP

TURNS, BREAKOUTS BK S.C. FROM FLAGS, S/R...

200 KICK STRONG NOT SPRINT 4:00

200 CHOICE LOOSEN UP

IF NEEDED 2 – 3 STARTS AND SPRINT TO 15M

NOW PUT PANTS, SHIRT, SOCKS, SHOES ON!!

DRINK SOME WATER, EAT SOME SNACKS!!

FIGURE OUT WHEN YOU HAVE TO GET BACK IN

FOR YOUR WARMUP BEFORE RACING

SO YOU ARE FULLY PREPARED FOR YOUR RACE START

# **SWIMLAND SWIM CLUB**

## **(DISTRICT SQUAD)**

### **PRELIMINARY MEET WARMUP**



GET IN THE WATER AND DO YOUR WARMUP

- SMOOTH CONTROLLED SWIMMING
- SOME KICKING
- SOME DRILLS AND TECHNICAL WORK
- SOME ACCELERATIONS
- BK NUMBER OF STROKES FROM FLAGS TO WALL
- TURNS
- STARTS AND POWERFUL BREAKOUTS
- SPECIFIC RACE PACING

#### **300 SWIM**

3 X 100 KICK ON 2:20 OR :05

300 AS DRILL/SWIM BY 25'S

6 X 50 FR OR BK :55/1:00 (INCREASE H.R.) OR :05

SPECIFIC RACE PACE (FOR FIRST EVENT)

1500 FR – 5 X 100 FR :10 AT GOAL PACE

800 FR – 4 X 100 FR :10 AT GOAL PACE

400 FR – 3 X 100 FR :10 AT GOAL PACE

400 IM – 8 X 50 :10 AT GOAL PACE (NEG SPLIT)

200 EVENT – 4 X 50 :15 AT GOAL PACE (AVE)

100 EVENT – 2 X 100 AS 50 SWIM TECH

50 AT GOAL PACE (2<sup>ND</sup> 50)

100 IM – 2 X 100 AS 50 FLY/BK TECH

50 FLY/BK AT GOAL PACE

(SAME FOR BR/FR)

50 EVENT – 2 X 100 AS 50 SWIM TECH

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+ BUILD TO FINISH

25 EVENT – 2 X 50 AS 15 SP FAS 15 CR 20 BUILD TO FINISH

200 CHOICE LAST CHANCE PREP

TURNS, BREAKOUTS BK S.C. FROM FLAGS, S/R...

200 KICK STRONG NOT SPRINT 4:30

200 CHOICE LOOSEN UP

IF NEEDED 2 – 3 STARTS AND SPRINT TO 15M

NOW PUT PANTS, SHIRT, SOCKS, SHOES ON!!

DRINK SOME WATER, EAT SOME SNACKS!!

FIGURE OUT WHEN YOU HAVE TO GET BACK IN

FOR YOUR WARMUP BEFORE RACING

SO YOU ARE FULLY PREPARED FOR YOUR RACE START

# **SWIMLAND SWIM CLUB**

## **(INTRACLUB SQUAD)**

### **PRELIMINARY MEET WARMUP**



GET IN THE WATER AND DO YOUR WARMUP

- SMOOTH CONTROLLED SWIMMING
- SOME KICKING
- SOME DRILLS AND TECHNICAL WORK
- SOME ACCELERATIONS
- BK NUMBER OF STROKES FROM FLAGS TO WALL
- TURNS
- STARTS AND POWERFUL BREAKOUTS
- SPECIFIC RACE PACING

#### **200 SWIM**

2 X 100 KICK ON 2:30 OR :05

200 AS DRILL/SWIM BY 25'S

4 X 50 FR OR BK 1:00/1:05 (INCREASE H.R.) OR :05

SPECIFIC RACE PACE (FOR FIRST EVENT)

1500 FR – 5 X 100 FR :10 AT GOAL PACE

800 FR – 4 X 100 FR :10 AT GOAL PACE

400 FR – 3 X 100 FR :10 AT GOAL PACE

400 IM – 8 X 50 :10 AT GOAL PACE (NEG SPLIT)

200 EVENT – 4 X 50 :15 AT GOAL PACE (AVE)

100 EVENT – 2 X 100 AS 50 SWIM TECH

50 AT GOAL PACE (2<sup>ND</sup> 50)

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50 FLY/BK AT GOAL PACE

(SAME FOR BR/FR)

50 EVENT – 2 X 100 AS 50 SWIM TECH

50 AS START + SP TO 15M

+ BUILD TO FINISH

25 EVENT – 2 X 50 AS 15 SP FAS 15 CR 20 BUILD TO FINISH

100 CHOICE LAST CHANCE PREP

TURNS, BREAKOUTS BK S.C. FROM FLAGS, S/R...

100 KICK STRONG NOT SPRINT 3:00

100 CHOICE LOOSEN UP

IF NEEDED 2 – 3 STARTS AND SPRINT TO 15M

NOW PUT PANTS, SHIRT, SOCKS, SHOES ON!!

DRINK SOME WATER, EAT SOME SNACKS!!

FIGURE OUT WHEN YOU HAVE TO GET BACK IN

FOR YOUR WARMUP BEFORE RACING

SO YOU ARE FULLY PREPARED FOR YOUR RACE START

# **SWIMLAND SWIM CLUB**

## **(DEVELOPMENT SQUAD)**

### **PRELIMINARY MEET WARMUP**



GET IN THE WATER AND DO YOUR WARMUP

- SMOOTH CONTROLLED SWIMMING
- SOME KICKING
- SOME DRILLS AND TECHNICAL WORK
- SOME ACCELERATIONS
- BK NUMBER OF STROKES FROM FLAGS TO WALL
- TURNS
- STARTS AND POWERFUL BREAKOUTS
- SPECIFIC RACE PACING

100 SWIM

100 KICK ON 3:00 OR :05

100 AS DRILL/SWIM BY 25'S

3 X 50 FR OR BK 1:10/1:20 (INCREASE H.R.) OR :05

SPECIFIC RACE PACE (FOR FIRST EVENT)

1500 FR – 5 X 100 FR :10 AT GOAL PACE

800 FR – 4 X 100 FR :10 AT GOAL PACE

400 FR – 3 X 100 FR :10 AT GOAL PACE

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100 CHOICE LAST CHANCE PREP

TURNS, BREAKOUTS BK S.C. FROM FLAGS, S/R...

100 KICK STRONG NOT SPRINT 4:00

100 CHOICE LOOSEN UP

IF NEEDED 2 – 3 STARTS AND SPRINT TO 15M

NOW PUT PANTS, SHIRT, SOCKS, SHOES ON!!

DRINK SOME WATER, EAT SOME SNACKS!!

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FOR YOUR WARMUP BEFORE RACING

SO YOU ARE FULLY PREPARED FOR YOUR RACE START

# SWIMLAND SWIM CLUB

## WARMUP BEFORE RACING

DONE SO THAT UPON COMPLETION THERE IS A MAXIMUM OF 10 MINUTES BEFORE THE START OF YOUR RACE



100 AS 25 DRILL 25 SWIM

100 KICK

100 SWIM GOOD TECHNIQUE

2 X 100 AS - 8 STROKES BURST

- EZ TO FLAGS

- FAST IN AND OUT OF FLAGS

- EZ TO FLAGS

- FAST FINISH

100 CRUISE

MORE IF NEEDED

IMPORTANT TO ENSURE LEGS ARE WARMED UP  
RHYTHM FOR EVENTS 200 AND ABOVE  
SPEED FOR 50 AND 100 EVENTS

## AFTER RACING COOL DOWN

TO BE DONE IMMEDIATELY FOLLOWING RACE  
BEFORE TALKING TO COACH

200 AS 50 FR 50 STROKE

100 KICK AS 50 FR 50 STROKE

4 X 50 AS 25 STRONG 25 EZ ON 1:00

100 CHOICE KICK

200 AS 50 FR 50 STROKE

(GET OUT IF H.R. IS BELOW 18 BEATS / 10 SECS)

IF H.R. IS ABOVE 18 BEATS / 10 SECS CONTINUE SWIMMING UNTIL IT IS

NOW GO AND SEE YOUR COACH FOR YOUR POST RACE DISCUSSION  
HOW MANY LOLLIES DID YOU EARN?!?