



Pool Conditioning

1. Shallow End Warm-Up
 - a. Ankling – Quick short steps
 - b. High Knee Run
 - c. Heel Flick Run
 - d. Knee Drive Skip
 - e. Heel Flick Skip
 - f. Skip Up and Over

2. Shallow End Runs (Width Running)
 - a. Extreme Shallow
 - i. 5 Sets of 6 Reps
 1. Up – Back = 1
 2. 10 sec between every 2 reps
 - b. Waist Deep (width Running)
 - i. 5 Sets of 6 Reps
 1. Up – Back = 1
 2. 10 sec between every 2 reps

3. Deep End Sprints – Float Belt Needed x 2 sets
 - a. 20 sec. on
 - b. 15 sec. off
 - c. 25 sec. on
 - d. 15 sec. off
 - e. 30 sec. on
 - f. 15 sec off
 - g. 35 sec. on
 - h. 20 sec. off
 - i. 40 sec. on
 - j. 40 sec off
 - k. 35 sec. on
 - l. 20 sec. off
 - m. 30 sec. on
 - n. 20 sec. off
 - o. 25 sec. on
 - p. 15 sec. off
 - q. 20 sec. on
 - r. 40 sec. off
 - s. 60 sec. on

4. Length Kicks – Kickboard Needed
 - a. 6 Lengths
 - i. Up – Back = 1
 - ii. 10 sec. Rest Between Lengths