

## FOCUS #2: KICK

Week #1	Day #19	Day #20	Day #21	Day #22	Day #23	Day #24
	<p><b>KICK TEST!</b></p> <p><b>4 x 50 @ 2:00</b> <b>Best Average!</b></p> <p>Kick as fast as possible on all 50s, but aim to have the least drop-off between 50s as possible!</p> <p>Record your times for all 4 50s.</p>	<p><b>10 x 25 @ 1:00</b> <u><a href="#">Perfect Kick</a></u></p> <p>Take your time with this drill to focus more on technique than time. If you feel that your technique is perfect (tight streamline, body position at the top of the water, head and hips and feet all in line), then you can add in the speed.</p> <p>*KEY: Work on “kicking a soccer ball”. Let your legs whip through each kick as if you were trying to pop a ball that was floating right above your feet up out of the pool. Let your toes come right up to the very top of the water but try not to actually break through the surface.</p>	<p><b>10 x 25 @ 1:00</b> <u><a href="#">Backstroke kick with hands at side</a></u></p> <p>Drop down to a good push-off position parallel with the bottom. Push off in streamline, but drop your hands to your sides after 1-2 seconds and surface.</p> <p>*KEY: your body steady at the top of the water. Use the surface as a straight-line guide for your body position.</p>	<p><b>10 x 25 @ 1:00</b> <u><a href="#">Backstroke kick with hands at side and rotation</a></u></p> <p>Keep your kick at a constant rate, and in a slow, controlled manner, rotate so that one shoulder points down to the bottom of the pool and one shoulder points to the ceiling.</p> <p>*KEY: keep your eyes glued to the ceiling and don't let your head move! Rotate your body around your head.</p>	<p><b>10 x 25 @ 1:00</b> <u><a href="#">Backstroke kick in streamline</a></u></p> <p>Set your streamline at the wall by dropping down with one hand off, one hand on the wall, and both feet set in the middle of the “t”. Dolphin kick off the wall to the surface and then backstroke kick while maintaining perfect streamline.</p> <p>*KEY: Work on “kicking a soccer ball”. Let your legs whip through each kick as if you were trying to pop a ball that was floating right above your feet up out of the pool. Let your toes come right up to the very top of the water but try not to actually break through the surface.</p>	<p><b>6 x 50 @ 1:30</b> <u><a href="#">Backstroke kick in streamline</a></u></p> <p>Set your streamline at the wall by dropping down with one hand off, one hand on the wall, and both feet set in the middle of the “t”. Dolphin kick off the wall to the surface and then backstroke kick while maintaining perfect streamline.</p> <p>*KEY: Work on “kicking a soccer ball”. Let your legs whip through each kick as if you were trying to pop a ball that was floating right above your feet up out of the pool. Let your toes come right up to the very top of the water but try not to actually break through the surface.</p>
Week #2	Day #25	Day #26	Day #27	Day #28	Day #29	Day #30

	<p><b>10 x :30 @ 1:00</b>  <a href="#">Vertical flutter kick with hands out of water</a></p> <p>You don't need to be in streamline, but your hands should be out of the water so they don't assist in any way. Kick hard to keep your shoulders out of the water. Aim to have your whole chest out if possible!</p> <p>*KEY: work on kick tempo and full range of motion in the kick. Vertical kicking is great for focusing on the "scissor" action of the kick, where you get power from both the forward and backward motion of the kick. Focus on the action of your legs coming together during the kick to create extra power.</p>	<p><b>6 x 50 @ 1:30</b>  <a href="#">Dolphin kick on back in streamline</a></p> <p>Set your streamline at the wall by dropping down with one hand off, one hand on the wall, and both feet set in the middle of the "t". Dolphin kick off the wall to the surface and then maintain the dolphin kick the rest of the way.</p> <p>*KEY: work on a smooth transition from the underwater kick to kicking at the surface. Notice if you are surfacing too quickly, if you come straight up and then have to reset your kick to continue, or any other issues that prevent you from transitioning with almost no change in kick tempo or style between underwater and at the surface.</p>	<p><b>10 x 25 @ 1:00</b>  <a href="#">Overkick</a></p> <p>Don't go further than 10 yds underwater on the push-off. When you surface, go into a regular backstroke tempo with your arms, but dramatically over-exaggerate the speed and magnitude of your kick.</p> <p>*KEY: you should feel as if you are kicking the way you would in a 50 sprint backstroke, but your arms are pulling at a cool-down pace. Allow the kick to drive you. Maintain a tight core and perfect head and body line despite the extra lower body power.</p>	<p><b>6 x 50 @ 1:30</b>  <a href="#">Backstroke kick in streamline</a></p> <p>Descend 1-3, 4-6 on the 50's, so that #3 &amp; 6 are the fastest.</p> <p>Set your streamline at the wall by dropping down with one hand off, one hand on the wall, and both feet set in the middle of the "t". Dolphin kick off the wall to the surface and then backstroke kick while maintaining perfect streamline.</p> <p>*KEY: Focus on kick tempo this time! As you descend the 50s, your kick tempo should increase as well.</p>	<p><b>3 x 200 @ 3:00</b>  <a href="#">Backstroke kick in streamline</a></p> <p>Build by 50 within each 200. You should be fastest in the last 50 of each 200.</p> <p>Set your streamline at the wall by dropping down with one hand off, one hand on the wall, and both feet set in the middle of the "t". Dolphin kick off the wall to the surface and then backstroke kick while maintaining perfect streamline.</p> <p>*KEY: Focus on kick tempo this time! As you build the 50s, your kick tempo should increase as well.</p>	<p><b>10 x :30 @ 1:00</b>  <a href="#">Vertical flutter kick in streamline</a></p> <p>Maintain a perfect streamline. Kick hard to keep your shoulders out of the water. Aim to have your whole chest out if possible!</p> <p>*KEY: work on kick tempo and full range of motion in the kick. Vertical kicking is great for focusing on the "scissor" action of the kick, where you get power from both the forward and backward motion of the kick. Focus on the action of your legs coming together during the kick to create extra power.</p>
Week #3	<b>Day #31</b>	<b>Day #32</b>	<b>Day #33</b>	<b>Day #34</b>	<b>Day #35</b>	<b>Day #36</b>

<p><b>10 x 25 @ 1:00</b> <u>Overkick</u></p> <p>Don't go further than 10 yds underwater on the push-off. When you surface, go into a regular backstroke tempo with your arms, but dramatically over-exaggerate the speed and magnitude of your kick.</p> <p>*KEY: you should feel as if you are kicking the way you would in a 50 sprint backstroke, but your arms are pulling at a cool-down pace. Allow the kick to drive you. Maintain a tight core and perfect head and body line despite the extra lower body power.</p>	<p><b>2 x 300 @ 5:00</b> <u>Backstroke kick in streamline</u></p> <p>Build by 50 within each 300. You should be fastest in the last 50 of each 300.</p> <p>Set your streamline at the wall by dropping down with one hand off, one hand on the wall, and both feet set in the middle of the "t". Dolphin kick off the wall to the surface and then backstroke kick while maintaining perfect streamline.</p> <p>*KEY: Focus on kick tempo this time! As you build the 50s, your kick tempo should increase as well.</p>	<p><b>10 x 25 @ 1:00</b> <u>Backstroke kick in streamline</u></p> <p>Desc. 1-5, 6-10</p> <p>Set your streamline at the wall by dropping down with one hand off, one hand on the wall, and both feet set in the middle of the "t". Dolphin kick off the wall to the surface and then backstroke kick while maintaining perfect streamline.</p> <p>*KEY: Focus on kick tempo this time! As you build the 50s, your kick tempo should increase as well.</p>	<p><b>5 x 100 @ 2:00</b> <u>Backstroke kick in streamline</u></p> <p>Desc. 1-3, 4 EZ, 5 FASTEST</p> <p>Set your streamline at the wall by dropping down with one hand off, one hand on the wall, and both feet set in the middle of the "t". Dolphin kick off the wall to the surface and then backstroke kick while maintaining perfect streamline.</p> <p>*KEY: Focus on kick tempo this time! As you build the 50s, your kick tempo should increase as well.</p>	<p><b>10 x 25 @ 1:00</b> <u>Perfect Kick</u></p> <p>Take your time with this drill to focus more on technique than time. If you feel that your technique is perfect (tight streamline, body position at the top of the water, head and hips and feet all in line), then you can add in the speed.</p> <p>*KEY: Work on "kicking a soccer ball". Let your legs whip through each kick as if you were trying to pop a ball that was floating right above your feet up out of the pool. Let your toes come right up to the very top of the water but try not to actually break through the surface.</p>	<p><b>KICK RE-TEST!</b></p> <p><b>4 x 50 @ 2:00</b> <b>Best Average!</b></p> <p>Kick as fast as possible on all 50s, but aim to have the least drop-off between 50s as possible!</p> <p>Compare your times for all 4 50s to the first test. The goal is to have an even better average, and a faster time on each 50 compared to the same 50 from the first test!</p>
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