



HOMework ACTIVITIES

Amazing Alligators & Flying Lions



ENDURANCE

If you do not have access to a pool, endurance training outside of the water will directly correlate to their endurance in the water. The easiest and simplest form of endurance exercise is running. Running is arguably the best way to improve endurance out of the water for swimming. To start, find out what your child's threshold is by seeing how long they can go before having to stop and catch their breath. From there, try and push that limit little by encouraging controlled breathing and pace. Every kid's limits are going to be different so start your distance goals small and build up from there.

IN WATER ENDURANCE ACTIVITIES-

- **Individual Medley (I.M.):** is an exercise that cycles through all the strokes. Have your child swim each stroke once in the order of Butterfly, Backstroke, Breaststroke, and Freestyle. Have your child swim each stroke the length of the pool once (or multiple times for smaller pools) until you get done with the I.M. Have them start with 2 sets, increasing if necessary. Alternatively, you can also increase the amount of each stroke, doing 2 laps of each stroke instead of 1, resulting in a longer I.M.
- **Ladder Drills:** The ladder drill is a general drill that can be done with most strokes. The idea of the ladder drill is to increase the number of kicks or arm strokes before breathing and then decrease back to normal, moving up and down the figurative ladder. With each stroke, the drill is different. For Freestyle, have your kids start with 3 arms before a breath, after each completed lap change the number of arms before a breath in the following order 3 → 5 → 7 → 5 → 3. With Breaststroke, the number of kicks before a breath is performed will change with each length of the pool swam as 1 → 2 → 3 → 2 → 1. With Butterfly, the number of kicks before a breath is performed will change after every length of the pool swam as 2 → 3 → 4 → 3 → 2.
- **Remember:** When increasing endurance, the main elements to concentrate on are pace and breathing rather than speed. Make sure your child is going at a slow to medium pace while doing these exercises and controlling their breathing.

SPEED

If you do not have access to a pool a great way to build speed in your child's swimming is general strength training exercises.

ARM STRENGTH:

- **Push-Ups:** Start with your kid lying on the ground with their hands and toes touching the floor. Keeping their body straight, have them push their body up until their elbows are barely bent (do not lock elbows). Then, have them lower their body back to the ground until they are about 6 inches above the ground, and repeat. Start with 3 sets of 10 with a 1-minute break in between. Gradually increase the number of push-ups before a break.

LEG STRENGTH:

- **Squat Jumps:** Have your kid start with a normal squat, as they come up from the squat they should tighten their core and explode into a jump with their arms above their head reaching towards the sky. When they come down it should be controlled minimizing the impact. Start with 3 sets of 10 with a quick rest in between, adjusting for your child's abilities.

CORE STRENGTH:

- **Flutter Kicks on Back:** Start with having your child lie flat on their back with their arms by their side and raise their legs above the ground (approx. 6 inches). Then, have them start moving their legs up and down in a "flutter kick" motion. Make sure that they stay flat throughout the workout. Start with 3 sets of 30 seconds or you can see how long your child can do it continuously.

IN WATER SPEED ACTIVITIES-

- **Sprints:** A great way to increase speed is by having your kid sprint from one end of the pool to the other (multiple times for smaller pools). Be sure to maintain form when practicing sprints, so if you feel your child's form is starting to get a little wild during sprints, have them go slower and increase the speed as their form can keep up. Try to time your kid and have them race their own time.
- **Calisthenics In Between Laps:** Workouts such as lunges, squat jumps, and push-ups can be done in between swimming. Have your child swim the length of the pool twice and then do a set of 5 of one of the exercises. Repeat this 5 times.

