**Workout #6: Keep Kickin’ It!!**

Before the Workout, please watch:

* **Narrow Kick:** http://swimspeedsecrets.com/2014/10/06/what-is-feel-for-the-water-sheila-taormina-explains/
* **Two Beat Kick and Whole Body Swimming:** https://www.youtube.com/watch?v=FiPpiC0629I

**WARM UP: 800 yards**

* 200 swim: every other 50, breathe on the “uncomfortable side”
* 200 kick with fins on UNCOMFORTABLE side (stay on the same side the whole time)
* 200 pull w/paddles & buoy, snorkel, rest :10
* 4 x 50: fist swim 25/25 swim; rest: 10

**Kicking Drills:**

**\*Abdominal Bracing**

* **Wall sit kick**
* **Wall hold kick**
* **Board kick**
* **Vertical Kick**

**WORKOUT: 600-900 yards**

**For ALL of these: kick off the wall in streamline until you are about 1/3 of the way down the pool.**

**Repeat 2-3 times:**

* 100 swim easy
* 100 swim fast w/fins🡪 STRONG KICK!!
* 100 swim easy

Rest :30 and start again

**200 Easy**

**TOTAL YARDAGE: 2,600 yards (1 mile = 1,760 yards)**