

USA Swimming Webinar

Kicking As Part Of Training

Quantity or Percentage of Training in a Cycle (Assuming 12-16 weeks)

First Four Weeks- Approx 60-80%

Eight to Ten Weeks- Approx 25-40%

Two to Three Weeks- Approx 15-20%

Use of Kicking in a Workout

As part of warm-up

Prep for kicking series

As a main series

Within a swimming main set

Challenge



Types of Kicking Sets

Interval

Performance

Resistance

Hypoxic

Specific Sets (Limited only by imagination)

50's, 100's (occasionally 200's) on tight interval

Timed distances (Ranging from 100-1,000)

Various forms of resistance

-vertical kicks with weights or mesh bag

-swiss ball kick

-power rack

-power tower

-grudge kick

-folded arm

Position and body lines with float tubes

Samples of Kicking in a Workout

1-Part of Warm-up- Typically 300-400 i.e. within a 4/3/3 Fr/K/St

2-Prep for Kicking Sets- Body position and core engagement

Kick- 25-50-25) 6x :30, 1:00, :30

25 folded arm back dolphin

50 drill choice

25 rocket kick

3-As a main series- Focus on interval and performance

Kick- 6x50's best int

6x25's rocket to choice sprint

100 for time

50 easy) 3x

4-Withing a Swimming Main Set- Put legs under duress before performance'

Main- 300 IM on 4:00

8x25's 2ea stroke, odd- rocket, even- sprint on :30, #8 on :45

4x50's 1 ea stroke, hold goal 200 pace on :50, #4 on 1:00) 4x

5-Challenge- Something not planned. Typically at end of workout

Swiss Ball Kick- See video or Timed Straight Kick

Samples of Kicking in a Workout- Continued

6-Power Rack Kicking- See video

12 sets of rack- start season higher # of kicks to swim ratio
begin with 8 kick, 4 swim and change ratio as season progresses

7-Power Tower Kicking

Sets of 4 with fins- all out kick against/easy swim back alternate
with all out kick both ways. Combine with swim series with
paddles and fins

8-Float tube pace sets (set at mid-pool)

12x50's 4@:45, 4@:50, 4@:55 hold 200 pace using minimum breakout points with the float
tube.

9-Grudge Kick- See video

Pair swimmers against each other at mid-pool on board. Pushed
passed 15mtr mark= 10 pushups

10-Vertical Kick

Typically pyramid set with equipment bag for resistance i.e. 10sec on
10sec off, 20/10, 30/10, 40/10, 50/10, 60/10 and then back down

As Part of Recovery

Use in warm down

Important to remember that legs, in general, are your larger muscle groups. Swimmers typically use warmdown to lower heart rate or to “feel loose”. Specific kicking in warmdown will help to flush lactate from that part of your body.