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-Within 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.