

HEAT Fall Swim Series  
Sundays 10:30 – Noon  
St. Joe's October 16th – December 11<sup>th</sup>

**Week 1: 10/16**

Warm up/Series Overview – Introductions – Vin/Jeff  
Pace Clock, Circle swimming and pool etiquette (1 on 1 video option TBA)  
Timed Swim: 100, 200 & 300 – groups of 4, one per lane (lanes 5 & 6 continue training)  
Workouts: Lanes 1 & 2 = 700 yards, Lanes 3 & 4 = 1700 yards, Lanes 5 & 6 = 2000 yards

**Week 2: 10/23**

Warm up/Session Overview  
Instruction/Demo: 5 Swim Basics, Streamlines, Dolphin (optional), Surge to Surface  
Focus – 5 Swim Basics, Streamlines  
Workouts: Lanes 1 & 2 = 1000 yards, Lanes 3 & 4 = 2100, Lanes 5 & 6 = 2600

**Week 3: 10/30**

Warm up/Session Overview  
Instruction Demo: Flip turns (choice offered), rollovers, 4 types, and sighting  
Focus – Open Water Sightings, Buoy Turns  
Workouts: Lanes 1 & 2 = 1200 yards, Lanes 3 & 4 = 2500 yards, Lanes 5 & 6 = 2900 yards

**Week 4: 11/6**

Warm up/Session Overview  
Timed Swim: 100, 200 & 300 – groups of 4, one per lane (lanes 5&6 continue training)  
Focus- Open Water Sightings, Buoy turns, Rollovers, and rest  
Workouts: Lanes 1 & 2 = 1200 yards, Lanes 3 & 4 = 2500, Lanes 5 & 6 = 3000 yards

**Week 5: 11/13**

Warm up/Session Overview  
Instruction Demo: Open Water Racing Skills – Sighting, Buoy Turns, Drafting, Dolphin Dives, Continued Stroke Work  
Group Training Choice – Wind Sprints, Threshold, passing skills while circling  
Workouts: Lanes 1 & 2 = 1500 yards, Lanes 3 & 4 = 2800 yards, Lanes 5 & 6 = 3400 yards

**Week 6: 11/20**

Warm up/Session Overview  
Instruction/Demo: Mass Start, Panic reduction – Jump ins, Dolphin Dives, Paired & Mirror Swimming Demo  
Group Training Choice – Practice Mass Starts, Drafting, Buoy Turns – 2 groups – wind spirits  
Workouts: Lanes 1 & 2 = 1500 yards, Lanes 3 & 4 = 3000 yards, Lanes 5 & 6 = 3600 yards

**Week 7: 12/4**

Warm up/Session Overview  
Instruction/Demo: Mental Toughness/Inner Warrior/Pebble in Shoe & Broken Goggle Syndrome/Power Burst Finishes  
Workouts: Lanes 1 & 2 = 1600 yards, Lanes 3 & 4 = 3500 yards, Lanes 5 & 6 = 4000 yards

**Week 8: 12/11**

Warm up/Session Overview, any questions/suggestions for Jeff  
Instruction/Demo: Snake Drill & Finish Demo  
Timed Swim: 100, 200 & 300 – groups of 4, one per lane (lanes 5 & 6 continue training)  
Workouts: Lanes 1 & 2 = 1500 yards, Lanes 3 & 4 = 3000 yards, Lanes 5 & 6 = 3500 yards  
Final: Group Snake Drill and Finish – Acknowledge New Friends, continued training with peers, See you at the spring clinic in March!