



FOX FITNESS  
TRAINING

## ■ AQUATIC CARDIO PROGRAM

- Begin each workout with a dynamic warm-up.
- Progress from 8 to 12 lengths per swim technique per day, as indicated with the stars.
- Vary the workouts (A to C) each exercise day, or progress to 12 lengths in one workout before moving on to the next within the Circuit.
- Consult a physician before beginning the aquatic cardio program.

### The Sea Horse Circuit

- Workout A: Front Crawl, Legs only with Flutter Board
- Workout B: Catch Up with Flutter Board, Freestyle
- Workout C: Doggy Paddle, Side Stroke on Flutter Board

LENGTHS PER TECHNIQUE: 8 ☆ 9 ☆ 10 ☆ 11 ☆ 12 ☆

*Complete each workout by treading water. Gradually increase duration from 2 to 6 mins.*

### The Dolphin Circuit

- Workout A: Fist Freestyle, Catch Up
- Workout B: One Arm Freestyle, Side Stroke
- Workout C: Finger Tip Drag, Six Count Side Kick

LENGTHS PER TECHNIQUE: 8 ☆ 9 ☆ 10 ☆ 11 ☆ 12 ☆

*Complete each workout with one quarter length of the Forward Egg Beater*

### The Marlin Circuit

- Workout A: Front Crawl, Three by Three
- Workout B: Breast Stroke, Back Crawl
- Workout C: Forearm Drag, Side Kick

LENGTHS PER TECHNIQUE 8 ☆ 9 ☆ 10 ☆ 11 ☆ 12 ☆

*Complete each workout with one half length of the Forward Egg Beater*

## *Technique Descriptions*

### **Front Crawl**

With your thumb leading, place your extended arm in front of your head and downward into the water for the "CATCH". For the "PULL", bend your elbow as you pull your cupped hand through the water under your torso and toward the thigh. Brush past your thigh with your thumb to complete the pull. "RECOVER" by lifting your arm straight out of the water leading with your pinky to continue straight forward to the catch position. While one arm is in midair during the recovery, the other arm is pulling (so, the arms alternate like a windmill). Move your straight legs in an alternating up and down motion, with the power originating from the hips and thighs.

*SWIM COACH TIPS:* Eliminate any bend in the knees while fluttering legs. Have hands dip into water in a sharp knife like motion to eliminate contact with surface water. Once submerged, flatten the hand, and push off in a zig zag like motion. Bring up in a sharp motion to once again minimize surface contact with water.

### **Catch Up**

Swim like regular freestyle, except one arm is stationary, always extended forward (front arm), pointing towards the destination, while the other arm performs the stroke (working arm). When the working arm moves forward and "catches-up" with the stationary arm, they change places.

### **Catch Up With Flutter Board**

Just like regular catch-up, only your front hand is holding a kick board; as the arms trade places, they hand off the board to each other.

### **Doggy Paddle**

With your body at a 45 degree angle leaning forward, kick your feet to propel yourself forward. Use bent elbows and cup your hands, stretching arms alternately forward and drawing water toward you.

### **Side Kick**

Extend your bottom arm forward, keeping the top arm at your side. Use a scissor kick motion with the legs perfectly straight. Kick the length of the pool, then change sides for the return.

### **Six Count Side Kick**

Count to six as you kick on your side, then take one stroke, changing arms as you roll onto the other side and extend the other arm in front. Count to six again, stroke and change sides

### **Side Stroke**

Similar to the side kick, with the addition of using your top arm. Stab the lead hand forward, then push on the way back. Push back with the rear hand, then stab it forward until it meets the lead hand.

### **Fist Freestyle**

Swum like regular freestyle, except you hold both of your hands in a fist.

### **Fingertip Drag**

Your fingertips never leave the water as your arm moves forward during the stroke recovery. You drag your fingers forward through the water, slightly off to the side of your body, focusing on good body roll and keeping your elbows pointed up

### **Forearm Drag**

Your forearms never leave the water as your arm moves forward during the stroke recovery. You drag your forearms forward through the water, slightly off to the side of your body, focusing on good body roll and keeping your elbows pointed up.

### **Three by Three**

Begin with three strokes of one-arm free on one side, then three strokes on the other

### **Back Crawl**

With your pinky finger (little finger) leading, place your extended arm over your head downward into the water for the "CATCH". For the "PULL", sweep this arm straight down under the water toward the thigh, propelling yourself forward. "RECOVER" by lifting your arm out of the water leading with your pinky to continue straight back to the catch position. While one arm is in midair during the recovery, the other arm is pulling. Move your legs in an alternating up and down motion, with the power originating from the hips and thighs

### **Breast Stroke**

Start in gliding position on your front, face in the water. Now pull hands through water while bending elbows to 90 degree angles next to shoulders, while simultaneously raising head out of water looking forward. Then quickly sweep arms together under the torso so the palms come together, then immediately push arms forward and back to gliding position (hands together, fingers pointing forward). For the kick, bend knees and pull your feet up to your rear, turning feet outwards away from the body. Now whip the legs out and around while straightening them in a downwards direction. The legs should be bent when the elbows are bent. The arms and legs should whip at the same time, and they should straighten at the same time.

### **Forward Egg Beater**

With body upright and leaning slightly forward, kick one bent leg straight back and then whip it around to the front, then do this with the other leg. Get into a rhythm with legs at opposite points of motion. Kick down the pool pumping the legs as fast as you can. Arms should not be necessary for flotation in this stroke, but can be used while still learning.

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