

PREP PHASE:

Emphasis on aerobic/muscular endurance, water awareness and trunk control.

Warm-ups: Move in six directions, use variable foot positions, include build-up drills.

	<p>PREP 1.1 Body Awareness WU x 12 @ 1-10 Target Practice AE x 5 min @ 6-7 ME x 3 min @ 7-8 MOB x 2 min @ 4-6 Repeat x 2 Target Practice WD x 8 min</p>	<p>PREP 1.2 Water Resistance WU x 10 @ 4-9 AE x 8 min @ 6-7 with choreography MOB x 1 min @ 4-6 MOB as STR x 1 min @ 8-9 Repeat x 3 WD x 10 min</p>	<p>PREP 1.3 Water Buoyancy + Resistance WU x 8 @ 4-7 AE x 10 min @ 6-7 MOB x 1 min @ 4-6 AE x 10 min @ 6.5-7.5 MOB x 1 min @ 4-6 AE x 10 min @ 7-8 MOB x 1 min @ 4-6 WD x 8 min</p>	<p>PREP 1.4 Basic Moves Made Better WU x 10 @ 4-9 AE x 5 min @ 6-7 ME x 3 min @ 7-8 MOB x 1 min @ 4-6 STR x 1 min @ 8-9 Repeat x 3 WD x 10 min</p>
Movement intensity:	Explore moving in six directions	Introduce hand positions: slice, fist, palm	Explore impact options: grounded, rebound, neutral, suspend	Explore ROM: initial, mid, full
Metabolic intensity:	3-point intensity scale	3-point intensity scale	Graduated increase aerobic intensity	Feel it: AE,ME,MOB, STR
Variable:	7-Foot positions	Feel mobility vs. strength	New focus each round (SP/FP/TP)	Hand position (review)
	<p>PREP 1.5 Sculling WU x 8 @ 4-7 Sculling x 2 min AE x 10 min @ 6-7 Sculling x 2 min AE x 10 min @ 6.5-7.5 Sculling x 2 min AE x 10 min @ 7-8 WD x 7 min</p>	<p>PREP 1.6 Explore New Depths SHALLOW WATER WU x 10 @ 1-10 AE x 5 min @ 7 AE x 3 min @ gear shift (3-point scale) ME Upper Body x 2 min @ 7 ME Lower Body x 2 min @ 7 MOVE TO TRANSITIONAL DEPTH Secondary WU x 6 min @ 1-10 Repeat AE, ME/UB, ME/LB WD x 10 min</p>	<p>PREP 1.7 Interval Basics WU x 8 @ 4-7 AE x 10 min @ 6-7 with a 30 sec interval @ 8 every 2 minutes MOB x 1 min @ 4-6 MOB as STR x 1 min @ 8-9 Repeat x 3 WD x 7 min</p>	<p>PREP 1.8 Equipment Basics WU x 8 @ 4-8 AE x 5 min @ 6-7 ME x 4 min @ 7-8 MOB x 2 min @ 4-6 Repeat x 3 WD x 7 min</p>
Movement Intensity:	Feel reaction of varied hand position	Explore: shallow, transitional, deep	Practice how to find your move	Safety and permissions
Metabolic Intensity:	Explore lever length for intensity	Explore speed of moves at varied depths	Practice ability to change intensity	Option to stick with 3-pt. scale
Variable:	Trunk control: varied impact	Trunk control: varied body position	Trunk control: Turbulence	Buoyant, drag, rubberized