



DEEP WATER TRAINING

Online Home Study Educational Course

(Based upon the content of Deep Water Techniques workshop previously offered by AEA)

Practical Applications Supplemental Handout

DEEP WATER CONTINUOUS TRAINING

Pattern 1

Power Hurdle, Repeater 8
Jack/Flick Kick
Single Knee Tuck w/ Rotation

Pattern 2

Deep Water Hop Scotch
Heel High Jog
Deep Water Jack

Pattern 3

Power Leg Pulldown – Lateral, Repeater 8
Knee High Jog, Land Tempo
Power Leg Pulldown – Lateral, Alternating

Pattern 4

Jack/Flick Kick
Deep Lunge, Repeater 8
Jazz Kicks – Front, Alternating

Pattern 5

Power Leg Pulldown – Front, Alternating and Traveling
Cross Country Ski
Hurdle

Pattern 6

Lateral Jack
Tuck Jack
Double Knee Tuck

Pattern 7

Whip Kick
Reverse Whip Kick

Pattern 8

Deep Water Running
Vertical Flutter Kick
Kick Pull Down

Pattern 9

Wide Jog
Ankle Reach Front, Alternating
Dolphin Kick (ending in tuck position)
Scooter Leg, R
Ankle Reach Front, Alternating
Dolphin Kick (ending in tuck position)
Scooter Leg, L
Heel Diamond Jack (one arm front, one arm behind)

Pattern 10

Vertical Knee Walk
Dolphin Kick
Jack / Heel Touch Back, Traveling R
Deep Lunge -Angle
Jack / Heel Touch Back, Traveling L
Deep Lunge -Angle

Pattern 11

Power Ski
Side Leg Lift, Alternating
Side Kick – Karate, Alternating
Power Jack
Tuck Kick Combo

Pattern 12

Knee High Jog, Land Tempo (cts 1-4) / Tuck (cts 5 & 6) / Hurdle (cts 7 & 8)
Alternate the lead leg with each set
Power Ski 3x / Dolphin Kick
Tuck & Twist 3x / Double Leg Side Push
Alternate the lead leg with each set
Log Jump
Mogul
Combine Log Jump & Mogul (front, back, side, side)

CHOREOGRAPHY BLOCK TRAINING

Intensity 1 (Lower Level) Sample Blocks of Choreography

Repeat each move in a Choreography Block for 32 Reps, then begin again and repeat each for 16 Reps, and then repeat each once again for 16 Reps.

One Set of 32 Reps / Two Sets of 16 Reps

1.A.

Knee High Jog
Deep Water Running
Backward Jog
Jazz Kick – Corner, Alternating
Deep Water Jack

1.B.

Cross Country Ski
Cross Country Ski R& L – Tuck – CC Ski L& R – Tuck (Cue: ski, ski, tuck & down)
Mogul R – Center – Mogul L – Center
Mogul

1.C.

Lateral Jack, Travel L & R
Side Lunge, Alternating
Side Lunge, Repeaters
Tire Running, Land Tempo

1.D.

Hurdle
Hurdle in 3's
Push Down, doubles (single leg, focus is pushing heel to pool bottom)
Power Ski
Jack with Center Cross (knees flexed)

Intensity 2 (Moderate Level) Sample Blocks of Choreography

Repeat each move in a Choreography Block for 16 Reps, begin again and repeat each for another 16 Reps, and then repeat two more times for 8 Reps.

Two Sets of 16 Reps / Two Sets of 8 Reps

2.A.

Deep Water Running, Moving Around Pool
Angle Kick, Alternating
Angle Kick, Repeaters
Kick Front – Karate, ½ Water Tempo

2.B.

Stride, Moving around pool
Ankle Reach Front
Jack / Ankle Reach Front, Alternating
Jack / Ankle Reach Front, Repeater

2.C.

Cross County Ski - Traveling
Power Jack
Side Kick – Karate, Alternating

Side Kick – Karate, Repeaters

2.D.

Knee High Jog, Land Tempo
Side Leg Lift
Deep Lunge, Alternating
Deep Lunge, Repeater

Intensity 3 (High Level) Sample Blocks of Choreography

Repeat each move in a Choreography Block for 16 Reps, begin again and repeat each for 8 Reps, and then repeat two more times for 4 Reps.

One Set of 16 Reps / One Set of 8 Reps / Two Sets of 4 Reps

3.A.

Deep Water Run / Kick Front –Straight Leg, Travel Back
Deep Water Jack w/ Ankle Cross
Ankle Cross, Land tempo, Small ROM
Cross Country Ski
Vertical Flutter Kick

3.B.

Jazz Kick – Front, Alternating
Jazz Kick- Corner, Alternating
Jazz Kick – Front R /Jazz Kick – Corner R
Jazz Kick– Front L /Jazz Kick – Corner L
Push Down, Repeaters

3.C.

Mogul R – Center – Tuck – Center – Mogul L – Center – Tuck – Center
Mogul
Moguls L, Repeaters
Moguls R, Repeaters
Hurdle

3.D.

Deep Lunge, Alternating & Traveling Back
Front Kick – Straight Leg
Stomp L & R (single leg 4ct combo; Cue: out, cross front, out, center)
Double Stomp L & R – (single leg 8ct combo; Cue: out, cross front, out, center, out, cross back, out, center)

DEEP WATER MINI CIRCUIT

- Belts & Noodles – Noodles Float Free

Circuit A Combo

Deep Water Jack

Vertical Flutter Kicks

Kick Front - Karate

Deep Water Run to Noodle!

Noodle Push Down, Front (Elbow Extension) 25 reps

Circuit B Combo

Hurdles, Repeater L

Diagonal Kick R, Travel R

Hurdles, Repeater R

Diagonal Kick L, Travel L

Kick Front – Straight Leg

Bicycle to Noodle!

Noodle Pull Down (Shoulder Extension) 25 reps

Circuit C Combo

Deep Water Running in large circle

Deep Water Jack w/ Ankle Cross, Travel L & R

Side Lunge R, Travel R

Side Lunge L, Travel L

Mogul to Noodle! (Use arms for direction and power)

Chest Squeeze (Transverse Shoulder Adduction with noodle around back & under arms) 25 reps

Circuit D Combo

Ankle Touch Front, Alternating

Skate Kick (to back diagonal), Alternating

Side Pendulum Swing, Alternating

Ski to Noodle! (Use arms for direction and power)

Diagonal Biceps (Posterior Elbow Flexion with noodle behind back & arm extended to back diagonal, parallel to pool bottom) 25 reps each arm

DEEP WATER MINI INTERVAL

- Belts
- Work to Recovery Ratio will vary depending on population/goals

Cycle One Work

Deep Water Running
Back Jog (arms assist)
Ankle Touch Front
Deep Water Running
Back Jog (arms assist)
Heel Touch Back

Cycle One Recovery

Knee High Jog
Heel High Jog
Ankle Touch Front

Cycle Two Work

Kick Front – Straight Leg
Cross Country Ski
Power Ski

Cycle Two Recovery

Jazz Kick – Front
Jazz Kick – Front, in 3's
Jazz Kick Corner, Repeaters

Cycle Three Work

Moguls
Power Jack
Hurdle

Cycle Three Recovery

Side Lunge
Deep Water Jack w/ Ankle Cross
Bicycle

Cycle Four Work

Deep Water Hop Scotch
Frog Jumps
Side Kick – Karate R, Travel R
Side Kick – Karate L, Travel L

Cycle Four Recovery

Striding
Side Pendulum Swing, Alternating
Side Lunge

DEEP WATER CORE TRAINING

Horizontal Position

Abdominal Compression – utilize transverse abdominis, forcefully expel breath

Basic Curl*

Basic Crunch*

*Tempo Variations: 1 up/1 down, 2 up/2 down, 3 up/1 down, 1 up/3 down

Shin/Toe Touch – legs long but knees slightly flexed and feet together, curl up and reach hand toward inside of opposite shin or toe depending on ability, do NOT pull knee toward chest

Straddle Shin/Toe Touch – legs long but knees slightly flexed in straddle position, curl up and reach hand toward inside of opposite shin or toe depending on ability, do NOT pull knee toward chest

Pendulum Reach – legs long, SLOWLY reach for the opposite toe – the knee will bend, at same time the other leg drops slightly down toward pool bottom, visualize a pendulum swinging from side-to-side but do not lose focus of spinal flexion

Knee Drop Curl – rotate at waist dropping knees to one side

1/2 Squat Curl – place one foot on opposite quad

Pike – keep legs long and lift shoulders and hips simultaneously, contract transverse

Heel Diamond Crunch – knees bent, hips externally rotated & feet together (forming diamond), knees move together as spine flexes

Straddle Crunch – visualize making “snow angels” as spine flexes and extends

COMBINATIONS – Horizontal Position:

1/2 Squat w/ Knee Drop Curl

Curl – Curl – Knee Drop Curl L – Knee Drop Curl R

1/2 Squat Curl R – Pike – 1/2 Squat Curl L – Pike

Straddle Crunch 2x – Pendulum Reach L & R

Vertical Position

Crunch – cross legs at ankles to assist with anchoring

Single Knee Curl – begin with legs long, flex spine forward from shoulders as one knee comes into torso, visualize hugging knee (*similar to Single Knee Tuck cardio move but focus now is core training*)

Single Knee Curl w/ Rotation – begin with legs long, flex spine forward from shoulders as one knee comes into torso, rotate so opposite shoulder moves toward knee (*similar to Single Knee Tuck w/ Rotation cardio move but focus now is core training*)

Pike

Lateral Reach – cross ankles with knees open (hips extended and externally rotated), laterally flex the spine bringing L hip and shoulder together, repeat on R

Side Twist – lift one knee, rotate toward opposite elbow/hand, return knee center, extend leg down

Heel Diamond Crunch

Knee Drop Curl

1/2 Squat Curl

COMBINATIONS – Vertical Position:

Single Knee Curl L & R – Side Twist L & R – Heel Diamond 2x

Pike – Side Twist R – Pike – Side Twist L

1/2 Squat Curl R – 1/2 Squat w/ R Knee Drop Curl – Heel Diamond Crunch 2x (Repeat L)

DEEP WATER CARDIO & AB INTERVAL

Cardio 1

Jack
Power Jack
Deep Lunge, Alternating
90 degree ski (knees remain flexed at 90 degree angle)
Ankle Touch Front

AB Sequence 1

Straddle Curl
Shin/Toe Touch
Pendulum Reach

Cardio 2

Kick Front – Karate
Deep Lunge*
*Advanced- knee cross over in front and kick to back corner
Front kick – Karate, Alternating 4x / Deep Lunge, Alternating 2x
Tuck Jack
Side Lunge*, Repeater
*Visualize a jack where body rotates to the side as legs open

AB Sequence 2

Heel Diamond Crunch
Pike
Combination: Heel Diamond – Pike

Cardio 3

Cross Country Ski
Power Ski 4 & Turn (1/4 turn on the 4th tuck, repeat 4 sets to face all sides)
Mini Mogul
Mini Mogul, Repeaters while traveling to opposite side
REPEAT other direction

AB Sequence 3

½ Diamond R (Single Knee Curl w/ bent leg externally rotated at hip)
½ Diamond L
Pike
Combination: ½ Diamond R (4x*) – Pike (4x*) – ½ Diamond L (4x*) – Pike (4x*) *progress
down to 2x each

Cardio 4

Hamstring Curl
Cross Country Ski
CC Ski to R Diagonal – CC Ski Front – CC Ski to Left Diagonal – CC Ski Front

AB Sequence 4

Crunch
Straddle Reverse Curl
Pike (Variation – place heel of one foot on top of toes of opposite foot)

DEEP WATER FLEXIBILITY TRAINING

Suspended Stretches

Hamstring Stretch – One Leg (one leg up in front)
Quad/Iliopsoas and Hamstring/Glute (static ski position)
Quad Stretch – One Leg (heel toward buttocks)
Outer Thigh (tailor stretch)
Inner Thigh (static side lunge position)
Middle Trapezius (round upper back – protract scapulae; pedal lightly with legs backwards)
Pectoralis/Anterior Deltoid - Traveling (long arms – transverse shoulder abduction; pedal lightly with legs forwards)
Triceps/Posterior Deltoid (one arm across chest, press above elbow; pedal lightly with legs in a circle)
Biceps (extend arm out to the side; look away from your arm; pedal lightly in a circle away from extended arm, i.e. the direction you are looking)

Wall Stretches

Spine Stretch (hands on wall, knees bent and ankles crossed – feet are not supported on the wall)
Low Back (feet on wall with knees bent; hand holding wall; spine rounded)
Hamstring (begin with low back stretch and straighten legs)
Inner Thigh (begin in hamstring stretch and lean to each side)
Calf Stretch (vertical, facing wall, both heels press down)
Pectoralis/Biceps – Single Arm (turn away from arm toward center of pool)
Latissimus Dorsi/Erector Spinae (one side to the wall and hold wall with one hand; brace side of feet to the pool wall; reach hand furthest from pool wall overhead and laterally flex the spine toward wall)