

THE BASICS

Week 6 - Sept. 05 to Sept. 10, 2016

STREAMLINE GLIDE:

Every time you dive or push off a wall. Hand on hand, 4 fingers on 4 fingers, thumb of the hand on top holds on to heel of the hand below. Lock your elbows, set your arms right behind your ears, and turn your body into a spear.

COUNT STROKES:

How do you know what you are doing if you do not count your strokes? Counting strokes helps you to focus on the task, you cannot think about anything else, it allows you to concentrate and maintain the correct intensity during each swim. To identify what intensity you are training at, improve like you never thought it was possible, learn to swim slow and get fast, practice doing drills and skills that help you to live in the water, touch water efficiently. To learn how to use the letter/number methodology, please go to TIPS: Technique Instructions for Perfect Swimming:

<http://swimgym.net/swim-lessons-t-i-p-s/>

PAY ATTENTION:

Count your strokes and monitor your heart rate you will optimize your training. **If you know your time, you are really paying attention.** Training is about going FAST at the right times, as fast as YOU can, easy enough so you last every set, all out! Swimming "hard" all the time can be hazardous to your style and speed. **Know at what pace you need to train every set**

Remember:
Why swim? If you can fly!

WARM UP:

EKTY 1, 2, 3, 4 – Free, Back, Breast, Fly. Swim the number of laps, in each stroke, written at the end the four strokes, i.e. 1, 2, 3, 4 means that you swim 1 lap of each stroke, then 2 of each, then 3 of each, and finish with 4 laps of each stroke or 25, 50, 75 and 100 for each stroke. Pay attention to what distance needs to be done at BBDPS, 1 OB (over best), 2 OB, 3 OB, etc.

KICKING SET:

Fins (EY: b, s, b, s) - This kicking set requires the use of fins, alternating sequences of flutter (**E**) and dolphin (**Y**) kicks; one length each on the belly, right side, back, and left side. On the belly and back try to stay underwater and streamlined the whole length, if you need a breath on the belly take a stroke, breathe and dive in again; on the back, float up and kick the rest of the way at the surface. On the sides, remain on the 'I' position, (trailing arm down on the top leg - shoulder to the sky, leading arm extended above the head - armpit to the bottom). For more explanations on body positions described with letters, go to TIPS and see The Letters of the Strokes. Observe the distances, (200's, 100's or 50's), and time intervals of rest recommended.

DRILL OF THE WEEK:

Choice of Stroke - Swim 100:

- {1 x 25 w/fist shut
- {1 x 25 w/one finger (thumb, pointy, middle, ring & pinkie, 1 stroke ea.)
- {1 x 25 w/three fingers (thumb side of hand, then pinkie side of hand)
- {1 x 25 w/ five fingers (full hand)

CODES:

BB&DPS – Best Balance & Distance Per Stroke: 5 strokes or less in the 4 styles in a short course pool, 10 strokes or less in long course – “Tai Chi Swimming.” Please go to swimgym.net find the sections of T.I.P.S. for a more detailed explanation.

OB Over Best: # of strokes recommended over your BBDPS count

TOR Turn Over Rate

Y **FIY**

K Back**K**

T Breas**T**

E Fre**E**

uw Underwater

kk Kick

' Minutes

" Seconds

w/ with: utilized to indicate a number of seconds of rest between repetitions

on: to indicate that everyone will do a repetition on a set send-off

Description of Training Set: 25' x (5 x 100 /10")w/30" - During 25 minutes, you swim sets of 5 one-hundreds taking 10 seconds to rest after each and taking 30 seconds rest after 5.

TRI-ATHLETE NOTES:

During warm-up triathletes are encouraged to swim the 4 styles, it is warm-up for the entire musculoskeletal system; furthermore, swimming breaststroke can help in a race situation in the event of a foot or calf cramp, the breast kick requires to flex the foot, the way to get rid of said cramps; swimming backstroke will help the triathletes to 'find core', connecting the hands to the power source, *the hip rotation*, while keeping the head set, (no need to turn the head to breathe); the butterfly, will make you more aquatic. When swimmers do Individual Medley: Y, K, T, and E: **FLY**, **BACK**, **BREAST**, **FREE**; Tri-athletes swim: No equipment, Paddles, Fins, Both

STROKE COUNT:

Do you want to learn more? Please click the following link: <http://swimgym.net/t-i-p-s/>

**EVERY SET YOU SWIM IS AS FAST AS YOU CAN,
EASY ENOUGH SO YOU LAST THE WHOLE SET,
ALL OUT!**

COMMENTS:

If at any time you have any questions, feel free to write directly to Coach Robert Strauss at coachrs@swimgym.net

Our **DVD -ESPAÑOL & ENGLISH- Why Swim, If You Can Fly!** Has all the "Drills of the Week" perfectly photographed and explained. **Order your copy today, call 305-273-1129, mention the Practice of the Week and get FREE SHIPPING**

Date: 09-05-2016	Workout Today	LABOR DAY... 2016!
Energy System	Exercise Set	
Warm Up EN1	20' x EKY x 100, 200, 300, 400 see intensities in description	100 @ BB, 200 @ 1-2OB, 300 @ 3-4-5 OB, 400 @ 3-4-5-6 OB.
Kick Set	15' x 200 w/20" Fins EY {b, s, b, s}	200's w/20" rest until 15' finish
An. Threshold EN3 Intensity: 3 to 4 OB Equipment: Paddles	30' x {(1 x 200 w/30" to 40" {(1 x 400 w/40" to 50"	Repeat 1x 200, 1x 400, until 35' finish. Observe the resting intervals.
Sprint Set SP3	8 x <u>6 str</u> on 1:15 w/100 drill 50	8 repetitions of 6 strokes from push off, ALL OUT, NO BREATH; swim easy to the 50, restart on the 1:15; after 8 rep's, do a 100 drill of the week. See Basics
VO2max SP1 Intensity: As fast as you can	5 or 6 x 50 on 2'	6x 50 leaving every 2 min. choice of stroke. As long as time drops or stays same keep on going if you slow down by more than 1.5" sec, you are done. T or K or Y min. 45" rest or 1:1 work/rest ratio

Date: 09-06-2016	Workout Today	
Energy System	Exercise Set	Exercise Description
Warm Up EN1	15' x EKY x 3, 2, 1	300 @ BB-1-2OB, 200 @ 3-4OB, 100 @ 5 OB
Kick Set	10' x 100 w/15" Fins EY {b, s, b, s	100's w/15" rest for 10 minutes
Aerobic Training EN2 Count: (A to K) x 3 Intensity: 1½ to 2½ <u>OB</u> Paddles and Zoomers or Fins	45' to 65' x 1650 w/1:30 rest	Swim 1 mile 2 or 3 times count (A to K) x 3, try to swim a linear set, maintain your pace do not slow down. Count, keep the stroke cycles the same for the duration of the set.
Prolonged Sprint SP3	8 x (5 str. + turn + 3 str.) on 2:15 75 or (50) + mid-pool W/100 drill, after 8 repetitions Repeat 2 sprints of each stroke or 4 free and 4 best stroke.	8 repetitions of 5 strokes + turn + 3 strokes ALL OUT, no breath, then swim easy to the 75 or 50 and back to mid pool, restart every 2:15". Start from "mid pool" or a distance from the wall at which you need 5 strokes to get to the wall. In fly, you will breathe at the wall, breast rhythm requires to breathe every stroke, and on back your face is out of the water.

Date: 09-07-2016	Workout Today	
Energy System	Exercise Set	Exercise Description
Warm Up EN1	20' x EKY x 2, 2, 2	200 @ BB-1OB, 200 @ 2-3OB, 200 @ 4-5OB, 200 @ 2-6 OB.
Aerobic Training EN2 Intensity: 1½ to 2½ <u>OB</u>	45' x 200 w/15" to 20"	Swim 200's, one of each stroke, observe the rest intervals. One each: Y, K, T, E, and IM.
VO2 max SP1 Intensity: 4½ to 5½ <u>OB</u>	20' x 100 w/60" to 75" A to B	Swim 100's dive in and race try to make it with as few breaths as possible, including no breath for the more advanced athletes in and out of the turns. 1:1 work/rest ratio
Warm down	Swim until H.R. < 100 in 60"	Easy swimming check heart rate every 3' to 5'

Date: 09-08-2016	Workout Today	
Energy System	Exercise Set	Exercise Description
Warm Up EN1	20' x EKY x 4, 3, 2, 1	400 @ BB-1-2-3OB, 300 @ 2-3-4OB, 200 @ 4-5OB, 100 @ 6OB
Kick Set	20' x 50 w/10" Fins EY {b, s, b, s	50's w/15" rest until 15' finish
An. Threshold EN 3 Intensity: 3 – 4½ OB Paddles optional	35' x 100 w/ 30" to 40"	100's observe the recommended resting intervals. Stroke choice, prefer NO free.
In Motion Speed SP3	2 x {(6 x 25 on 1:10) w/100 drill 6 str	2 sets of 6 repetitions of 25's, sprint into the wall all out, no breathe the last 6 strokes

Date: 09-09-2016	Workout Today	
Energy System	Exercise Set	Exercise Description
Warm Up EN1	15' x EKY x 1, 1, 1	100 @ BBDPS, 100 @ 1 OB, 100 @ 2 OB, 100 @ 3 OB, 100 @ 4 OB and restart.
Aerobic Training EN2 1½ to 2½ <u>OB</u>	40' x 500 w/20" to 30" A to J	Swim 500's take 20" to 30" rest, repeat until 40 minutes
An. Threshold EN 3 3 to 4 <u>OB</u> Fins	25' x 200 w/45" Y w/Fins count A to D	Swim 200's take 45" at the end, repeat until 25'
Kick Set	10' x {1 x 200 w/20" 2 x 100 w/15" 4 x 50 w/ 10" Fins EY {b, s, b, s	1x 200, 2x 100, 4x 50, watch the recommended resting intervals

Date: 09-10-2016	Workout Today	
Energy System	Exercise Set	Exercise Description
Warm Up EN1	20' x EKY x 4, 4, 2	400 @ BB-1-2-3OB, 400 @ 2-3-4-5OB, 200 @ 2-6OB
Aerobic Training EN 2 Intensity: 2 to 3 <u>OB</u>	45' x {4 x 100 rev. IM w/15" {10 x 50 kk belly-side w/fins w/10" {4 x 100 3rd-4th-3rd-4th w/15" {10 x 50 kk back-side w/fins w/10"	Repeat each swim as written, taking 15" rest between each. Restart until 45' are finished. The rev. IM is ETKY, the 100's are 3rd best and 4th best strokes in each. The 50's are: The 25's belly and back are underwater. The return 25 on the side, bottom arm leading, top arm trailing, breathing.
Sprint Set SP3	6 x <u>6 str</u> on 1:20 w/50 drill 50	4 repetitions of sprint ALL OUT, no breath for 5 strokes, swim easy to the 50
Lact. An. Tolerance SP2 5 ½ to 7 OB	4 x 200 w/12'	4x 200's dive-in, choice of stroke. Interval as shown. Try to swim an easy 200 after each race-effort.
Warm Down EN1	600 E, K, E, T, E, Y	Easy swim, on freE breathe e/5 (2 ½ strokes)