

THE BASICS

Week 1 3/27 to 4/01 - 2017

This week is still a good time to do team teaching, and revisit drills and abilities for each style; check the nose blowing and the ability of each swimmer to protect their nose. How about streamline glides, can we take them to the next level, this coming season? It's long course! For those of you that are racing stay with the program, and swim 5 to 7 days the Wednesday and Saturday hard sets VO2max or Lactic Tolerance, the program will turn to 70% privileging aerobic & over distance training during the month of April to finish the inverted season and get us to SWIM MIAMI on the 19th, then continue increasing volume until 10 days of May, then the intense training begins thru most of June into the championship season in July. We wish all the best summer season ever. If you have access to open water swimming, spring is a great time to start jumping in salt water, and open water has always been an integral part of our training.

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:

- a) **Rotational 180° – Nose Up:** Maintain your head steady looking to the sky, keep your hands on your thighs, use flutter kick, when rotating your shoulder axis and hip axis roll as a unit. Roll in one motion, do not remain on your back, and always point one shoulder to sky and one shoulder to bottom, learn to rotate by pressing the high hip down.
- b) **Rotational 180° – Nose Down:** Maintain your nose toward the bottom as long as you can hold your breath comfortably, keep your hands on your thighs, use a flutter kick, make sure you rotate your shoulder axis and hip axis together as a unit. Rotate side to side every time, do not stop on your belly, breathe every three or four rotations, and use your high hip help you rotate.

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 **BackK**

T **BreasT**

E **FreE**

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: Naked (no equipment), Paddles, Fins, Both

COUNTING STROKES:

1 stroke in Y and T is one extension to the front end; count the letter at the breath and the number at the “glide.” 1 stroke in E and K is counted when both arms have completed a revolution, the letter for one hand, and the number for the other hand; count when the revolution is completed at hand entry. The recommended “Number of Strokes **OB**” over best is for short course pools, if you train in a long course pool double the recommended number and add a stroke. Obviously, the lack of turn and the extra distance makes a difference. For example if the set reads swim at 1 ½ to 2 ½ OB, it means that in the long course pool you will swim at 4 to 6 strokes over your best stroke count. We know that when you take more strokes you swim faster, up to a point that your style may suffer or tire you too quickly. Pay attention: count strokes. When equipment such as paddles and/or fins are used deduct ½ stroke from the **OB** for each accessory that you wear. Do you want to learn more? Please click the following link:

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

<http://swimgym.net/wp-content/uploads/2012/02/Chart-I.pdf>

**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
My DVD **-ESPAÑOL & ENGLISH- Why Swim, If You Can Fly?!** Has all the "Drills of the Week" perfectly photographed and explained. **Order your copy today, please write to swimgym@swimgym.net , mention the Practice of the Week and get FREE SHIPPING NOW ONLY \$15**

Date: 03-27-2017	Workout Today	
Energy System	Exercise Set	Exercise Description
Warm Up EN1	20' x EKTY x 1, 2, 3, 4	100 @ BBDPS, 200 @ 1OB, 300 @ 2OB, 400 @ 3OB
Sprint Set SP3	3 x (4 x <u>6 str</u> on 1:15) w/50 drill 50	3 sets of 4 repetitions of 6 strokes from push off, ALL OUT, NO BREATH; swim easy to the 50, restart on the 1:15; after 4 rep's, do a 50 drill of the week. See Basics
An. Threshold EN3 Intensity: 3 to 4 <u>OB</u>	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.
Kick Set	20' x 200 w/20" Fins EY {b, s, b, s	200's w/20" rest until 15' finish
VO2max SP1 Intensity: 4 ½ to 5 ½ <u>OB</u>	12 x 50 on 1:30	Repeat 12x 50 leaving every 1'30" T or K or Y min. 45" rest.
Date: 03-28-2017	Workout Today	
Energy System	Exercise Set	Exercise Description
Warm Up EN1	15' x EKTY x 3, 2, 1	300 @ BBDPS, 200 @ 1OB, 100 @ 2OB
Prolonged Sprint SP3	2 x {6 x (<u>5 + turn + 3</u>) on 2:15 100 or (50) W/50 drill, after 4 repetitions On the first set do freestyle and 4 th best stroke, on the second set choose your 2 nd and 3 rd best strokes.	2 sets of 6 repetitions of 5 strokes + turn + 3 strokes ALL OUT, no breath, then swim easy to the 100 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.
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.
Kick Set	10' x 100 w/15" Fins EY {b, s, b, s	100's w/15" rest for 10 minutes
Date: 03-29-2017	Workout Today	
Energy System	Exercise Set	Exercise Description
Warm Up EN1	20' x EKTY x 2, 2, 2...	200 @ BBDPS, 200 @ 1OB, 200 @2OB...
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
Warm down	Swim until H.R. < 100 in 60"	Easy swimming check heart rate every 3' to 5'

Date: 03-30-2017	Workout Today	
Energy System	Exercise Set	Exercise Description
Warm Up EN1	20' x EKY x 4, 3, 2, 1	400 @ BBDPS, 300 @ 1OB, 200 @ 2OB, 100 @ 3 OB
In Motion Speed SP3	2 x {(6 x <u>25</u> on 1:10) w/50 drill 6 str	2 sets of 6 repetitions of 25's, sprint into the wall all out, no breathe the last 6 strokes
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.
Kick Set	20' x 50 w/10" Fins EY {b, s, b, s	50's w/15" rest until 15' finish
Date: 03-312017	Workout Today	
Energy System	Exercise Set	Exercise Description
Warm Up EN1	15' x EKY x 1, 1, 1...	100 @ BBDPS, 100 @ 1OB, 100 @ 2OB, 100 @ 3 OB...
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 optional	25' x 200 w/45" Y count A to D	Swim 200's take 45" at the end, repeat until 25'
Kick Set	10' x {(1 x 200 w/15") {(2 x 100 w/10") w/20" {(4 x 50 w/ 5") w/20" Fins EY {b, s, b, s	1x 200, 2x 100, 4x 50, watch the recommended rest in the middle of the swim and at the end.
Date: 04-01-2017	Workout Today	
Energy System	Exercise Set	Exercise Description
Warm Up EN1	20' x EKY x 4, 4, 2	400 @ BBDPS, 400 @2OB, 200 @4OB
Aerobic Training EN 2 Intensity: 2 to 3 <u>OB</u>	45' x {6 x 100 rev. IM w/15" {12 x 50 kk belly-side w/fins w/10" {6 x 100 3rd-4th-3rd-4th w/15" {12 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 on the side, bottom arm leading, top arm trailing. The 25's are underwater.
Sprint Set SP3	4 x <u>5 strokes</u> on 1:30 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/10'	4x 200's dive-in, choice of stroke. Interval as shown. Try to swim an easy 200 after each effort.
Warm Down EN1	600 E, K, E, T, E, Y	Easy swim on E breathe e/5