

THE BASICS

Week 2 – April 03 to April 08, 2017

This week is again 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 training during the month of April and 10 days of May, then the intense training begins thru most of June into the championship season in July. We wish all the best season ever. If you have access to open water swimming spring is a great time to start jumping in salt water with the fish.

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:

{IM Drill: 4 kk Y, 7 kk K, 2 kk T, 7 kk E.

{IM Swim: Swim the 4 strokes in the Individual Medley order

YKTE @ your BB&DPS 5 strokes or less in 25 yd. pool).

4 kk Y: Lie on the 'Y' position, dolphin kick 4 times, on the 4th kick stroke and breathe; repeat the length of the pool.

7 kk K: Lie on the 'I' position (shoulder to the sky with arm parallel to body, hand on the thigh/arm pit to the bottom with arm above head in line with the body), flutter kick 4 times with the top leg, that allows for 3 kicks with the bottom leg, then stroke and lie on the other side and repeat the 7 kicks, count 4 kicks with the top leg.

2 kk T: Pull, breathe, kick, glide, hold your hands in front, then breathe, kick, glide; repeat 2 kicks for 1 pull; on the 2nd stroke think timing, shoulders and heels up together, down together.

7 kk E: Same as back: arm-pit to the bottom – shoulder to the sky, when you stroke one time, during the roll side to side, the nose goes past the water, and you count 4 kicks from the bottom leg (since both feet are kicking you do a total of 7 kicks), after you breathe, set head and stroke again back to the first side.

Continue repeating 1x IM drills, 1x IM swim until time is finished.

KICKING SET:

On 45" {4 x 25 w/kickboard } kick fast (not afayc) 20"- 25" leave on 45", 25"+ on 50", 30"+ on 60"

{4 x 25 E w/bucket brisk} setting the head (steady bowline), fast feet in a small space, and shoulder shifting, front quadrant swimming, breathe if necessary. On 45" or a sendoff that allows you to get at least 20" rest on the kick. Repeat the number of sets specified, alternating, the 4 kicking laps and the 4 bucket laps.

DRILL OF THE WEEK:

Rotational Drill 360°: Place both hands after the Streamline glide on your thighs, maintain a continuous alternating kick then proceed to do 360° rolls, 3 to 4 times roll to the right, 3 to 4 times roll to the left; use your high hip to help you rotate. Do not use your hands to push water, or your feet to do a bicycle motion.

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 www.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: NPF: Nothing (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.

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Date: 04-03-2017	Workout Today	
Energy System	Exercise Set	Exercise Description
Warm Up EN1	20' x {IM Drill: 4kkY, 8kkK, 2kkT, 8kkE {IM Swim @ BBDPS, 1OB, 2OB, 3OB, ...}	Please see BASICS, for full set explanations
Kick Set	3 x {4 x 25 w/kickboard} on 45" {4 x 25 E w/bucket}	Please see BASICS, if you need more explanations
Timed KICK	400 kick with board / solid effort	Hold board with elbows at corner, head in line, face in water, when not breathing, FAST
Anaerobic Threshold EN3 Intensity: 3 to 4 <u>OB</u> Equipment: Hand Paddles	35' x 800 w/75" Count: A to P	Repeat 800's until 35' are finished, rest 75" after counting A to P.
Sprint Set SP3	12 x <u>6 str</u> on 1' w/100 drill {50 rotational 360° 25 {50 rotational 180° Set 1: 3x – 1 st stroke / 3x – 4 th stroke Set 2: 3x – 2 nd stroke / 3x – 3 rd stroke	2 sets of 6x 25, push off and swim all out, no breath until 6 strokes, then swim easy to the 25. In E & K 6 strokes are 12 digs, in Y & T 6 extensions to the front.

Date: 04-04-2017	Workout Today	
Energy System	Exercise Set	Exercise Description
Warm Up EN1	15' x {IM Drill: 4kkY, 8kkK, 2kkT, 8kkE {IM Swim @ BBDPS, 1OB, 2OB, 3OB, ...}	Please see BASICS, for full set explanations
Prolonged Sprinting SP3	2 x {(6 x <u>25</u> on 2') w/100 drill {50 rotational 360° 50 {50 rotational 180° Set 1: 3x – 1 st stroke / 3x – 4 th stroke Set 2: 3x – 2 nd stroke / 3x – 3 rd stroke	2 sets of 6 repetitions – dive-in 25's all out, no breath if possible. Work on start, break and maximum acceleration. Swim easy to the 50 so you restart on prescribed send-off.
Aerobic Training EN2 Intensity: 1½ to 2½ <u>OB</u> Equipment: Paddles and Fins	50' x 800 w/40" A to P 700 w/35" A to N 600 w/30" A to L 500 w/25" A to J 400 w/20" A to H 300 w/15" A to F 200 w/10" A to D 100 w/5" A to B	Swim a pyramid, start at 800 and keep going to the 100, take 5" rest per 100 of swim, at the 800 take 40", at the 700 rest 35", at the 600 rest 30", and so on till you get to the 200 with 10", and finish with a 100. Maintain a steady pace. If you know you cannot finish the 3600 rest included in less than 50', then build from the 100 up until time is up.
Kick Set	2 x {4 x 25 w/kickboard} on 45" {4 x 25 E w/bucket}	Please see BASICS, if you need more explanations

Date: 04-05-2017	Workout Today	
Energy System	Exercise Set	Exercise Description
Warm Up EN1	15' x {IM Drill: 4kkY, 8kkK, 2kkT, 8kkE {IM Swim @ BBDPS, 1OB, 2OB, 3OB, ...}	Please see BASICS, for full set explanations
Aerobic Training EN2 Intensity: 1½ to 3 <u>OB</u> Equipment: None	45' x {(5 x 100 w/10" to 15") w/20" A to B Y, K, T, E, IM	Sets of 5x 100 w/10" rest after every 5 take 20" rest, to drink, swim 1x 100 of each stroke and 1x IM. Restart until 45' finish
VO2 max EN3 Intensity: 4½ to 5½ <u>OB</u>	3 x 400 w/2' to 2:30, swim 50 EZ A to H	These swims are approximately 90% to 92% efforts over your best time.
Kick Set	1 x {4 x 25 w/kickboard} on 45" {4 x 25 E w/bucket}	Please see BASICS, if you need more explanations

Date: 04-06-2017	Workout Today	
Energy System	Exercise Set	Exercise Description
Warm Up EN1	20' x {IM Drill: 4kkY, 8kkK, 2kkT, 8kkE {IM Swim @ BBDPS}	Please see BASICS, for full set explanations
In Motion Speed SP3	4 x {(3 x 50 on 1:30) w/50 drill {50 rotational 360° 6 str {50 rotational 180° Set 1: 3x – 1 st stroke Set 2: 3x – 2 nd stroke Set 3: 3x – 3 rd stroke	“Olympic” Finishes. Swim 4 sets of 3x 50 go easy until six strokes out of the finish, then sprint all out no breath and touch, not “grab” the wall. Swim a 50 drill after 4. Choose a different stroke each set.
Timed KICK	400 kick with board / solid effort	Hold board with elbows at corner, head in line, face in water, when not breathing, FAST
Anaerobic Threshold EN3 Intensity: 3 to 4 OB Equipment: Paddles optional	30' x {1 x 100 w/30" A to B {1 x 200 w/40" A to D {1 x 300 w/50" A to F {1 x 400 w/60" A to H	Swim 100, 200, 300, and 400. Please observe the resting intervals. Restart until the 30' are finished.
Kick Set	2 x {4 x 25 w/kickboard} on 45" {4 x 25 E w/bucket}	Please see BASICS, if you need more explanations

Date: 04-07-2017	Workout Today	
Energy System	Exercise Set	Exercise Description
Warm Up EN1	15' x {IM Drill: 4kkY, 8kkK, 2kkT, 8kkE {IM Swim @ BBDPS}	Please see BASICS, for full set explanations
Aerobic Training EN2 Intensity: 1½ to 3 OB	40' x {(1 x 400 IM w/20") A to H {(1 x 400 E w/20")	Swim 1 x 400 IM and then 1 x 400 free watch the resting intervals. If the rest does not seem adequate, slow down.
Anaerobic Threshold EN3 Intensity: 3 to 4 OB Equipment: Fins - optional	30' x 200 w/30" K A to D	Swim 200's backstroke, take 30" rest, and work on 8 to 15 yards under water dolphin kick every wall
Kick Set	3x {4 x 25 w/kickboard} on 45" {4 x 25 E w/bucket}	Please see BASICS, if you need more explanations
Timed KICK	400 kick with board / solid effort	Hold board with elbows at corner, head in line, face in water, when not breathing, FAST

Date: 04-08-2017	Workout Today	
Energy System	Exercise Set	Exercise Description
Warm Up EN1	15' x {IM Drill: 4kkY, 8kkK, 2kkT, 8kkE {IM Swim @ BBDPS}	Please see BASICS, for full set explanations
Aerobic Training EN 2 Intensity: 1½ to 3 OB Equipment: Fins	40' x {1 x 100 IM w/15" {2 x 25 kk on 45" dolphin uw w/fins {1 x 100 2 nd best w/15" {2 x 25 kk on 45" " {1 x 100 3 rd best w/15" {2 x 25 kk on 45" " {1 x 100 4 th best w/15" {2 x 25 kk on 45" "	The swim portions are at the intensity prescribed in the Energy System, working on 2 nd , 3 rd and 4 th best strokes. The kick portions should be on the side dolphin or flutter or dolphin uw, you can use fins for the kicks.
Sprint Set SP3	4 x 5 str on 1:30 w/50 drill 50	4 repetitions of 5 strokes all out no breath, then swim EZ to the 50
Lactate Anaerobic Tolerance SP2 Intensity: 6 to 7 OB	2 x (3 x 75 on 4') w/6'	2 sets of 3 repetitions go as fast as you can, do active rest in between each, swim 400 EZ between 1 st and 2 nd sets.
Warm Down EN1	400 ea. S K P S	1600 swim, kick, pull, swim