

THE BASICS

Week 4 - April 17 to 21, 2017

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:

KRLS – IM: Do one length, 25 yards or meters, of Kick, Right arm, Left arm, Swim in each of the 4 strokes, of the Individual Medley. When you do the KICK segment, stay on the streamline position until you need to breathe; on fly, breast, & free cross your thumbs and your hands, side by side, become your kick board, on back you stay at streamline position the whole way, but when you need to breathe, break surface and continue kicking the rest of the length. On RIGHT/LEFT Arms, begin swimming the lap with the arm that you will use and on the first stroke place the other arm at your side. On fly breathe to the side of the arm that strokes, make sure it is perfectly straight at the elbow. On back roll out both shoulders, pay attention to the roll with the hip opposite the arm that is stroking. On breast touch your heel every time with the fingertips of the arm that stayed down after the underwater pullout. On free breathe to the side of the arm that is down; learn to drive the swimming arm, roll and breathe at the same time, then set the head and stroke. On the SWIM lap do your best balance and distance per stroke (5 strokes or less per length)

KICKING SET:

{4 x 25 on 60" kick w/board or dolphin under water on your back all the way

{1 x 100 E on 2', breathe: 3, 5, 7, 9 or 3, 5, 3, 7 depending on ability

Alternate the 4x 25 kick with the 100 hypoxic, do the number of sets recommended or as many as you have time until your workout is over.

Try to break 20" on the 25 kick; if you kick slower than 30" pace go on 75"

If the 2' interval is not enough to swim, rest and to restart the kick take it to 2:15 or 2:30

DRILL OF THE WEEK:

a) **Bobbing:** Vertical jumps, when you push the floor down with your feet, push the water down with your hands, so your extremities are straight; when you bend your knees, you bend your elbows. Jump from bottom to surface and catch a breath every time.

b) **Backstroke - Medial Arm Rotation:** Swim backstroke, every time during the arm recovery, when the arm is perpendicular to the body, rotate it 2 times so on the last rotation the palm is facing outwards and then you place it on the water above the head on the pinky.

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: N, P, F, B: **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 \$10

Date: 04-17-2017	Workout Today	
Energy System	Exercise Set	Exercise Description
Warm Up EN1	20' x {KRLS – I.M.	Please see BASICS – Warm up of the week
Sprint Set SP3	2 x (6 x 6 str. on 1') 25 W/100 drill of the week	2 sets of 6x 25 on 1' send off. Go ALL OUT no breath 6 strokes and swim very easy to the 25. After 6 repetitions do a 50 drill –see BASICS- and repeat 2 more sets. Do a different stroke each set.
An. Threshold EN3 Intensity: 3 to 4 OB Equipment: Paddles For more on stroke count please go to TIPS	35' x {1 x 100 w/20" A to B {(2 x 100 w/10")w/30" A to D {(3 x 100 w/10")w/40" A to F {(4 x 100 w/10")w/50" A to H {(5 x 100 w/10")w/60" A to J	Build a pyramid, 1x 100 rest 20", 2x 100 w/10" after 1 and w/30" after 2, in 3x, 4x, and 5x 100 rest 10" between 100's, and observe the rest at the end. Use your pace from the first swim for the entire set. It will be difficult if you go too fast on the first swim. Count strokes – Watch the limit OB.
VO 2 max. SP1 Intensity: 4 ½ to 5 ½ OB	12 x 50 w/45" to 60" Descend 1 to 3.	A bit more intense than above set. We are trying this hard set during the intensity phase and the athletes are giving their

Count: A		feedback.
Kick Set	3 x {4 x 25 kk w/board on 60" {1 x 100 E breathe 3, 5, 7, 9 or 3, 5, 3, 7	Please see BASICS – Kicking Set

Date: 04-18-2017		
Energy System	Exercise Set	Exercise Description
Warm Up EN1	15' x {KRLS – I.M.	Please see BASICS – Warm up of the week
Prolonged Sprint SP3	2 x (4 x 25 on 2:15) 100 W/100 drill of the week	2 sets of 4x 100 on 2:15. Dive in 25's, all out, no breathe, and swim easy to the 100. After 4 repetitions do a 100 drill – see BASICS.
Aerobic Training EN2 Intensity: 1½ to 2½ <u>OB</u> Equipment: Paddles & Zoomers or Fins	50' x {(2 x 200 w/10") w/20" A to H Keep your pace even, both time and stroke count. If you start too fast you may not last.	This is a set of 400's broken the send off will depend on your first swim. If you swim in 2:10 you will leave on 2:20 and repeat 2:10 to leave on 2:30, so 4:50 per loop. If you swim in 2:30 leave on 2:40 and swim in 2:30 to leave on 2:50 or 5:30 per loop.
Kick Set	1 x {4 x 25 kk w/board on 60" {1 x 100 E breathe 3, 5, 7, 9 or 3, 5, 3, 7	Please see BASICS – Kicking Set

Date: 04-19-2017		
Energy System	Exercise Set	Exercise Description
Warm Up EN1	20' x {KRLS – I.M.	Please see BASICS – Warm up of the week
Aerobic Training EN2 Intensity: 1½ to 2 ½ <u>OB</u> Equipment: None	45' x (5 x 200 w/15") w/60" K or T Count: A to T	45' x (5 x 200 w/15") w/60" almost continuous swimming, repeat 1000's broken, back or breast, at the best possible pace so you last 45', if you repeat on 11:40 leave on 12:30 to 12:40 and swim 3x plus 600; on 14', you will swim 3x, if you repeat on the 18' you will swim 2x plus 300. Use up the 45'.
Lact. Anaerobic Resistance SP2 Intensity: 4½ to 5½ <u>OB</u>	12 x 50 on 1:45 E or choice The send off can be set after your first repetition.	Repeat 12x 50 at a solid effort, you must get 60" to 75" rest between each. Adjust your send-off as needed
Warm down	EZ swim until you recover HR < 90	Loosen down, after this GREAT workout

Date: 04-20-2017		
Energy System	Exercise Set	Exercise Description
Warm Up EN1	20' x {KRLS – I.M.	Please see BASICS – Warm up of the week
In Motion Speed SP3	2 x (6 x 50 on 1:30) 6 str W/50 drill of the week	Practice finishes: 2 sets of 6x 50 with the last 6 strokes into the wall ALL OUT, no breathe, after 6 rep's do 50 drill – see BASICS
An. Threshold EN 3 Intensity: 3 to 4 <u>OB</u> Count: A to J Equipment: Paddles option	35' x {(5 x 100 w/10") w/60" {(10 x 50 w/5")	This is a set of 500's BROKEN, one time into 100's, one time into 50's. Notice the resting interval and get into a send off on your very first swim restart until 35' finish.
Kick Set	3 x {4 x 25 kk w/board on 60" {1 x 100 E breathe 3, 5, 7, 9 or 3, 5, 3, 7	Please see BASICS – Kicking Set

Date: 04-21-2017		
Energy System	Exercise Set	Exercise Description
Warm Up EN1	15' x {KRLS – I.M.	Please see BASICS – Warm up of the week
Aerobic Training EN2 Intensity: 1½ to 3 <u>OB</u>	45' x {1 x 100 w/15" A to B {1 x 200 w/20" A to D {1 x 300 w/25" A to F {1 x 400 w/30" A to H IM {1 x 500 w/30" A to J E	Swim 100, 200, and 300 choosing one stroke Y, K or T for each distance, you must use all 3 strokes; then swim a 400 IM and a 500 Free, restart until 45' are finished.
An. Threshold EN 3	30' x 100 w/30" E or Y A to B	Repeat 100's, plenty of rest to go fast, but not all out, if you hold 1'

Intensity: 3 to 4 <u>OB</u> Equipment: Fins optional		leave on 1:30 and repeat 20x if you hold 1:20 leave on 1:50 and repeat 16x, etc.
Kick Set	1 x {4 x 25 kk w/board on 60" {1 x 100 E breathe 3, 5, 7, 9 or 3, 5, 3, 7	Please see BASICS – Kicking Set

Date: 04-22-2017		
Energy System	Workout Today	Exercise Description
Warm Up EN1	15' x {KRLS – I.M.	Please see BASICS – Warm up of the week
Aerobic Training EN 2 Intensity: 2 to 3 <u>OB</u>	45' x {100 IM w/10" {2 x 25 Y " {100 K " {2 x 25 Y " {100 T " {2 x 25 Y " {100 E " {2 x 25 Y " {100 rev. IM w/30"	Fun set short swims and short rest keep the rest in between the 100's and 25's to 10"; at the end of the reverse IM take 20" to 30" rest to drink and restart until 45' finish. Watch your technique count strokes. Work on your streamline glides; this is an aerobic warm-up for the next set, please save your energy.
Lactate Anaerobic Tolerance SP2 Intensity: 6 to 7 <u>OB</u>	1 x 300 E w/8' A to F 1 x 200 IM w/8' A to D 1 or 2*x 100 stroke A to B	Very fast and intense swimming. Try your hardest. Do active rest, at least swim a 200 after each swim. You must come to failure at the end! *You might need the 2 nd x 100 or not if you are slower than 5% to 7% off best time do not do the second one!
Warm Down EN1	EZ swim until you recover HR < 90	Loosen down, after this GREAT workout!!!