

THE BASICS

Week 5 - April 24 to 29, 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:

If you count your strokes and monitor your heart rate you will optimize your training. 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.

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), add a stroke or two each loop.

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, cock your body and cock your legs, fire the kick, and lunge to the 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:

{4 x 25 w/kickboard} on 45"

{4 x 25 E no breath}

The 25's kk are fast; the 25's E are brisk: work on setting the head (steady bow line), fast feet in a small space, and shoulder shifting.

Leave 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 no breathe laps.

DRILL OF THE WEEK:

a) Scull and Roll #2 & #3: Start with your body on the side. The top arm alongside the body, the bottom arm pointing to the bottom of the pool; sweep the arm inward (in-sweep of scull #2), and backward (outsweep of scull #3) as you roll the body into the arm and then on to the other side. Recover the non-swimming arm close to your body, under water and point it towards the bottom, then repeat the deep and back end sculls as you roll on to the other side. You are doing under water arm recovery and mid and back end of the freestyle.

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.

Y **FIY**

K **Back**

T **BreasT**

E **FreE**

uw Underwater

kk Kick

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

' Minutes

" Seconds

w/ with: utilized before a number of seconds of rest

on to indicate that everyone will do a repetition on a set send-off
AFAYC As Fast As You Can

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

DVD -ESPAÑOL & ENGLISH- Why Swim, If You Can Fly! Has all the "Drills of the Week" perfectly photographed and explained. **305-273-1129 ORDER YOUR COPY TODAY.**

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 dorsa-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-1.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: 04-24-2017	Workout Today	
Energy System	Exercise Set	Exercise Description
Warm Up EN1	20' x EKY x 1, 2, 3, 4	1x 25 ea str. @ BB 2x 25 ea str. @ 1 & 2 OB 3x 25 ea str. @ BB & 2 & 4 OB 4x 25 ea str. @ 1 & 2 & 3 & 4 OB
Kick Set	4 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 <u>OB</u>	35' x {(1 x 200 w/30" {(1 x 400 w/45" {(2 x 100 w/20")w/30" {(4 x 100 w/20")w/45" {(4 x 50 w/15")w/30" {(8 x 50 w/15")w/45"	Repeat 1x 200, 1x 400, until 35' finish. Observe the resting intervals: straight swims, broken in 100's, broken in 50's.
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
VO2max SP1 Intensity: 4½ to 5½ <u>OB</u>	12 x 50 on 1:30	Choice of stroke, one stroke the entire set.

Date: 04-25-2017	Workout Today	
Energy System	Exercise Set	Exercise Description
Warm Up EN1	15' x EKY x 3, 2, 1	300 @ BBDPS. EZ swim until time is up.
Kick Set	6 x 100 on 2:15 Fins EY {b, s, b, s	100's w/15" rest until 15' finish
Aerobic Training EN2	45' x {(3 x 550 w/30') w/1:30"	Swim 1 mile 2 or 3 times count (A to K) x 3, try to swim a linear set,

Count: (A to K) x 3 Intensity: 1½ to 2½ <u>OB</u> Paddles and Fins	{{(11 x 150 w/10") w/1:30"}}	maintain your pace do not slow down
Prolonged Sprint SP3	2 x {4 x (5 + turn + 3) on 2:15 100 or (50) W/50 drill, after 4 repetitions On the first set swim freestyle, second set choose your best stroke other than free.	2 sets of 4 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 breathing every stroke, and on back your face is out of the water.

Date: 04-26-2017	Workout Today	
Energy System	Exercise Set	Exercise Description
Warm Up EN1	20' x EKTY x 2, 2, 2	200 @ BBDPS. EZ swim until time is up after that @ 1 – 2 OB.
Aerobic Training EN2 Intensity: 1½ to 2½ <u>OB</u> Count: A to D	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.
Lactate An. Resistance SP2 Intensity: 6 to 7 <u>OB</u> Count: A	12 x 50 w/ 75"	Swim 12x 50'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. Swim Freestyle.
Warm down	Swim until H.R. < 100 in 60"	Easy swimming check heart rate every 3' to 5'

Date: 04-27-2017	Workout Today	
Energy System	Exercise Set	Exercise Description
Warm Up EN1	20' x EKTY x 4, 3, 2, 1	400 @ BBDPS. EZ swim until time is up.
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 <u>OB</u> Paddles optional	30' 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/50 drill 6 str	2 sets of 6 repetitions of 25's, sprint into the wall all out, no breathe the last 6 strokes

Date: 04-28-2017	Workout Today	
Energy System	Exercise Set	Exercise Description
Warm Up EN1	15' x EKTY x 1, 1, 1	200 @ BBDPS. EZ swim until time is up.
Aerobic Training EN2 Intensity: 1½ to 2½ <u>OB</u>	50' x (5 x 100 w/10") w/30" A to J	Swim 5x 100 with 10", take 30" rest after 5, repeat until 40'
An. Threshold EN 3 Intensity: 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' are finished
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 kick set and at the end of each loop.

Date: 04-29-2017	Workout Today	
Energy System	Exercise Set	Exercise Description
Warm Up EN1	20' x EKTY x 4, 4, 2	400 @ BBDPS. EZ swim until time is up.
Aerobic Training EN 2 Intensity: 2 to 3 <u>OB</u>	45' x {1 x 100 rev. IM w/15" {2 x 75 str-E-str w/15" {2 x 50 kk sides w/fins w/15" {2 x 25 no breath uw w/15"	Repeat each swim as written, taking 15" rest between each. Restart until 45' are finished. The rev. IM is ETKY, the 75'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 5 strokes on 1:30 w/50 drill 50	4 repetitions of sprint ALL OUT, no breath for 5 strokes, swim easy to the 50
Lactate An. Tolerance SP2 5½ to 7 <u>OB</u>	4 x 200 w/10' try to swim an easy 200 after each effort.	4x 200's dive-in, choice of stroke. Interval as shown
Warm Down EN1	600 E, K, E, T, E, Y	Easy swim on E breathe e/5