

# THE BASICS

WEEK 7 - May 08 to 13, 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 OF THE WEEK:

IM mix 200 {EKTY @ BB, 1OB 100 {KTYE @ 2OB 200 {TYEK @ 3, 4 OB 100 {YEKT @ 5 OB	During the allotted time for warm up, swim in the order of ROLLING STROKES AND TEETER TOTTER STROKES: 200 at <u>BBDPS/1 OB</u> , 50 of ea. style, then a 100 of 2 strokes <u>OB</u> , then 200 of 3/4 strokes <u>OB</u> , and so forth until time is up. You can swim the stroke order by the 50 or 25 for variety. COUNT STROKES, and learn Technique & Speed
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## KICKING SET:

**Race board/Arrow Board:** Swim 50's: 25 very fast going down / 25 easy coming back **E / E**, free with free, **Y / T**, fly with breast or vice versa, depending which is your better stroke, **Kuw / K**, back dolphin underwater with back flutter on the surface. Repeat 50's on 1:40 or with 20" to 30" rest.

**Race Board Hold:** Place your elbows at the corners of the board, hands holding on the sides, face in water, head in line with the spine, breathe when you need, kick as fast as you can to the 25 yard or meter mark. On the backstroke do not use a kick board.

**Arrow Board Hold:** Place your hands under the board, cross your thumbs, keep your arms extended, carry the board on your knuckles, and practice body balance on the way back to the 50, keep your head in line with your spine until you need to breathe. Learn to breathe without doggie paddling, steady hands.

## DRILL OF THE WEEK:

- Scull #1:** Position your arms at the shoulder line (11 & 1 o'clock); point your fingertips to the bottom, by bending the wrist and/or lowering the arm from the water plane. Draw a figure "8" lying down or an "infinity sign," with each hand, taking and bringing the water with the palms of your hands.
- Scull #2:** Position your arms perpendicular to the body, your finger tips are now pointing at the bottom with a straight wrist, now repeat the sculling motion as explained above.

## 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](http://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 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 take 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](mailto: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](mailto:swimgym@swimgym.net), mention the Practice of the Week and get FREE SHIPPING NOW ONLY \$15**

Date: 05-08-2017	Workout Today		
Energy System	Exercise Set		Exercise Description
Warm Up EN1	20' x IM mix: {EKTY {KTYE {TYEK {YEKT	200 @ BBDPS 200 @ 1 <b>OB</b> 200 @ 2 OB 200 @ 3OB	Full stroke warm-up. Please see BASICS if you need more explanations. Advanced Team, try something new, warm up flags to flags, do not touch the walls, but go through perfect turn procedure
Kick Set	2 x {Race Board E Y T Kuw {Arrow Board E Y T K on 1:40 per 50		Please see BASICS for complete explanations.
Anaerobic Threshold EN3 Intensity: 3 to 4 <b>OB</b> Equipment: Hand Paddles	35' x {(1 x 400 w/ 30" - 45") {(2 x 200 w/20") w/30" - 45" {(4 x 100 w/15") w/30" - 45" {(8 x 50 w/10") w/30" - 45" The ¾ of ea. swim @ 4 ½ to 5 ½ OB except the 50's <Olbrecht>		35 minutes of 400's. The maximum rest is 45", after each, notice that the 2 <sup>nd</sup> , 3 <sup>rd</sup> , and 4 <sup>th</sup> 400's are broken into 200's, 100's, and 50's, follow the resting intervals and maintain pace.
VO2 max SP 1 Intensity: 4 ½ to 5 ½ OB	12 x 50 on 1:30 (w/45" to 60")		Choice of stroke, push off fast 50's, short of breath every time.
Sprint Set SP3	3 x (4 x <b>6 str</b> on 1:20) w/50 drill of the week 50		3 sets of 4 repetitions of 6 strokes all out, no breath, then EZ to the 50; after a set of 4 swim 1x 50 drill, see BASICS

Date: 05-09-2017	Workout Today		
Energy System	Exercise Set		Exercise Description
Warm Up EN1	15' x IM mix: {EKTY {KTYE {TYEK {YEKT	100 @ BBDPS 100 @ 1 <u>OB</u> 100 @ 2 OB 100 @ 3 OB 100 @ 4 OB	Full stroke warm-up. Please see BASICS if you need more explanations. Keep adding 1 stroke until time is up, @ 4 OB restart the stroke order.
Kick Set	1 x {Race Board E Y T Kuw {Arrow Board E Y T K on 1:40 per 50		Please see BASICS for complete explanations.
Aerobic Training EN2 Intensity: As specified in each swim Equipment: Paddles and Fins	48' x {1 x 200 w/10" at 1 - 1½ <u>OB</u> {1 x 200 w/15" at 1½ - 2 <u>OB</u> {1 x 200 w/30" at 2 - 2½ <u>OB</u>		Sets of 3x 200 descending 1 to 3, with paddles and fins, the faster you swim the more rest you get
Prolonged Sprinting SP3	2 x {(4 x 5str.+ turn + 3 str. on 2:15) 75(50) + mid pool Swim 100 drill after each set of four sprints		2 sets of 4 rep's starting at 5 strokes from the wall go all out no breath 5 str. + turn + 3 strokes and then swim easy to the 75 + mid pool. Restart on 2:15. Go EZ to the 50 if you cannot make the sendoff.

Date: 05-10-2017	Workout Today		
Energy System	Exercise Set		Exercise Description
Warm Up EN1	15' x IM mix: {EKTY {KTYE {TYEK {YEKT	200 @ BBDPS 100 @ 1 <u>OB</u> 200 @ 2 OB 100 @ 3 OB 200 @ 4 OB	Full stroke warm-up. Please see BASICS if you need more explanations
Aerobic Training EN2 Intensity: 1½ to 3 <u>OB</u> Equipment: None	50' x {1 x 100 w/10" {1 x 200 w/15" {1 x 300 w/20" {1 x 400 w/25" The ¾ of ea. Swim go at 3 ½ to 4 ½ <Olbrecht>		Build a pyramid all IM, keep adding 1 – 25 of each stroke until 50 minutes are finished. After you swim the 400 if time is not finished, work your way back down swim: 400, 300, 200, 100, and restart until you complete the aerobic objective.
Lactate Anaerobic Resistance SP2 Intensity: 6 to 7 <u>OB</u>	2 x (8 x 25 on 2') w/ 200 EZ swim Try to swim an easy 50 between efforts Dive in on even # swims, push off or backstroke dive on odd # swims		This is a very fast set; your H.R. must go to its maximum 180+. You must get minimum 90" rest.
Warm down	600 EZ free breathe 3, 5, 7		Do an EZ hypoxic swim to loosen down

Date: 05-11-2017	Workout Today		
Energy System	Exercise Set		Exercise Description
Warm Up EN1	25' x IM mix: {EKTY {KTYE {TYEK {YEKT	200 @ BBDPS 200 @ 1 <u>OB</u> 200 @ 2 OB 200 @ 3 OB 200 @ 4 OB	Full stroke warm-up. Please see BASICS if you need more explanations
Kick Set	3 x {Race Board E Y T Kuw {Arrow Board E Y T K on 1:40 per 50		Please see BASICS for complete explanations.
Anaerobic Threshold EN3 Intensity: 3 to 4 OB Equipment: Paddles or fins optional	35' x (3 x 100 w/15") w/30" to 45" The 3 <sup>rd</sup> 25 in each 100 at 4½ to 5½ OB <Olbrecht>		Swim 300's broken in 100's, notice the rest 30" to 45", after 3x 100. Maintain your pace of the 1 <sup>st</sup> swim. In each 100, every 3 <sup>rd</sup> 25 accelerate to 4½ - 5½ OB
In Motion Speed SP3	1 x (6 x 25 on 1') w/50 drill 6 str.		Practice finishing. 3 sets of 4 repetitions; do the last 6 strokes into the wall all out, no breath. Do 50 drill of the week after 4.

Date: 05-12-2017	Workout Today		
Energy System	Exercise Set		Exercise Description
Warm Up EN1	15' x IM mix: {EKTY {KTYE {TYEK {YEKT	100 @ BBDPS 100 @ 1 <u>OB</u> 100 @ 2 <u>OB</u> 100 @ 3 <u>OB</u> 100 @ 4 <u>OB</u>	Full stroke warm-up. Please see BASICS if you need more explanations. Keep adding 1 stroke until time is up, @ 4 <u>OB</u> restart the stroke order.
Aerobic Training EN2 Intensity: 1 ½ to 3 <u>OB</u>	42' x 200 IM w/20" alternating 2nd, 3rd or 4th - 50 in ea 200 IM at 3 ½ to 4 ½ <u>OB</u> <Olbrecht>		200's IM observe the recommended resting interval, maintain pace of 1 <sup>st</sup> swim; in #1 the 50K faster, in #2 the 50T in #3 the 50E and so on
Anaerobic Threshold EN3 Intensity: 3 to 4 <u>OB</u> Equipment: Fins optional	25' x 50 w/15" to 20" Choice of Stroke		25 minutes of 50's work the walls, turns and streamline glides, try to go on the shorter rest, maintain pace.
Kick Set	1 x {Race Board E Y T Kuw {Arrow Board E Y T K on 1:40 per 50		Please see BASICS for complete explanations.

Date: 05-13-2017	Workout Today		
Energy System	Exercise Set		Exercise Description
Warm Up EN1	20' x IM mix: {EKTY {KTYE {TYEK {YEKT	200 @ BBDPS 100 @ 1 <u>OB</u> 200 @ 2 <u>OB</u> 100 @ 3 <u>OB</u> 200 @ 4 <u>OB</u>	Full stroke warm-up. Please see BASICS if you need more explanations
Aerobic Training EN 2 Intensity: 1 ½ to 3 <u>OB</u> Equipment: Fins	40' x {(3 x 100 w/15") w/20" {(2 x 50 w/15") w/20" Restart until time is finished		3x 100: 1 – E, 1 – IM, 1 – 4 <sup>th</sup> best stroke 2x 50: side kk w/fins
Sprint Set SP3	4 x <u>5str</u> on 1:30 w/50 drill 50		4x 5 strokes all out, no breathe, and swim EZ to the 50. Get ready to race.
Lactate Anaerobic Tolerance SP2 Intensity: 6 to 7 <u>OB</u>	4 to 6 x 100 on 7' A to B Swim an EZ 150 after each race		Dive in 100's, as fast as you can every swim. Hardest set all week. If any swim is 5% slower than the one before, stop repeating
Warm Down EN1	400 to 600 EZ		Continue swimming after the last 100 until H.R.< 90