



THE BASICS

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: <http://swimgym.net/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!

CODES:

BBDPS – 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	FLY
K	BacK
T	BreasT
E	FreE
uw	Underwater
kk	Kick
<u>OB</u>	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

COUNT STROKE

BEST BALANCE DISTANCE PER STROKE

A	50
A-B	100
A-D	200
A-F	300
A-H	400
A-J	500
A-L	600
A-N	700
A-P	800
A-R	900
A-T	1000
A-V	1100
A-X	1200
A-Z	1300
(A-K) X3	1650
(A-Y) X4	5000

A-1, A-2, A-3...TURN, A-1, A-2...TURN	50
B-1, B-2, B-3...TURN, B-1, B-2...TURN	100
C-1, C-2, C-3...TURN, C-1, C-2...TURN	150
D-1, D-2, D-3...TURN, D-1, D-2...TURN	200
E-1, E-2, E-3...TURN, E-1, E-2...TURN	250
F-1, F-2, F-3...TURN, F-1, F-2... TURN	300
G-1, G-2, G-3...TURN, G-1, G-2...TURN	350
H-1, H-2, H-3...TURN, H-1, H-2...TURN	400
I-1, I-2, I-3...TURN, I-1, I-2...TURN	450
J-1, J-2, J-3...TURN, J-1, J-2...TURN	500

**PAY ATTENTION!
RHYTHM**

GEARS	E/K	Y/T
WARM UP	AAAAAA-III III	AA-III III III III
AEROBIC	AAAAA-III III	AA-III III III
AN. THRESHOLD	AAAA-III III	AA-III III III
VO2 MAX.	AAA-III III	AA-III III III
LACTATE TOL.	AA-II III	A-III III III
SPRINT	A-I III	A-II III III

**INTENSITY
STROKES OVER BEST DISTANCE PER STROKE**

WARM UP:	B.B.D.P.S.
AEROBIC:	1 - 1/2 TO 2 - 1/2
AN. THRESHOLD:	3 TO 4
VO2 MAX.:	4 - 1/2 TO 5 - 1/2
LACTATE TOL:	6 TO 7
SPRINT:	ALL OUT NO BREATH

**EVERY SWIM WE DO IS AS FAST AS WE CAN, EASY ENOUGH SO WE LAST
THE WHOLE SWIM ALL OUT!!!**