

## PRACTICES FOR WEEK OF OCTOBER 3

### SLC's TIPS:

These practices are to assist you by providing some structure to your swimming workouts. You will notice for the first little while, I will not be applying pace times to sets, as I feel the focus for the first month or so should be on technique and form. I have suggested rest intervals instead. Of course, you can assign any pace time to any set you would like if you prefer.

At the beginning of the season, you may want to focus on stretching out your strokes and concentrate on streamlining throughout each practice. Freestyle is the stroke that seems to most easily build endurance of the body in the water, so you will notice more freestyle for the first few weeks. If you have shoulders that can not handle all this freestyle, feel free to change to a stroke that does not hurt so much, and replace freestyle drills with drills for that stroke where warranted.

I also recommend for everyone, at the beginning of the season, to do kicking without a board as much as possible as kicking with a board is hard on the shoulders. Better to build your shoulder strength and flexibility in the next month or so before using a board. Of course, if you really want to use a board, feel free! Flippers are always an option in kick sets.

The total metres per practice will increase for the first little while. Most of the workouts are designed for a 1 ½ hour time span. If you only have 45 min. or an hour to work out, please feel free to adjust the distance of the workout by reducing the number of repetitions per set. I recommend this, rather than dropping an entire set, so that you can still benefit from all the variety within the workout.

If you have any questions regarding any of the drills listed, please feel free to e-mail me at [saralynnc@skillscanada.com](mailto:saralynnc@skillscanada.com) during the work week. I would be happy to discuss with you the purpose of or how to perform a certain drill to achieve maximum benefit.

That is all for this week. Happy swimming!

### **Practice #1:**

4 x {50 swim, 50 kick no board, 50 pull, 50 drill}

16 x 75 as follows: 25 drill, 25 easy, 25 build. 12 of the 75's should be free, other 4 choice of stroke, 20 sec. between 75's

400 kick, alternating 50 free, 50 non-free. Streamline or lateral kick (on side), with no board are recommended.

300 25 scull, 25 swim

200 easy cool down

Total: 2900 m

**Practice #2:**

3 x {100 swim, 100 pull, 100 kick}

4 x 100 free {25 torpedo streamline kick, 25 lateral kick, 25 lateral kick other side, 25 walking hand, wrist, elbow drill}, 20 sec. between 50's

Explanation of above drills:

Torpedo streamline kick – kicking with both hands above head in streamline position, lift face forward to breath.

Lateral kick – kicking on side with one arm forward, one arm down at side, still with a focus on streamlining in this position

Walking hand, wrist, elbow drill – walk down the pool (yes, walk!), and do the motion of freestyle strokes. Focus on having your arm enter the water with hand leading, followed by wrist, then elbow.

This is a great technique drill, as you can actually watch each stroke as you walk down the pool. Go slowly to ensure accuracy of placement of hand, then wrist, then elbow. If pool gets too deep, transfer the drill into an easy swim.

12 x 50 free {25 long scull, 25 distance per stroke}, 10 sec. between 50's

300 cruise non-free

4 x {50 kick, 100 pull}, odds free, evens non-free, choice of rest between

200 cool down

Total: 3000 m

**Practice #3:**

400 free

300 25 free, 25 back

300 25 free, 25 breast

6 x 100 odds free, evens back as follows: {25 12 kick glide, 25 8 kick glide, 25 6 kick glide, 25 swim}, 15 sec. between 100's

The “kick glide” drill is best described as a pause per stroke. In 12 kick glide, take one stroke, kick for 12 kicks holding the streamline position of the stroke (you will most likely find that you end up on your side for the kicking), then take the next stroke, and hold for 12 kicks again. 8 kick glide and 6 kick glide are the same thing, but with fewer kicks between strokes. Again, the key is to reach a streamline position per stroke (one arm up, one down).

6 x 100 free {50 long and smooth, 50 build}, 10 to 20 sec. between 100's

8 x 75 kick, half of them should be flutter kick, whether on front, side or back, other half choice. Choice of rest between 75's.

400 pull easy

200 cool down

Total: 3400 m