

PRACTICES FOR WEEK OF OCTOBER 31

SLC'S TIPS:

You will notice that practices will begin to integrate strokes other than freestyle more often than in the first month. Doing all strokes will help ensure your body is getting a balanced workout for all muscles, so try your best to integrate strokes other than free into your workout.

When beginning to integrate the other strokes more into your workouts, think back to the beginning of the swim season when freestyle was done long, smooth, stretched out and focused on technique. Apply the same principles to the other three strokes now. Think streamlining and distance per stroke...

Additional tip:

A great way to stretch out after a hard set (especially a freestyle set) is to do double arm backstroke. Swimmers tend to do a lot of freestyle, and though great for your lats and traps, eventually your pecks shorten and lose flexibility. Double arm backstroke helps to stretch them out, once again balancing muscle use.

Practice 1:

2 x {200 free, 100 back, 100 breast, 100 choice}

6 x 50 back - 25 8 kick glide, 25 drill of your choice, 15 sec. between 50's

The 8 kick glide drill is just like the freestyle one described in earlier workouts – take a stroke and hold position with one arm up and one arm down for 8 kicks, take another stroke and so on. You should focus on good rotation of the body from side to side, while keeping your face/head in one position looking toward ceiling.

6 x 50 breast - 25 glide for 3, 25 drill of your choice, 15 sec. between 50's

When gliding for 3 seconds, focus on holding streamline position in the water. Begin the pull and the recovery for the kick at the same time.

8 x 150 swim - 50 back, 50 breast, 50 free on 3:00, 3:15, 3:30 or 20 sec. rest

10 x 50 kick - odds lateral (on side), evens choice. Just a reminder that flippers are always optional on all kick sets.

200 easy

Total: 3500 m

Practice 2:

Take 10-15 sec. rest between each repeat:

3 x 200 alt 50 swim, 50 drill
3 x 100 50 swim, 50 kick
3 x 50 25 swim, 25 scull

Go through the following 3 times:

6 x 50 3 back, 3 breast on 1:10, 1:10, 1:20 or 10 sec. rest
1 x 300 free on 5:15, 5:30, 5:45 or 30 sec. rest

6 x 50 kick on 1:10, 1:20, 1:30 or 10 sec. rest, half should be freestyle kick

100 easy

12 x 25 swim IM order on :35, :40, :45

IM order (to me) means one fly, one back, one breast, one free, one fly, one back etc.

100 easy

Total: 3650 m

Practice 3:

200 swim, 200 drill, 200 swim, 200 pull, 200 swim

12 x 50 as follows (ie. go through 4 times):

1 lateral dolphin kick (on side) – this is great with flippers

1 one arm butterfly

1 2 strokes one arm fly, 2 strokes other arm fly, 2 strokes full stroke fly

Take 15 sec. between each 50

If you can not do butterfly due to shoulder problems, please feel free to do this set freestyle (50 lateral flutter kick, 50 one arm free and 50 drill of your choice)

8 x 50 back – 25 8 kick glide, 25 swim on 1:10, 1:15, 1:20 or 10 sec.

8 x 50 breast – 25 glide for 3, 25 swim on same pace as backstroke

8 x 50 free – 25 8 kick glide, 25 swim on 1:00, 1:05, 1:10 or 10 sec.

8 x 25 fly, odds scull, evens swim on :35, :40, :45 or 10 sec.

There are several sculls that benefit butterfly. You can focus on the beginning of the stroke (which is exactly the same as the beginning of breaststroke) where you stretch your arms in front of you and do an “in and out” movement. Or you can do a “finish glide” where you lock elbows at your side and work on the final push of your hands to your thighs. Another one is to do the underwater stroke part of fly, but with an underwater recovery, rather than over water. Any questions, just send me an e-mail!

4 x 125 kick, 1st and 3rd easy, 2nd and 4th hard with 20 to 30 sec. rest

200 easy

Total: 3700 m