



---

### Tip of the Month – January



Don't be afraid to try something new. If your coach suggests a new drill or a stroke change, try to learn how to do it correctly. If you are making a stroke change you will be slower at first until it becomes a habit. Take the time to try it then make your own decision.

---

### Drill of the Month – January

This month's drill is for breaststroke. If you have never tried the wave style breaststroke you might consider trying to learn it. As I mentioned above try something new, it might just work. One drill I love to do is pull breaststroke with fins on while letting your legs follow in a dolphin motion. Let it flow naturally. I also try to over emphasize the recovery by trying to bring my hands up and forward, at the surface or slightly over the water. I also try to tell myself to PRAY as I extend my arms forward into a streamline position. If you are going to glide on each stroke, do it while you are in a streamline position, not when your arms are under your chest.

---

## Swim Workouts

Keep track of your times on these quality swims.

5x200@3:15 Free long and loose

8x25@:45 Free kick every 3rd 25 FAST

8x50@55 Fly w/fins

8x25@:45 Free kick every other 25 FAST

4x100@1:45 Back w/paddles

8x25@:45 Free kick FAST

4x100@2:00 Breast pull w/fins get the dolphin motion in

200 Free kick w/fins EASY

200 Free swim EASY

**Total 3200 yards**

---

## Goals

With the new year upon us many people are making resolutions like getting fit or losing weight, and swimming can help you to reach those goals. USMS has a great program called Go The Distance which can help you track your yardage and be a tool to help you stay accountable while reaching your goal. Go to <http://www.usms.org/fitness/content/gothedistance> for more information and to join the fun.