

GEORGIA LMSC COACHES CORNER



Tip of the Month – January

One thing I have learned that unless you try something you'll never know if you could do it. Even if you don't succeed you will at least tried.

Drill of the Month – January

Freestyle with under water recovery. It looks a little like dog paddle but your head is in the water and you still breath to the side.

Swim Workouts

500 Free broken 1,2,3,4,1,2,3,1,2,1 laps

500 Broken as above but the 1–fly, 2–back, 3–breast, 4–free

16x25@:30 4 of each stroke

1 minute rest

8x50@1:00 2 of each stroke

1 minute rest

4x100@2:00 1 of each stroke

1 minute rest

400@8:00 IM

500 Free kick w/fins every 3rd lap fast

500 Free easy every 3rd lap underwater recovery

Total 3600 yards

Setting Goals

With the start of a new year join USMS's Go The Distance program at <http://www.usms.org/fitness/content/gothedistance> and sign up then start tracking your yardage. You can make your first goal for the year be how many miles you plan to swim for the year.