

## Tip of the Month - June



What I call getting your Aqua Lungs is only accomplished by spending time in the water. On land you know how to breath and exercise at the same time, but it takes a while to get used to breathing, while exercising due to the pressure of the water on your chest when you are swimming. It takes atleast a month to get your Aqua Lungs if you swim a minimum of 3-4 days per week. Give yourself time.

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## Drill of the Month - June

For freestyle start by laying in the water with your arm extended and skulling with your right arm out of the water and bent. Move your left hand in a skulling motion 10 times then take three strokes and do the same with the right arm in the water and the left out of the water.

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## Swim Workouts

400 Free  
8x50 @ :10R Free skull drill above  
10x100 Free #1-4@1:30, #5-7@1:25, #8-9@1:20, #10@1:15  
200 Free kick  
5x50@1:00 Free paddle on right hand, right arm only breath to the non working side  
non working arm at side  
200 Free kick  
5x50@1:00 Free paddle on right hand, right arm only breath to the non working side  
non working arm at side  
200 Free kick  
5x50@1:00 Free with paddle on right hand 4 kicks on the paddle hand  
5x50@1:00 Free with paddle on left hand 4 kicks on the paddle hand  
500 Free broken 1,2,3,4,1,2,3,1,2,1 @:10 rest

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## Setting Goals

You need to have an idea of where you are before you can set a swimming related goal, so don't fear doing your first meet. Your first meet can be an opportunity to learn and try

something new. You will meet very supportive people with a love for swimming who will cheer you on. Have fun and enjoy the experience. Swimmers are very friendly and supportive.