



Tip of the Month



So many times in the past I have watched coaches assign a set of drills to a group of swimmers and the swimmers are too busy sacrificing the quality effort they could have made for speed to make the interval. As coaches we must try to look at the group we are working with and sometimes adjust the interval or not assign one at all. As swimmers, the emphasis needs to be on properly executing the drill, even if it means sacrificing speed, not making the interval. Don't be afraid to move to a slower lane.

Drill of the Month

A great drill I like to use to work on rotation for freestyle, is to have the swimmer kick 10 kicks on their right side, with a good body line. Then with power take a stroke and do 10 kicks on the left side.

Swim Workouts

Unless specified, "B" stands for Base interval. Your base interval is the interval you can hold for a set of 10x100 and still make them.

Freestyle Sprint Day (3500 yards)

10x100 @ B+:15 seconds Free long and loose

8x25 @ B+:15 seconds Free Kick every 3rd fast :25, :25

2 minute rest

100 Free with fins for time – goal is better than your best time

5x200 @ B Free with paddles and buoy descending 1–5

8x25 @ B+:15 seconds Free Kick odds fast evens EZ

2 minute rest

100 Free with fins for time goal is better than your best time

400 Kick with fins alternate by 100 Free/Fly

5x100 @ B+:15 seconds Free 1/2 swim 1/2 drill – drills are fists, catch-up, fingertip drag, back arm stretch, 6 kicks right/6 kicks left

Stroke Day (3500 yards)

15x50 @ B+:20 seconds Free alternate by 50 Pull/Kick/Swim

10x50 @ B+:15 seconds as 25 Br 2kick1pull/25 free

800 as 50 Free 25 Breast

10x25 @ B+:15 seconds Back catch-up drill

8x50 @ B+:15 seconds Back with paddles and board instead of buoy

8x25 @ B+:10 seconds Back

8x25 @ B+:10 seconds as Fl/Bk, Bk/Br, Br/Fr

600 Free Easy

Goals

And suggestions to help reach them