



During the month of August, swimmers should prepare themselves for the upcoming short course season by staying as fit as possible. Many of you will be taking vacation at this time and I'm sure that the swimmers will have training as their number one priority.....just kidding. But this is an important time for the athletes to maintain some aerobic capacity so that when we jump back in the water at the end of the month they will be ready to go.

Back to Basics: SEND OFF, STREAMLINE, & HEART RATE. One of the many goals that I have for these two groups is getting away from having to review the basic swimming techniques that all of them should know. These skills are extremely important to swimming but should at this stage be automatic, swimmers shouldn't have to be constantly reminded of their importance. So work your streamlines, send offs, and learn how to quickly and accurately check your heart rate. Play around with these skills

Getting Stronger: I am not proposing that all swimmers join a gym and start pumping iron but power to weight ratio is very important for swimmers. Swimmers should take this month to get stronger by moving their own body weight around on dry land. Push Ups, Sit Ups, Pull Ups are great ways for athletes to increase strength proportionate to their body size. Running is also a great way to tone muscles add strength and maintain aerobic fitness.

Below is a work out that swimmers could do a few times a week to help maintain in water proficiency.

800M: of warm up, mix in long swims with shorter swims to add up to 800N

Set 1:

3 Rounds (Intervals can should be adjusted based on ability)

R1: 4 x 100 Freestyle Descend @1:50, 6 x 50 Backstroke @ 1:05

R2: 4 x 100 Freestyle Descend @ 1:45, 6 x 50 Breaststroke @ 1:05

R3: 4 x 100 Freestyle Descend @ 1:40, 6 x 50 Butterfly @ 1:05

Set 2:

2 Rounds (Intervals can should be adjusted based on ability)

8 x 75 Kick @ 1:30 (Alternate Kick in groups of 2)

Set 3: (Intervals can should be adjusted based on ability)

6 x 150 Freestyle @ 3:00 (Focus should be on proper hand entry & exit, as well as 5M streamlines off wall)

Set 4: COOL DOWN

Swimmers should swim easy until they feel loose. Minimum distance should be about 200M