



Northern Lights  
Swim Club  
Daily  
March 19, 2020

# NORTHERN LIGHTS

# SWIM CLUB

## WELCOME

This newsletter is designed to provide our membership with information and inspiration to maintain fitness, and to learn more about our sport.

The exercise routines in this newsletter are not required, and, if performed, done so with adult supervision.

We realize that most of our membership does not have access to a pool. The attached practices can be modified for dry land, or archived for future use.

## LIMBER UP

Coach Ben and Coach Cliff each discovered this great yoga tool. We have contacted the instructor and he is encouraging our members to utilize his FREE classes

[www.swimmingspecificyoga.com](http://www.swimmingspecificyoga.com)



## DRYLAND WITH COACH CLIFF

We have started a workout group on Zoom. We are meeting weekdays at 2:30p. It will be recorded and posted.

<https://zoom.us/j/478057315>

No password required



zoom

## VIRTUAL GRAND CANYON RACE

Ryan Bascom is currently the leading swimmer!

<https://northernlightsswimclub.racerx.com/r/ak-swimmers-do-the-grand-canyon/>



## ALASKA SWIMMING STEP CHALLENGE

Join this new step challenge for our swimmers. Track your steps/miles and stay active.

Compete against others from around Alaska Swimming.

<https://www.mypacer.com/organizations/ge69316/invite> to

Join the Alaska Swimming Challenge

\*note, the app requires kids to be 16+ years old. We've either had parents complete the sign up for younger swimmers, or swimmers can use a fake birthdate. Let me know if you have questions.

# WHAT YOU

## Might have done today

From Coach Jerry

- percentages are a percentage of your maximum effort. Rest intervals are in parenthesis with suggested amounts of rest.

300 swim 80-85% (warmup)

6 x 25 speedplay – 80-85% with added element of speed focus during the 25 – I.E. fast breakout, or fast

finish

3x { 4 x 25 kick 100%(:20)  
{ 2 x 50 kick/swim 90%(:10)  
[ 100 swim 90%(:10)

10 x 25 – fly – 90% (:20)

4x { 4 x 50 , 90+% (:15) think first 50 of 200 race , choice stroke  
{ 2 x 100, 90% (:15) think middle of 200  
[ 4 x 50, 90+% (:15) think finish!!!

10 x 50 – Brst – 90%(:15)

6 x 75 – 50 swim/25 kick 87%/100% (:15)

200 choice EZ

From Coach Cliff – An excerpt from 3/23/20

Core – 4 x the following on 3:30

{30 Supermen  
{30-30-30 Crunches  
{20 Trunk Rots (keep the legs straight)  
{50 Flutter Kicks

Plyometrics – 5 x the following on the 2:15

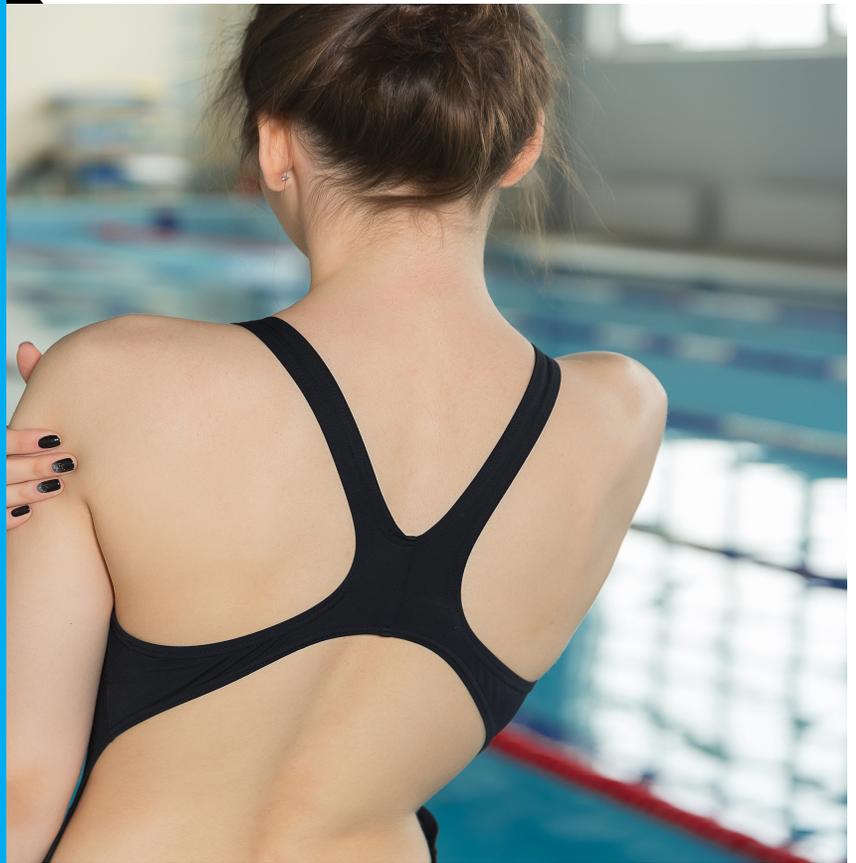
{10 x burpees  
{10 x alternating lunges  
{20 x mountain climbers  
{1<sup>st</sup> round :20 second plank, 2<sup>nd</sup> round  
:30 plank, 3<sup>rd</sup> round :40 plank,  
4<sup>th</sup> round :50 plank, 5<sup>th</sup> round  
:60 plank

The One Hundred Pushups 6 Week  
Challenge

<https://hundredpushups.com>

Yesterday we did an initial pushups test. To perform the test, do as many pushups as possible WITH GOOD TECHNIQUE. Record this number. We will use it again as we move through the 6 week challenge. Next Pushup day is Wednesday, March 25<sup>th</sup>, 2020

....if you suspect you are developing shoulder issues, find the first appropriate time to talk to your coach.



# SHOULDER SHENANIGANS PART 4

BY COACH MATT

In our final discussion, we will highlight a few things to think about while moving in the water in order to prevent injury or rehabilitate a damaged shoulder. I also want to give an example of a systematic checklist for any swimmer that has ever owned a shoulder.

## Structure

When I talk about stroke structure, I am mostly referring to the combination of head, body, and kick. The combination of these three things provides the vehicle necessary to move our mass and energy forward. The head should lead the body with ears in line with the shoulders, and aimed forward. With shoulders in line with hips, the body should be extended through the middle, with a constant lock with lowest abs pulled in toward the spine and up toward the ribs. While leaning the body forward, resting on the surface, the supporting kick provides the initial movement necessary for the water to “push back” and hold you up. This is the base structure of the entire stroke. It provides enough direction and support for the moving propulsive parts to do their job, and only their job. Holding the body up while trying to move the body forward is one of the major stress points for shoulders. If the structure can keep itself up, the arms have just one job: Propulsion; which they will be able to do both safer, and more efficiently.

## Balance

**Balancing body weight**, body movement, and concept will provide a much safer work environment for your shoulders. With proper structure, a swimmer can manage where the majority of the weight of the body is either centered, or shifted. In either case, most of the weight should stay in front of the lungs, as the center of balance for a person's body in the water. As there is significantly more body below the lungs, actively leaning your weight forward helps to balance out the hips and legs. Spending more time with both arms ahead of the body than behind also helps this process.

**Balance in body movement** is also important to the strength and safety of the shoulders. If there is an imbalance in the body movement, especially in an alternating stroke and kick cycle, many body parts will find it necessary to make changes to their normal jobs just to keep the body moving straight. Over time, those deviations from natural movements create a build up in unhealthy stress to those muscles and joints that can lead to chronic injury.

**Balance in concept** is a little trickier to explain, for mammals like me. I believe that this sport calls for a delicate balance between relaxation and control. I believe that if we spend time and energy creating very precise and specific boundaries in space-occupied and movement timing, we can get the process started then let the energy move. We then actively feed that machine at a rate that will get us the speed we want. The balance comes in managing the control necessary to create those boundaries, and the ability to let go enough to allow the movements to actually move inside those boundaries in a natural way.

## Power

I think Power is a little simpler, in the realm of this discussion. Make sure your power is **only moving backward, and only in a straight line**. Power should be phased in as the body's center of balance moves over the established catch point, increasing rapidly to push (never pull) the body past that point. If power exists over the surface, or finds its path moving up, down, or to either side, the body will need to correct course dynamically, often recruiting the small muscles in the shoulder to take that responsibility. This is a main cause of shoulder problems.

## Checklist

The following is an example of a moving checklist that anyone can run through their mind-brains to stay on track with speed and efficiency, but anyone who has ever had issues with one or more shoulders should utilize all the time, every day.

1. Head/Body/Kick (structure)
2. Weight Transfer (where does it start/stay? where does it move?)
3. Stroke Path (balance in movement)
4. Power Path (balance in power & recovery)
5. Transitions (power-to-speed & speed-to-power)
6. Space Occupied (are you using unnecessary space for your stroke cycle?)

## Final words:

I hope our shoulder discussion was informative and helpful. To end this serial segment I would like to highlight a few out of water factors that can and will affect the health of a swimmer's shoulders.

**General nutrition** is a big one. A swimmer has to feed the machine. The machine will get its fuel. If it isn't put in regularly, the machine will pull the fuel from itself.

**Sleep** is important. If the body gets run down, the large load-bearing muscle structures start to recruit the smaller, more vulnerable muscle groups to carry the stress. The rotator cuff muscles are one such group.

**Stress.** Excessive stress will often manifest itself physically. People often carry their stress in different parts of their body. If it is in the neck, back, or shoulders, it is not a large leap to see how the shoulders could be affected in such a physically demanding sport.

**Other sports** and activities will be a factor. If a swimmer spends two days a week at their Competitive Stair Mopping practice, with championships coming up (and then down again...) that extra shoulder stress and fatigue will inevitably cross over into the pool.

