



Northern Lights
Swim Club

Daily
March 27, 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



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

BREASTSTROKE WEEK

March 30th-April 3rd will be Breaststroke week. We will be offering articles, videos, and links to increase your Breaststroke I.Q. To get you started, check this out analysis of Adam Peaty

<https://www.youtube.com/watch?v=0TXJIF966PA>



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 Grant

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

100 Kick/50 Swim; 6-10(:20sprint wall kick, :40 Pressout)

3 x [4x150 fins opt. Choice Swim, Focus: Accelerate into and out of the Wall R:07-:15
1x50 No Fins Fast Kick, Focus: Core engaged 1st. @ R:25]

2x25 fins opt. Sprint no breather under water no breather streamline dolphin. Focus: use entire body @1:00

4x25 fins opt. Sprint Swim, mid pool breakout focus: maintain your speed of the wall@ :45, 1:00 r:30 or more

6x25 fins opt. Odds: sprint 1st 1/2, technique 2nd 1/2. Evens: Sprint Focus: Race @ :45,1:00 R:25 or more

12x200 Fins Opt. Choice Swim, Best Possible Average @ R: :15 Triathlete(1500m+ Race) , :30 Distance Swimmer(200m+ Race), :60 Middle Distance (50+ Race) Choose the Number of 200s and Rest based on your training goals.

2x25 No Breather @1:00

1x100 Best Technique

Thank you

From Coach Cliff – An excerpt from 3/27/20

Cardio Work @ Coach Send-off (about 2 minutes)

2 x 60/30/20 Circuit (60 seconds of an exercise/30 of another/:20 rest)

{Flutter Kicks/Wall Sit/:20

{Crunches/90-90 Hold/:20

{Supermans/Bridge/:20

{Jumping Jacks/Russian Twists/:20

{Burpees/Streamline Leg Lifts/:20

The 25 Pull Up Challenge

8 weeks to 25 pull ups

I will be posting our pull up workouts for those with pull up bars in their homes. This is a very gradual program beginning with negatives and working our way up to full pull ups.

<http://users.jyu.fi/~tohulkko/sivusto/pullups.html>

