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| Northern Lights  Swim Club  Daily  March 30, 2020 |  | 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.  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.  [**Click Here**](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. |
| 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  [**CLICK HERE**](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.  [CLICK HERE](https://zoom.us/j/478057315)  [**https://zoom.us/j/478057315**](https://zoom.us/j/478057315)  No password required |
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| 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  [CLICK HERE](https://youtu.be/0TXJIF966PA) | A person swimming in the water  Description automatically generated |

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| What you |  |  |
| Might have done today | |  |
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| The 25 Pull Up Challenge  8 weeks to 25 pull ups  Today is day Week 1 Day 3 of our Challenge  [CLICK HERE](http://users.jyu.fi/~tohulkko/sivusto/pullups.html)  The 100 Pushup Challenge  6 weeks to 100 Pushups  Today is Week 1 Day 3 of our Challenge  [CLICK HERE](https://hundredpushups.com/) | From Coach Cliff – An excerpt from 3/27/20  Speed Work @ 1:00  5 x {10 R-Knees  {3 Burpees  {4 Side to Side Squats  Cardio Work @ Coach Send-off  3 x :40 on / :20 off  {mountain climbers  {trunk rots  {crunches  {streamline leg lifts  {bicycles  {streamline supermen  {Russian twists |  |
|  |  |

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(:35sprint wall kick, :25 Pressout)

3 x [ 2x50 fins opt. Choice Kick, Focus: Engage your core 1st. R:15

2x25 fins opt. Choice Swim, Focus: Make Every Breakout the same @ R:05-:10

2x50 fins opt. Choice Swim, Focus: Make and Maintain Breathing plan @ R::06-:15

2x75 fins opt. Choice Swim, Focus: Same Stroke count every 25 @ R:10-:20

2x75 fins opt. Front Crawl, Focus: 3 Strokes before breath off every wall. R:10-:20]

2×25 fins opt. Sprint no breather under water no breather streamline dolphin. Focus: use entire body @1:00

4×25 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 @ R:25 or more

5x [ 3x100 fins opt. Strong Swim, Focus: controlled breathing r:03-:05

1x75 fins opt. Fast Swim, Focus: Race Mentality R:30

1x100 fins opt. Strong Swim, Focus: controlled breathing r:03-:05

1x75 fins opt. Fast Swim, Focus: Race Mentality R:30]

2×25 No Breather @1:00

1×100 Best Technique

Thank you

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| Be aware of other users if there are any, and observe proper distancing and group guidelines |  |  |
| Hilltop Stairs Workout #2 | | |
| From COACH BEN | | |

* Be aware of other users if there are any and observe proper distancing and group guidelines. As always observe social distancing and group size guidelines-be aware of others that may be using the stairs to workout.
  + Beginners: 8-10 trips
  + Experienced: 10-12 trips

1 X warm up half walk, 1 half light jog  
1 X 10 steps sprint 5 steps ez(every step, no skips)  
2-3 X sprint halfway walk halfway-no breaks  
1 X mini lunges (half a regular lunge dip) skip 1 step  
1 X Sprint every step  
1 X walking speed “recovery :)”  
1 X skate  
1 X Sprint no rules for time. Start on bottom step and stop clock when you reach the wind sock.   
Cool down with some easy walking approx. 10 minutes.

Have Fun!!

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| Race Phase Training is a detailed and systematic approach to training… |  |  |
| Race Phase Training:An Approach to Swimming | | |
| From COACH MATT | | |

Race Phase Training is a detailed and systematic approach to training and racing that requires swimmers and coaches to break down and utilize specific elements of training to prepare the body and mind for the changes in specific, predictable, and manageable types of stress swimmers will experience in a standard race. This approach breaks that standard race into three main phases. Each phase brings with it a specific type of stress to body and/or mind. As the race evolves, the types and intensity of stress evolves as well.

When we block out the structure of a standard race, we find that these phases, and the transitions from one phase to the next, are predictable and consistent. As we better understand how the stress evolves from the beginning to the end of a race, we are better able to craft tools and training habits that allow us to target and strengthen specific race elements. This approach also allows us to manipulate and prepare for modified race structures, intentionally changing the position and timing of phase transitions to better craft a personalized race strategy for any race of any distance in any stroke.

In our discussion this week we will define these phases. We will identify the specific types of stress a swimmer experiences in each phase, as well as how a swimmer is to counter the negative effects of each stress. We will discuss how to maximize training elements to better manage important phase transitions in every race. This will help swimmers squeeze every bit of speed out of the energy they spend in practice and in races by minimizing any waste in time, space, and energy. We will also define and break down some essential specific training elements, allowing swimmers to make direct connections between any particular element focus and a particular race phase, and/or phase transition. We will discuss some tools that have proven useful in strengthening these phases: how to build them, and how to begin to use them every set of every practice.

Once we have a clearer picture of how we can use a stronger understanding of race phases to help our training we can discuss how a swimmer can use their knowledge of these race phases to craft a race strategy that can be modified to fit any race scenario. We will also briefly talk about how a coach can use this approach to craft either a single set or complete season plan that utilizes some or all elements of training to provide opportunities for their swimmers to systematically strengthen one or more phases of a race.

Please stick around and join me on this journey to put a 15-year project down on paper for the first time.