

# THE NLSC DAILY

Workouts | Articles | Useful Information

**So Yesterday** - excerpts  
from Dryland with Coach Cliff

**Ab Challenge: work 5 min., rest 1 min., work 2 min.**

How Many Rounds Can You Do?

? x {20x Crunches Legs extended and 2" off ground  
{20x Crunches Legs Up  
{20x Sit ups

### Main Set

2 x {1:00 Streamline hold on Toes  
{1:00 Wall Sit  
{1:00 Jumping Jacks or Jog In place.  
{5 x Pistol Squat Left & Right  
{10 x Squat Hop to Streamline  
{20x Rapid Squats  
{4x :15 90 degree Push-Up hold

## Dryland Resources

[Swimming Specific Yoga](#)

[Pacer Step Challenge](#)

[Coach Cliff's Zoom Dryland](#)

[Weekdays Live @ 2:20p](#)

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## Race Phase Training: The Phases

From Coach Matt

Welcome back. We left Monday's discussion with a broad overview of the larger discussion project. Today I'd like to get into more detail by labeling our three Race Phases, discussing the main types of stress in each Phase, and briefly discussing some main focus points used to counter each phase-stress.

As we discussed last time, Race Phase Theory works from the idea that every race can be broken down into three distinct parts. I have simply labeled those parts as Phase 1: **Easy Speed**, Phase 2: **Power**, and Phase 3: **Finish**. Each of these phases comes with its particular flavor of stress. Each type of stress requires that the swimmer shift their main, driving focus to best confront the shifting challenges as they occur throughout the evolution of the race.

RPT stems from my observation that the particular types, sequence, and transitions from one to the next tend to happen in a consistent and predictable way from race to race.

### Phase 1: Easy Speed



## Hilltop Stairs

### Workout - from Coach Ben

Be aware of other users and observe proper social distancing (at least 6ft) and grouping guidelines.

- 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.

The Easy Speed phase is the first, and lives in the **first 25% of the race**. The swimmer is rested, excited, nervous, and leaping from an elevated solid object through the air to generate the first bit of speed energy in the race. The speed already set up for you.

The main type of stress a swimmer will encounter in this opening battle is one of Control. It can be extremely easy, and common, for a swimmer to want to just **GO** when they feel so incredibly good, and so incredibly strong. The race is very young at this point; and like many young things, the race feels indestructible. It is important to keep in mind that the race, and speed energy itself, has no functioning brain. Once set in motion, it will tend to move until stopped, however not often in the most efficient manner. It takes the swimmer's training and self-control to focus on stroke structure, precision movements, and a power cycle sufficient to feed the speed inherent in this first phase. Speed does not need to be to be forced at this point. It does, however need clear and consistent boundaries. It needs to be aimed and steered in the right direction. Mostly, it needs a swimmer in control to give it a clear path forward and enough clean movement to keep it alive. The physical movements are **Quick and Light**.

If you were to step into the mind of a racer in Phase 1, you might find a very quiet, very calm place; a sunny Zen garden of tranquility and focus. ... The inside-brain-scream has not started yet.



## Phase 2: Power

The Power Phase evolves very naturally from Phase 1, mostly through the extended period of quick movements. Phase 2 takes up the **middle 50% of a standard race structure**. It starts off as a gentle suggestion that the happy, sunny, zen-like meadow in which the swimmer has been prancing will soon darken and turn to stone. Movements get increasingly heavy. Breathing patterns are more challenging to maintain. Walls seem less springy, and the underwaters are more oppressive. A low rumble or roar begins, then gets louder and louder until the sound fills up the swimmer's mind.

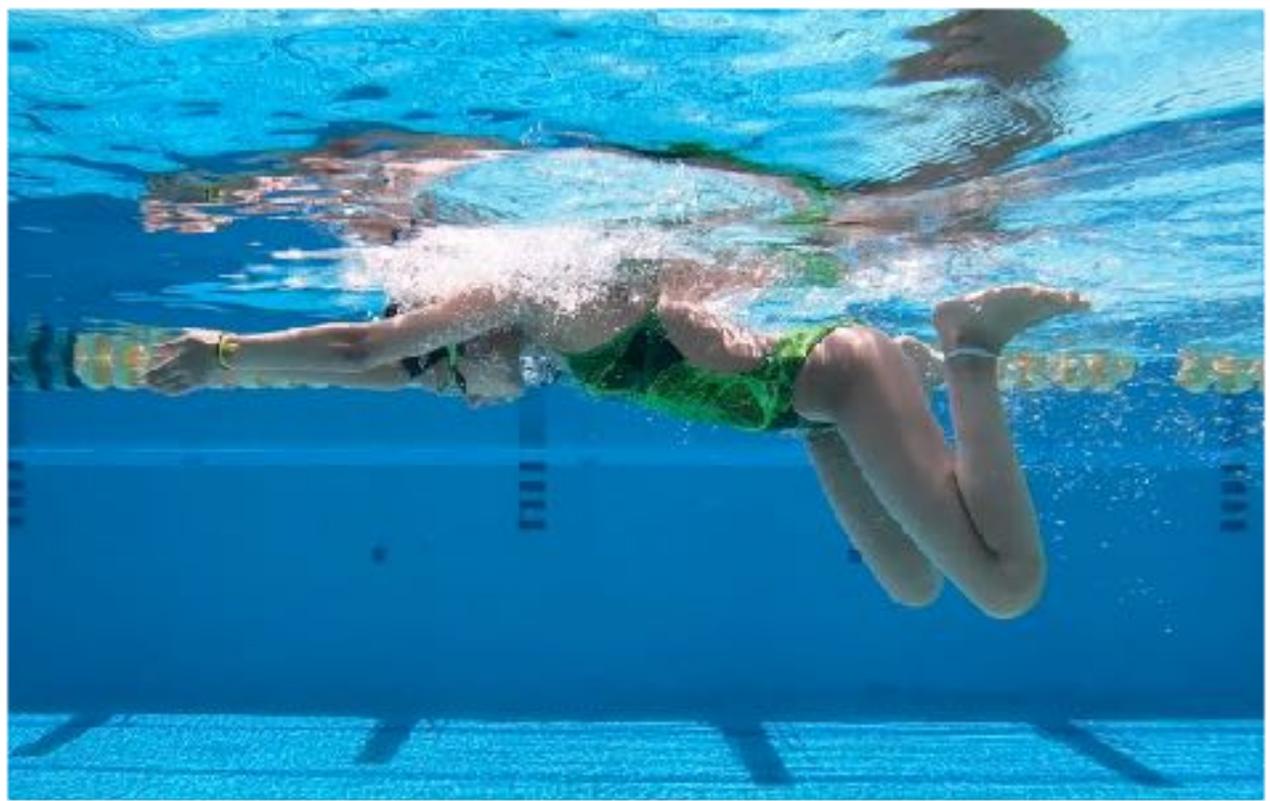
The main stress to the racer in this phase is the body's increasing reluctance to push hard, push all the way through the stroke, then push again. If the job of a power cycle is to get to the next power cycle as quickly as possible, Phase 2 makes this job more and more difficult. There is, however, still enough precision control left over from Phase 1 in the racer's ever-tiring body to maintain manageable technique right up to the end of this phase. As the race gets heavier, and the body gets tighter, a strong focus on power and discipline is necessary to counter the body's natural tendency to avoid further pain and fatigue. The Power Phase transitions to Phase 3 roughly 75% through the race at what I call the **Race Break Point**. At this point, the swimmer will either **break down, or break through**, bringing them into Finish Mode.

## Phase 3: Finish

The third phase, or the Finish Phase, generally lives in the **last 25% of the race**. It begins at the Breakpoint transition defining the end of Phase 2 and lasts until the clock is stopped. One type of stress is easy to define, as it is a physical stress. That race wants to eat your legs. Discipline and a steady focus on kicking big, kicking strong, and kicking more will get a swimmer through that fight.

Another type of stress lurking in Phase 3 is much more personal to each and every swimmer. This stress spikes at the moment in time during the Breakpoint transition from Phases 2 and 3, and might be described as fear... or fears. Some fear the pain; but if a swimmer chooses to **break through** at Breakpoint, they quickly realize that, although the pain is there, the pain is great, and the pain will not stop until they do, it just doesn't matter. There can be the fear of not finishing up to expectations, from either internal or external sources. This is a strong, and scary one for many. Possibly the scariest fear stress for a racer is the realization that there is always the possibility and opportunity to **just stop fighting**. If the possibility exists, a choice exists. The fear of even the *possibility* that one could chose the easy path of just not pushing can be almost maddening. To confront this stress a swimmer will need a strong **focus on Guts and Goals**. In Phase 3 precision is all but a memory. A swimmer cannot even trust their own feel for how the water, nor their body is moving. A primal brain-scream often drowns out the sound of blood pounding in their ears. The racer's best choice is to lead with the head, throw long, and kick strong. Long, simple, strong movements are needed. **And never stop fighting**.

In our next chat we will discuss some important training elements. We will then be able to discuss how to use our knowledge of standard Race Phases to make efficient use of these elements to strengthen our races overall.



## The Breaststroke Finish: Not just for the end of races

From Coach Cliff

Breaststroke is a stroke that relies on power, rhythm, and precise repetition. When I am teaching/reviewing breaststroke, I like to start at the end...which is also the beginning.

Every breaststroke cycle begins and ends with the body fully extended and parallel to the surface of the water. At the very beginning and end of each cycle, the swimmer should be in a near streamline with arms and legs lengthened to their fullest. The photo of the swimmer above shows a swimmer about to complete a cycle. When her feet complete the kick, her entire body will be at it's ultimate extension. **This is how every stroke should begin and end.**

When looking at the photo, you can extrapolate the position the body will be in at the end of the kick. Arms will be extended squeezing the ears, head is in a neutral position allowing the eyes to look directly toward the bottom. The entire body is at, or just under the surface of the water, running parallel with the surface.

In this position, the swimmer has reduced her drag (see yesterday's article). This will allow her to get the most distance from each stroke while maintaining velocity. Whether you are swimming into a finish, a turn, or just swimming down the pool every stroke should be the same...maximizing efficiency.



## Workout Inspiration: What you might have done today

From Coach Grant

100 Kick/50 Swim

6-10(:20sprint wall kick, :40  
Pressout)

**Beginning of Circuit**

3x [4x150 fins opt. Choice Swim,  
Focus: Accelerate into and out of the  
Wall R:07-:15

1x50 No Fins Fast Kick, Focus:  
Core engaged 1<sup>st</sup>. @ R:25]  
**End of circuit**

Photo from Sami Glascott

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