

THE NLSC DAILY

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So Yesterday - excerpts
from Dryland with Coach Cliff

Arrow Set

:60 plank; 12 pushups
:55 plank, 11 pushups
:50 plank, 10 pushups
:45 plank.....and on
to :05 plank, 1 push up

Lunge Challenge:

How Many Lunges Can You
Do?

3 x 1 minute of lunges on 1:30
Maximum number of lunges!

Main Set :45 on/:15 off

2 x {Deadbugs,
[Click Here for Video](#)
{Russian Twists
{Tricep
Kickbacks OR Dips
{Rapid Squats
{Reverse
Crunches, [Click Here for Video](#)

Dryland Resources

[Swimming Specific Yoga](#)

[Pacer Step Challenge](#)

Coach Cliff's Zoom Dryland

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

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[100 Push-up Challenge](#)

[25 Pull-up Challenge](#)



The Breaststroke Body Shape: The way the water “sees” you

From Coach Cliff

We focused on a streamline body position in our breaststroke yesterday. Today's focus is related, as we discuss how important your body shape is during the stroke. Specifically we need to balance the power injected into the stroke (from pulling and kicking) with minimizing drag. Since breaststroke is the stroke with the most drag, it is important to reduce it as much as possible. During the course of the stroke cycle, there is one phase that imparts the most drag...the recovery.

The recovery of breaststroke occurs when the torso lifts up from the water. This is when the swimmer takes his/her breath. In the photo above, world record holder, Adam Peaty, is in the recovery phase of his stroke.

Note that there is a discernible forward angle to with his head,



Sports Inspirations - from Your Coaches

Coach Bryan -

Pablo Morales, 100 Fly, 1992

Coach Samantha -

Women's 200 Back, Rio

Women's 100 Free, Rio

"Swim and Shine" (Not Giving In)

Rise and Shine (Welcome to the Grind)

Coach Ryan -

Rule Yourself (Michael Phelps)

Dr. Eric Thomas (I Can, I Will, I Must)

Coach Wyatt -

Brother Love - Jonny & Alistair Brownlee

Coach Jerry -

Greg Louganis, Hero Diver

Coach Matt - of course took this a different way ;-)

Swiffer Curling

Badminton Motivation (Fight Song)

Coach Cliff

Dad Helps Son Finish (1992)

Men's 4x100 Free Relay (2008)

Mary T Meagher (Madame Butterfly)

Coach Grant -

Anthony Ervin, 50 Free (2016)

shoulders and abdomen. If we were able to do a cutaway photo of his stroke at this time, we would see that that angle continues, unbroken, through to the knees (the feet are recovering toward the buttocks at this time as well).

During this phase of the stroke, the water "sees" the largest surface area of the swimmer. This is in stark contrast to the streamline position that occurs at the beginning and end of each stroke (see the streamline below).

As a swimmer, it is your job to set this connected forward angle on every recovery. Without this forward angle, the body would be recovering in a more vertical position. Most of us have seen this vertical style of breaststroke in the more novice swimmers. The recover with the top of their heads and shoulders pointing straight up. In your mind's eye, imagine the amount of body surface area that the water can "see" when you recover in a vertical position. Now all of that water is hitting your body directly, rather than slipping down the angle of your body.



Once you reach the apex of your recovery, it is time to get your body back into a more streamline position. We want to do this by driving our hands forward and snapping our kick backwards and then together. As discussed in yesterday's article, the stroke begins and ends in this position. Since breaststroke has so much inherent drag, we want to get through the recovery phase of the stroke as powerfully, quickly, and efficiently as possible.

Tomorrow we will discuss the pull and the "Loop" technique.

Workout Inspiration: What you might have done today

From Coach Grant, pool workout

100 Kick/50 Swim

6-10(:30sprint wall kick, :30 Pressout)

6x [3x50 Fins Opt. Backstroke, Focus: Engage core 1st. R: 07-:10
3x75 Fins Opt. Choice Swim, Focus: Plan your breathing R:07 -:10]

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

3x[4x25 No Fins Sprint Swim, Focus: RACE R:15 -:30
1x75 No Fins Spint Kick, Focus: Keep Core Engaged R:30 - :45
4x50 No Fins Fast Swim, Focus: Start Legs at Speed R:15 - :30
1x75 No Fins Fast Kick, Focus: Keep Core Engaged R:30 - :45
4x100 No Fins Strong Swim, Focus: Start Legs at Speed R:15 - :30
1x50 No Fins Sprint Swim, Focus: Clear your Mind R 2:00]

2x25 No Breather @1:00

1x100 Best Technique

Thank you



From Coach Bryan, dryland workout

5 Rounds for time!

- 100 Jump Rope Skips or Air Skips (same as a jump rope skip just no JR!)
- 40 Sit ups
- 20 Push UPS
- 10 Burpees

Make sure to time yourself and do it again a week apart and see if you can beat your time!