

# THE NLSC DAILY

Workouts | Articles | Useful Information

## Billing for May : It is up to you...let us know

**Accounts set to Retainer Status..unless you let us know otherwise.**

The plan for May billing is to set everyone to the retainer level of billing....unless you tell us otherwise. If you can continue to pay full dues to help ensure the ongoing health of the team, let Coach Cliff know ([coachcliff@nlscak.org](mailto:coachcliff@nlscak.org)). Thank you for your continued support. We will continue to try to earn everything you can afford to pay.

## Dryland Resources

[Peloton Fitness App](#)

(free 90 Day Trial)

[Swimming Specific Yoga](#)

[Pacer Step Challenge](#)

Coach Cliff's Zoom Dryland

[Weekdays Live @ 2:30p](#)

[Recordings](#)

[The NLSC Daily Archives](#)

[100 Push-up Challenge](#)

[25 Pull-up Challenge](#)

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From Coach Cliff

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**Special Note : Previously, our NLATS training group (Gold, Silver, and Bronze levels) have not had a retainer level fee. Unless you otherwise notify us of a different request, your account will be set to \$25 for May...instead of the full NLATS rates for Gold, Silver, or Bronze.**



**BAND** - our closed social media group...just for NLSC

We are using the Band app to help communicate directly with our members (parents and swimmers).

Here is a brief explanation of how Band works.

This is a closed social media group, so only NLSC members (swimmers, coaches, and parents) may join. Coach Cliff will moderate who is accepted into the group.

Just download the Band app today, or learn more by [clicking here](#).

Scan the QR code below to join the NLSC Band on the Band app.



We have three meetings today!

2:30p Dryland w/ Coach Cliff

Meeting ID: 478-057-315; password : nlsc1991

4:00-5:00p - Gold with Coach Ben

Meeting ID : 809-470-7468; password : 973973

4:00-5:00p - Mat-Su Monday Madness;

Meeting ID : 961-7964-9241; password : 238484

**These ID's and passwords will be used for this week and next week's meetings. Stay tuned for tomorrow's meeting information**

## Workout Inspiration: What you might have done today..

From Grant Gamblin

100 Kick/50 Swim

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

2,1 ×

(3x50 Choice Swim Build to 85% by 50 focus: Make every breakout the same. @ 1:00, 1:10, 1:20, r:05-:15

3x50 Choice Swim Build to 85% by 50 focus: Balance your breathing @ 1:00, 1:10, 1:20, r:05-:15

3x50 Strong Swim focus: balanced breathing @ :50, 1:00, 1:10, 1:20, r:10

3 min fast kick choice stationary or movement)

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

4,2x25 fins opt. Sprint Swim, mid pool breakout focus: maintain your speed of the wall@ :45, 1:00 r:30 or more

6,4x25 fins opt. Odds: sprint 1st 1/2, technique 2nd 1/2. Evens: Sprint Focus: Race @ :45,1:00

1x200 Race Pace @ 6:00 Get Time and divide by 4

2,1×(

8x25 Race Pace Tempo @:30, :45, r:15

3x150 Choice Swim, focus: Make every 25 the same stroke count. @ 2:00, 2:15, 2:30, 2:45, 3:00 r:15

4x50 Race Pace Tempo @ 1:00, 1:30 r:30

3x150 Choice Swim, focus: Make every 25 the same stroke count. @ 2:00, 2:15, 2:30, 2:45, 3:00 r:15

2x100 Race Pace Tempo @ 2:00, 3:00 r:60

3x150 Choice Swim, focus: Make every 25 the same stroke count. @ 2:00, 2:15, 2:30, 2:45, 3:00 r:15

)

2x25 No Breather @1:00

1x100 Best Technique

Thank you