

THE NLSC DAILY

Workouts | Articles | Useful Information

Step Challenge this Friday - lets dominate the Alaska Swimming Pacer Challenge!

This Friday is the Day to MOVE!

There is an ongoing Alaska Swimming Pacer App Challenge. The Pacer app allows people from either Android or iOS platforms to compete in a virtual movement challenge.

Download the Pacer App onto your smart phone and/or watch. Join the Alaska Swimming group. That is all you need to do, the app takes the data and tabulates it against others in the group.

This is a fun way to challenge yourself and challenge others!

Dryland Resources

Swimming Specific Yoga

Pacer Step Challenge

Coach Cliff's Zoom Dryland

Weekdays Live @ 2:20p

Recordings

The NLSC Daily Archives

100 Push-up Challenge

25 Pull-up Challenge



Your Coaches Thank You : Billing To Change at the End of April

From Coach Cliff

It is with my deepest gratitude that I write you today. At the end of this week it will have been one month since the pools have closed, leaving NLSC without any traditional way to practice. As a show of support for the team and the coaching staff, those of you who were able to, paid your April dues....THANK YOU! This means a lot to your coaches and staff.

It does look like we will be out of the water for the duration of April and probably into May as well. Unless you explicitly tell us you want to pay more, we are going to drop all dues down to a maintenance (aka - inactive or retainer) level. For the youth comp team, this means dropping dues to 1/2 their normal rate. We will work with the NLATS members to create a COVID retainer, for those that wish to continue to support Coach Grant during this time.

NLSC is pursuing the federal government programs for maintaining payroll during this time. Your continued financial support will help us bridge the financial gap until the government funds come through. Again, thank you for your help during this time.



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](#).

Once you have the Band app, just search for Northern Lights Swim Club, and ask to join!

Picture Book Video Challenge - from Coach Samantha

This is not a swimming video! It is a video of a girl interpreting the pictures in her cat picture book...and it is definitely hilarious. Send us your video of you "reading" the pictures in one of your picture books!

Kittens Inspired by Kittens

Send your video to coachcliff@nlsca.org

Workout Inspiration: What you might have done today

From Coach Grant, pool workout

100 Kick/50 Swim; 6-10(:35sprint wall kick, :25 Pressout)

- 3x[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]

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

- 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]

2x25 No Breather @1:00, 1x100 Best Technique
Thank you

From Coach Bryan, dry-land workout

Circuit x3 Time is :30 work / :30 Rest

- 1- Step Ups * If you have Med Balls or DB at home use them (keep it light)
 - 2- Flutter Kicks
 - 3- Burpees
 - 4- Leg Lifts
 - 5- Plank Forward/Left/Right * each round do a different one
 - 6- Burpees
 - 7- Oblique Twists * use MB or DB if you have them (keep it light)
 - 8- V-Sits
- Rest 1-2 Min between rounds.