	3+12	3	15	3	20	3	30	3	13
Fly	1		Quick IM Transition (15)		Fins&PadsFree SPEED(20)		ReganSets (30)		Speed (1st set)
Breast/IM			Quick IM Transition (15)		BreastProgressionFAST(20)		ReganSets (30)		Speed (1st set)
Sprint Free/Fly			<:10 SPEED on 1:00 x 15		Fins&PadsFree SPEED(20)		SprintPowerAgility (30)		Speed (1st set)
D & Fr/Bk			Long Paddles For Count (15)		Fins&PadsFree SPEED(20)		500 Pace + Cool Down		
Fly/Bk			Long Back For Count (15)		Fins&PadsFreeBk SPEED(20)		ReganSets (30)		Speed (1st set)
Meg/Mason/Gen			Quick IM Transition (15)		Fins&PadsFree SPEED(20)		500 Pace + Cool Down		
Fly	2		WallsUW3+2 (15)		AePower 1:1 50s or 75s Fly (20)		RecoverySculling (30)		Camera Time
Breast/IM			Breast TurnsPullouts (15)		AePower 1:1 50s Br (20)		RecoverySculling (30)		Speed Buffer for AE 1:1
Sprint Free/Fly			WallsUW3+2 (15)		AePower 1:1 50s (20)		RecoverySculling (30)		Speed Buffer for AE 1:1
D			Free Walls & Count (15)		AePower 1:1 100s (20)		RecoverySculling (30)		Speed Buffer for AE 1:1
Fly/Bk			WallsUW3+2 (15)		AePower 1:1 F->Bk<- (20)		RecoverySculling (30)		Speed Buffer for AE 1:1
Fr/Bk			WallsUW3+2 (15)		AePower 1:1 Fr->Bk<- (20)		RecoverySculling (30)		Speed Buffer for AE 1:1
Mason			WallsUW3+2 (15)		AePower 1:1 Fr->Bk< 100s (20)		RecoverySculling (30)		Speed Buffer for AE 1:1
Meg Susil			Free/Bk Walls & Count (15)		AePower 1:1 100s Free (20)		RecoverySculling (30)		Speed Buffer for AE 1:1
General			WallsUW3+2 (15)		AePower 1:1 Fr (20)		RecoverySculling (30)		Speed Buffer for AE 1:1
Fly	3		QuickFly (15)		Breath ControlStrokeCount (20)		FlyBuildEndurance(30)		Half SP/EZ (3rd set)
Breast/IM/SpFree			QuickFlyBreast (15)		BreastCount (20)		Breast IM (30)		Half SP/EZ (3rd set)
Sprint Free/Fly			QuickFly (15)		Breath ControlStrokeCount (20)		Death Set 20s on :35		Half SP/EZ (3rd set)
D/Meg/Mason			QuickFly (15)		Breath ControlStrokeCount (20)		Short Rest Red (45)		
Fly/Bk & Fr/Bk			QuickFly (15)		Breath ControlStrokeCount (20)		Short Rest Red with Back (45)		
General			QuickFly (15)		BreastCount (20)		Breast IM (30)		Half SP/EZ (3rd set)
Fly Fly/Bk Fr/Bk Sp Gen	4		FlyTechniqueGOLF(15)		UWDK to Fl/Bk FINS (20)		Kick2kWithin(30)		EZ>SP (add Fins)
Breast/IM			BreastTechniqueGOLF(15)		BreastPullLong (20)		Kick2kWithin(30)		EZ>SP (add Fins)
D/Meg/Mason			Open Water Alternating Distance (87 Minutes)						
Fly & Mason	5		Lactate Tol 25s50s (15)		BulletProof Fly(20)		AE 100s(50s) + Clear Out Protocol(15)		
Breast/IM			Lactate Tol 25s50s (15)		Breast Agility Chill (20)		AE 100s(50s) + Clear Out Protocol(15)		
Sprint Free/Fly			Lactate Tol 25s50s (15)		BoxingTRXCircuit (20)		AE 100s(50s) + Clear Out Protocol(15)		
D/Meg			Pulling and Breathing Patterns (38)				AE 100s(50s) + Clear Out Protocol(15)		
Fly/Back			Lactate Tol 25s50s (15)		BulletProof Sets Fly/Back (20)		AE 100s(50s) + Clear Out Protocol(15)		
Free/Back			Lactate Tol 25s50s (15)		BulletProof Sets Back (20)		AE 100s(50s) + Clear Out Protocol(15)		
General			Lactate Tol 25s50s (15)		BulletProof Sets but Strokes (20)		AE 100s(50s) + Clear Out Protocol(15)		
Fly Fl/Bk Fr/Bk Mason	6		BackTechniqueGOLF (15)		Kick1k (20)		Lactate Tol 75s/100s (30) + Clear Out Protocol(15)		
B/IM Sp D Meg Gen			FreeTechniqueGOLF (15)		Kick1k (20)		Lactate Tol 75s/100s (30) + Clear Out Protocol(15)		
Fly	7		Kick1.5kAltFly(25) + 12x50 on 1:00 FAST				HRGOLF (30) + Speed (15)		
Breast/IM			Kick1.5kAltBreast(25) + 12x50 on 1:00 FAST				HRGOLF (30) + Speed (15)		
Sp Mason Gen			Kick1.5kAltChoice(25) + 12x50 on 1:00 FAST				HRGOLF (30) + Speed (15)		
D			Kick1.5kAltFree(25) + 12x50 on 1:00 FAST				HRGOLF (30) + Speed (15)		
Fly/Bk Fr/Bk Meg			Kick1.5kAltBk(25) + 12x50 on 1:00 FAST				HRGOLF (30) + Speed (15)		
Fly Fly/Bk Fr/Bk Gen	8		FinsUnderwater(15)		AE 200s(100s)		Breath Control Off		SPEED Buffer
Breast/IM			FinsUnderwater(15)		Breast Dryland (20)		Breath Control Off		Breast SPEED
Sprint Free/Fly			FinsUnderwater(15)		AE 200s(100s) PadsFins		Breath Control Off		SPEED Buffer
D/Meg			Lactate Tol 25s50s (15)		AE 200s(100s)		Breath Control Off		SPEED Buffer
Mason			FinsUnderwater(15)		AE 200s(100s)		Breath Control Off		Breast SPEED
Fly	9		FreePaddlesPull (15)		250s of Steel (21)		TexasFast (30)		SP (add Fins) or AR
Breast/IM			FreePaddlesPull (15)		BoxingTRXCircuit (20)		TexasFast Breast (30)		SP (add Fins) or AR
Sprint Free/Fly			FreePaddlesPull (15)		Breath Control in 20 Yard Side		TexasFast (30)		SP (add Fins) or AR
D Mason Meg			FreePaddlesPull (15)		REDBLUE Speed (20)		TexasFast D (30)		SP (add Fins) or AR
Fly/Bk Fr/Bk Gen			FreePaddlesPull (15)		REDBLUE Speed (20)		TexasFast (30)		SP (add Fins) or AR
Fly Mason Fly/Bk	10		FlyBreastPull(15)		Katie "Long Colors" +Fly or +Bk (50)				Paddles Snorkel EZ
Breast/IM			FlyBreastPull(15)		Katie "Long Colors" +Breast (50)				Paddles Snorkel EZ
Sprint Free/Fly			FlyBreastPull(15)		BoxingTRXCircuit (20)		Feel and Cordz (30)		Paddles Snorkel EZ
D			FlyBreastPull(15)		Katie "Long Colors" Free				Paddles Snorkel EZ
Free/Back			FlyBreastPull(15)		Katie "Long Colors" +Bk (50)				Paddles Snorkel EZ
Meg Gen			FlyBreastPull(15)		Katie "Long Colors" +Fly or +Bk (Or Br) (50)				BreastTechniqueGOLF(15-3)
Recovery	11		TechnicalProgression (15)		TurnsFocus (20)		HR160Flush		Racing25s
Benchmark	12		BackKickWalls (15)		Preset (20)		Test For Practice Best		BackBreast

		Cycle 1	Cycle 2	Cycle 3	Cycle 4	Cycle 5	Cycle 6	Cycle 7
				Test Base	Hitting the same time			
1	Quick IM Transition (15)	3x	3x	2x	3x IM	2x	2x	2x
			Just work up to as much work as you reasonably can while keeping the set's pinkish IM Transition theme in 15 minutes and then back it off					
	Fins&PadsFree (or Bk) SPEED(20)	3x [Free Version]	3x with Paddles and	4x	3x with Paddles and	2x with Paddles and	3x	2x with Paddles and
	500 Pace (30) + Cool Down (15)	4x	2x	2x	2x	2x	5x	1x
	BreastProgressionFAST(20)	2x	1x	1x	1x	1x	1x	1x
	ReganSets (30)	4x [Fly Version]	4x [Include Fly	4x [Include Fly	4x [Include Fly	4x [Include Fly	4x [Include Fly	4x [Include Fly
		Mini Version	Modified Version	Base Set	150s, more Kick	Add Fly	Base Set	Adjusted Version
	<:10 SPEED on 1:00 x 15	Pulled by the cord	:03 Flutter against the	Head High Free from	No Snorkel Narrow	From a Float with	From Vertical	With Fins Vertical Kick
		Variations on the same theme, small bursts of SPEED in various fashion, trying to find a higher speed ceiling						
	SprintPowerAgility (30)	3x	6x	6x with Fins	2x	2x	10x	4x
		Variations on the same theme, using the legs at FULL FORCE and bringing those full force legs into the swim						
	Long Paddles (or Bk) For Count (15)	12x 75s on 1:10 IN9	6x with Paddles	4x with Paddles	3x with Paddles	1x with Paddles	3x 400s on 5:00 IN11	2x 600s on 7:30 IN11
		Working to 1 long swim with overall stroke count dropping over the duration, working efficiency for duration.						

	3+12	3	15	3	20	3	30	3	13
ALL	1		Quick IM Transition (15)		ReganSets (30)		500 Pace + Cool Down		
ALL	2		WallsUW3+2 or Pullouts (15)		AePower 1:1		RecoverySculling (30)		Speed Buffer for AE 1:1
AM&PM	3		QuickFly (15)		Breath ControlStrokeCount (20)		Short Rest Red (45)		
Breast Alt Set			QuickFlyBreast (15)		BreastCount (20)		Breast IM (30)		Half SP/EZ (3rd set)
AM&PM	4		FlyTechniqueGOLF(15)		UWDK to Fl/Bk FINS (20)		Kick2kWithin(30)		EZ>SP (add Fins)
Breast Alt Set			BreastTechniqueGOLF(15)		BreastPullLong (20)		Kick2kWithin(30)		EZ>SP (add Fins)
Dist Set			Open Water Alternating Distance (87 Minutes)						
AM&PM	5		Lactate Tol 25s50s (15)		BulletProof (20)		AE 100s(50s) + Clear Out Protocol(15)		
Dist Set			Pulling and Breathing Patterns (38)				AE 100s(50s) + Clear Out Protocol(15)		
ALL	6		FreeTechniqueGOLF (15)		Kick1k (20)		Lactate Tol 75s/100s (30) + Clear Out Protocol(15)		
ALL	7		Kick1.5kAlt(25) + 12x50 on 1:00 FAST				HRGOLF (30) + Speed (15)		
ALL	8		FinsUnderwater(15)		AE 200s(100s)		Breath Control Off		SPEED Buffer
ALL	9		250s of Steel (21)		TexasFast (30)		REDBLUE Speed (20)		
ALL	10		FlyBreastPull(15)		Katie "Long Colors" Free				FreePaddlesPull (15)
Recovery	11		TechnicalProgression (15)		TurnsFocus (20)		HR160Flush		Racing25s
Benchmark	12		BackKickWalls (15)		Preset (20)		Test For Practice Best		BackBreast

3+12+15		3	15	3	20	3	30	3	13
ALL	1		Quick IM Transition (15)		BreastProgressionFAST(20)		500 Pace + Cool Down		
ALL	2		WallsUW3+2 or Pullouts (15)		AePower 1:1		RecoverySculling (30)		Speed Buffer for AE 1:1
ALL	3		QuickFly (15)		Breath ControlStrokeCount (20)		Short Rest Red (45)		
ALL	4		FlyTechniqueGOLF(15)		UWDK to Fl/Bk FINS (20)		Kick2kWithin(30)		EZ>SP (add Fins)
ALL	5		Open Water Alternating Distance (87 Minutes)						
ALL	6		Lactate Tol 25s50s (15)		BulletProof (20)		AE 100s(50s) + Clear Out Protocol(15)		
ALL	7		FreeTechniqueGOLF (15)		Kick1k (20)		Lactate Tol 75s/100s (30) + Clear Out Protocol(15)		
ALL	8		Kick1.5kAlt(25) + 12x50 on 1:00 FAST				HRGOLF (30) + Speed (15)		
ALL	9		FinsUnderwater(15)		AE 200s(100s)		Breath Control Off Turns (30)		SPEED Buffer
ALL	10		Long Paddles For Count (15)		TexasFast (30)		Kick/Swim		QuickFlyBreast (15)
ALL	11		<:10 SPEED on 1:00 x 15		250s of Steel (21)		FreePaddlesPull (15) (turn it into a 45 Minute set)		
ALL	12		Pulling and Breathing Patterns (38)				SprintPowerAgility (30)		
ALL	13		Free Walls & Count (15)		BreastFlyPullLong (20)		ReganSets (30)		Fins BLAST SPURTS
ALL	14		BreastTechniqueGOLF(15)		REDBLUE Speed (20)				
ALL	15		BackTechniqueGOLF (15)		Fins&PadsFree SPEED(20)		FlyBuildEndurance(30)		Easy Fast Kicking
ALL	16		FlyBreastPull(15)		Katie "Long Colors" Free (53)				Fins 25s UWDK
Recovery	17		TechnicalProgression (15)		TurnsFocus (20)		HR160Flush		Racing25s
Benchmark	18		BackKickWalls (15)		Preset (20)		Test For Practice Best		BackBreast

		-4	-3	-2	-1	1	2	3	4	5
		Technical	Walls	Theme	PreCycle			Test	Hitting	
1	Quick IM Transition (15)	3x	3x	3x	3x	3x	3x	2x	3x IM	2x
	BreastProgressionFAST(20)	2x	2x	2x	2x	2x	1x	1x	1x	1x
	500 Pace (30) + Cool Down (15)	2x	3x	4x	4x	4x	2x	2x	2x	2x
2	WallsUW3+2 (15)	4x with	4x with	4x	4x	4x	(add 50s Bk)	(add	(added	(added
	AePower 1:1 (20)	[D] 12x	[D]	[D]	[D]	10x 100s on	(Same Set	(Same	+3/4/5	+3/4/5
	RecoverySculling (30)	3x	3x	3x	3x	2x 300s on	Fist	4x	1x	2x
3	QuickFly (15)	2x	2x	2x with	2x with Fin	2x with Fins	2x [All 3+2]	2x [All	2x [All	2x [All
	Breath ControlStrokeCount (20)	2x [All 2+2	2x [All	1x [All	1x [All	1x [All 3+2	1x [All 3+2	1x [All	1x [All	[Vary
	Short Rest Red (w/ Back) (45)	8x	8x [4	10x	8x	10x	8x	8x	6x	6x
4	FlyTechniqueGOLF (15)	2x [All	3x [All	2x [All	2x [All	2x [All walls	2x [All walls	2x [All	2x [All	1x
	UWDK to Fl/Bk FINS (20)	1x with	1x with	1x	1x	1x [we did	1x With Fins	1x	1x	1x
	Kick2kWithin (30)	1x	1x	1x	1x	1x	1x	2x	1x	20x
5	Breast TurnsPullouts (15)	4x	4x			4x	3x	3x	2x	2x
	BreastCount (20)	1x	1x	1x	1x	1x	1x	1x		
	BreastIM (30)	1x	1x	1x	1x	1x	3x	3x	4x	2x
	Open Water Alternating Distance (87	1x	1x	1x	1x	1x	1x	5x	1x	1x
6	Lactate Tol 25s50s (15)	3x	3x	3x	2x	1x	1x	1x	+2 1x	+3 1x
	BulletProof (20)	1x	1x	1x	1x	1x	1x	1x	1x	1x
	AE 100s (50s) + 15 ClearOut	1x	1x	1x	1x	1:25-1:40,	+2 1x	+2 1x	+3 1x	+4 1x
7	FreeTechniqueGOLF (15)	1x [Count	1x	Same	1x [Count	1x [Count	1x with	1x with	6x	3x with
	Kick1k (20)	16x 50s	16x	20x 50s	20x 50s	20x 50s on	4x Kick	2x	2x	2x
	Lactate Tol 75s/100s (30) + 15 ClearOut	3x	3x	1x	1x	MAKE THIS	1x	1x	+2 1x	+3 1x

Dry Curriculum

Day 1: Opportunities, Benchmark
Day 2: Consistency, Physiology
Day 3: Culture, Stroke Rates, Pushups
Day 4: The Jar of Life, The Swimming Equation, Streamlined Squats
Day 5: Talent, Cycle Counts, High Elbow Catch
Day 6: Body Language, UWDK Count, Fly Positions, Katie Article, Mat's Home Routine Guide Sheet
Day 7: The New Zealand All Blacks
Day 8: Use Your Powers For Good, KICKING
Day 9: The Journey of Natalie
Day 10: Effort, Introduction to Energy Systems Part 1
Day 11: Parents and Athletes, Introduction to Energy Systems Part 2
Day 12: Growth Mindset and Introduction to Energy Systems Part 3
Day 13: Grit, Blake, and the CP System
Day 14: Commitment and the Glycolysis System
Day 15: Leadership, Followship, and the Aerobic System
Day 16: Humility and Physiology Overview
Day 17: The Journey of Misty Hyman
Day 18: The Mindset of a Champion and Watch Your Mouth
Day 19: The Beauty of Water
Day 20: Feel for the Water
Day 21: Rebecca Soni and Water
Day 22: Sheila Taormina and Rivalries
Day 23: Feel for the Water with Sheila
Day 24: The Catch
Day 25: The Entry and Lift
Day 26: Tate Review and The Sweet Spot
Day 27: Buoyancy and Balance Part 1
Day 28: Buoyancy and Balance Part 2
Day 29: Who is Ed Moses, Breaststroke Part 1
Day 30: Ed Moses Breaststroke Part 2
Day 31: Prefontaine
Day 32: Ed Moses Breaststroke Part 3
Day 33: Walls
Day 34: Carnival Games, Bruce and Neo
Day 35: The John Wooden Effect
Day 36: Overcoming Fear and Thriving Under Pressure
Day 37: Be a Jungle Tiger
Day 38: Intelligence, Creativity and Backstroke Part 1
Day 39: Intelligence, Creativity and Backstroke Part 2
Day 40: Intelligence, Creativity and Backstroke Part 3
Day 41: Mashmallows and "Sound"

Dry Curriculum

Day 42: What is Emotional Intelligence?
Day 43: Emotional Equations and Viktor Frankel
Day 44: The Power of the Mind
Day 45: Sleep!
Day 46: Nutrition for Athletes Part 1
Day 47: Nutrition for Athletes Part 2
Day 48: Nutrition for Athletes Part 3
Day 49: Playing the Long Game
Day 50: Confidence and Humility
Day 51: Motivation
Day 52: What is Success For You?
Day 53: Do the Little Things
Day 54: The Confidence to Try
Day 55: The Dressel Mindset
Day 56: Goal Setting
Day 57: Training for Goals
Day 58: Physics for Swimming
Day 59: Applied Physics for Swimming
Day 60: Coach Beth and Building Trust
Day 61: Fluid Flow Review

I have 9 more to close the series (Fly, Back, Breast, Free, Turns, Drag, Mental Health, Mindset Reviews and a special Back to Breast Crossover Turn lesson). When I'm not on deck so much I'll return to these.

head lead
arms lead (st, superman, scull, just maintain flowing undulation)
add a 1 arm (other arm down then up)

1.17 | EISF

Mon Jul 27 '20 - 8:00 am 25 Yards

Default interval: 2:00 per 100

Mallory Weggemann best flyer
fly kicker!
get out of your own way

Not pushing a boulder up a hill
it's rolling the cheese wheel down the hill

#1Together sets

The skijumper is the "recovery" move
not anything happening when your arms are dry

10:00 Snorkel Choice IN6 — *0 yds 0 min*

A chemist mixes solution A + B & makes purple
we don't talk about the color purple as a factor outcome
we talk about the timing or amounts of the mixing
Δ the process Δ the outcome
we don't try to manipulate the outcome by plugin in the outcome

3:00 — *500 yds 10 min* — its an

20x25s on :35 Fly
Fluid flow
3 count (4 strokes) then 5 counts →
under (2 strokes) over ←
:55

1x — *500 yds 13 min*

5x 50s Free Drill on ~~1:00~~ IN8 [3CountPause to feel when you get pulled or jumbled in balance and what your reactions are during the critical motions of your head and arm recovery]

5x 100s Free on 1:30 IN8 [Still and inside the Red Zone for the first half of the recovery, then widen out and trigger rotation of the body and hurry get your hand back in line with the railroad track to enter the water and transfer. Smooth it out and be mindful of your balance and reactions throughout]

Pin torque the pull so your shoulder is dry up your RECOVERY IS DOWNHILL

#1 Your need improve freestyle, get count total
Descend your count total by inserting power off the traction
(or deepening traction so that you can, traction will be the cutting on your powerful pushoff forward)

3:00 — *1250 yds 25 min*

1250 yds 28 min

3x The same you pivot the bigger swing to push forward the higher the shoulder the deeper the downhill

2x 150s on 2:40 IN8 Fly Drill IN7 [50 Right Arm Only focus on the throw on the 2nd half of your recovery, so you need to match the down with the entry and give an extra surge there, use your hips and body to create the forward impulse, 50 Left Arm Only, same, 50 3 Right, 3 Left, 3 Swim, same idea.]

2x 50s on :55 IN10 Fly GOLF IN9 We don't have room (have space) for this set)

2450 yds 50 min

3:00

2450 yds 53 min

6x 200s on 2:50 with Paddles IN8 [Working on 3 smooth big strokes into the wall breathing on the 2nd stroke ONLY and holding total count per 25 consistent]

Pin no paddles & 50s on 1:00
6x 3x50s on :50 Desc 1-3 w/ paddles
1x 75 on 1:30 FAST

forcewaitsk goes 2nd for the 75s

3:00 — *3650 yds 1 hr 10 min*

3650 yds 1 hr 13 min

3x [Hold Effort at about 80% throughout] IN8

3x 100s on 1:45 50 Back 50 Free 4 on 1:30

2x 75s on 1:20 25 Back 25 Breast 25 Free 4 on 1:15

4x 25s on :35 Odds Easy Evens 15 Meters FAST, then easy to the wall]

Scarlet
29.4
46?
?
28
43

27+?

Mugan
26.6
1 41.0
26.8
2 41.2
26.8
3 40.6
26.5?
4 40.3
25.9
5 39.6
? 26?
6 ? 41?

7 27.3
42.7
8

#1Together totals:

5300 Yards - 1 hr 43 min - stress: 414

Head lead dolphin

Like a ski jumper's takeoff at the TOP of the hill

How fast you go down

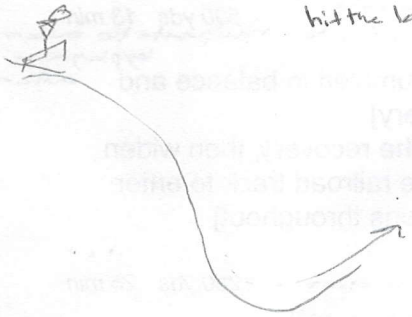
The timing of your jump

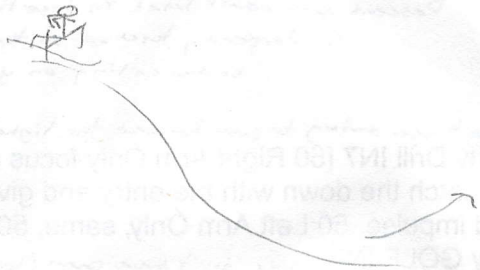
THEN Flight is balance & ride

Fly the recovery is body balance & ride

the arms keep going

hit the landing & take off again





MJ & the last dance

can do cool tricks in the air if you can

jump that high <u>w/ that much control</u>

The ~~recovery~~ body lands (in all strokes)

The ski jumper tips downhill

sets the angle

tips

the recovery

is Downhill

(in free too like yesterdays

head ↑ free conversation)

be on your way Down when you hands come out

8:48.00 Meg 800

23.19

20.69

8:12.99

3:57.29

15:49.88

1.17RZFO | EISF
Sat Jul 04 '20 - 5:00 pm 25 Yards
Default interval: 2:00 per 100

#MegSusil sets

0 yds 0 min

[Use your arm placement in the recovery to your advantage, maintain a still and controlled center that anchors the outside flow and time the forces smoothly]

0 yds 0 min

[Reminder on Balance and when we "lose" balance by putting the recovery arm to the outside of the railroad tracks, you will fall that direction, which we want to do, you just have to time it in a way that helps you through your stroke with momentum. "Falling" outside the Red Zone to triggers rotation, use your opposite side pull DURING this gravity boost]

0 yds 0 min

3:00 Snorkel Free IN6

150 yds 3 min

12:00 Free Drill IN6 [3:00 Spear Right -> Spear Left <- DO NOT MOVE LEAD HAND WHEN YOU BREATHE and notice the disruption your breathing has on your balance, it's a physical reorganization that must be matched with a balance reorganization on the inside of your body, what does "holding still" on the inside look like for you?, 3:00 Spear Kicking BREATHE STILL STAY IN THE RED ZONE and after you complete the breath, open and close your Recovery Arm Armpit, and let your hand stay relaxed as you open your armpit and notice the arm movement's contribution to your balance or disruption of, how do you maintain stillness while moving an outside part?, 3:00 Spear Kicking, open the recovery arm but keep your balance in the Red Zone, and then at the height of your lungs, let your recovery arm open to the outside of the railroad tracks to tip off and "fall" by tipping to the outside and rotate - ride this "falling" through the surface of the water to the other side's spear, land with your weight on the EDGE of the Spear, 3:00 Smooth it out and time the "falling" triggers by the center of mass leaving the Red Zone and RIDE it through your pull and use it to assist your pull]

750 yds 15 min

3:00

750 yds 18 min

1x

4x 50s Free Drill on 1:00 IN8 [3CountPause to feel when you get pulled or jumbled in balance and what your reactions are during the critical motions of your head and arm recovery]

5x 100s Free on 1:30 IN8 [Still and inside the Red Zone for the first half of the recovery, then widen out and trigger rotation of the body and hurry get your hand back in line with the railroad track to enter the water and transfer. Smooth it out and be mindful of your balance and reactions throughout]

1450 yds 29 min

3:00

1450 yds 32 min

2x

2x 150s on 2:40 IN8 Fly Drill IN7 [50 Right Arm Only focus on the throw on the 2nd half of your recovery, so you need to match the down with the entry and give an extra surge there, use your hips and body to create the forward impulse, 50 Left Arm Only, same, 50 3 Right, 3 Left, 3 Swim, same idea.]

2x 50s on :55 IN10 Fly GOLF IN9

2250 yds 46 min

3:00

2250 yds 49 min

6x 200s on 2:50 with PaddlesIN8 [Working on 3 smooth big strokes into the wall breathing on the 2nd stroke ONLY and holding total count per 25 consistent]

3450 yds 1 hr 6 min

3:00

3450 yds 1 hr 9 min

3x [Hold Effort at about 80% throughout] IN8

3x 100s on 1:45 50 Back 50 Free

2x 75s on 1:20 25 Back 25 Breast 25 Free

4x 25s on :35 Odds Easy Evens 15 Meters FAST, then easy to the wall]

#MegSusil totals:

5100 Yards - 1 hr 40 min - stress: 333

Wellmark YMCA
Mid-American Energy Company Aquatic Center
COVID-19 SAFE OPERATING PLAN

Updated July 30, 2020

Competition Returns to the Mid-American Energy Aquatic Center in the Prairie Meadows Pool at the Wellmark YMCA

In efforts to control the spread of COVID-19, USA Swimming suspended swim meet competitions from mid-March through June 30, 2020. The YMCA of Greater Des Moines also closed facilities to slow the spread and prepare for reopening with updated protocols to reduce the risk of Covid-19. Our plans to return to the pool and competition follow our state, USA Swimming and YMCA of the USA guidelines. We are excited to welcome you back to the Mid-American Energy Company Aquatic Center for some fun and fast racing.

As we slowly and thoughtful phase in competition, the Wellmark YMCA aquatic center will host a series of dual/triangular swim meets to learn and prepare for the upcoming 2020-21 competitive season.

For these meets, we have updated our aquatic center protocols for all to enjoy and remain as safe as possible. We know it will take everyone, swimmers, coaches, staff, volunteers and spectators, to do their part to be socially responsible as we are still in the midst of a pandemic in order for us all to participate and remain healthy and safe at the same time.

In the next few slides, we will outline the safety measures in place to host meets/events at the Wellmark YMCA aquatic center and adhere to the latest safety guidelines laid out by the governor of Iowa, YMCA of Greater Des Moines, the CDC, USA Swimming and YMCA of the USA. This plan will be updated as new information and guidelines become available. This safety plan will be adhered to as long as these entities have recommendations and guidelines.

We thank you in advance for following our aquatic center protocols so we may all continue to return to competition at the pool safely.

General Safety Guidelines

There are three main recommendations to reduce the risk of Covid-19: social distancing, face masks and frequent hand washing. These and additional measures are in effect at the Wellmark YMCA aquatic center.

- **SCREENING QUESTIONS:** Everyone (swimmers, coaches, volunteers, staff and spectators) attending an event at the Wellmark YMCA aquatic center will be asked Covid-19 screening questions prior to entering the facility. Members of the YMCA checking in for the meet will be asked verbally. Those who are from visiting teams (swimmers/coaches) volunteering (official), YMCA staff and spectators will additionally be asked for their first and last name and telephone number for contact tracing. Hand sanitizer will be made available near the entrance. We ask everyone entering the facility to utilize hand sanitizer.
- **FACE MASKS:** Everyone (swimmers, coaches, volunteers, staff and spectators) attending an event at the Wellmark YMCA aquatic center is required to wear a face mask or face shield. No coverage, no entry.
- **SOCIAL DISTANCING**: Each swimmer will have a socially distanced personal space either on the pool deck or in the spectator seating area. Swimmers are to remain in their personal space unless they are entering or exiting the pool for warmup/competition. Swimmers may remove their face mask once in their personal space and leading to and from the pool. All other times, face masks must be worn.
- Spectator seating has been pre-marked and is limited seating to ensure 6 feet of social distancing. Seating areas are mainly two seats together with a few single options available. We ask you do not remove the blue tape markings from the spectator bleachers.
- Please pay attention to all posted signs and floor markings to help ensure six feet of distancing in common areas including entrances, hallways, restrooms and concession stand lines. The overall capacity of the pool deck and spectator seating area will be limited to maintain these protocols.
- Elevator usage will be restricted to those in the same household.

Swimmer/Athlete Details

- Swimmers will enter the main doors of the YMCA using the Grand Ave doors at street level. At the entrance, swimmers will be asked screening questions, utilize the hand sanitizer and proceed around the purple wall towards the pool.
- Swimmers will be socially distanced upon either the right or left side of the hallway (signage will guide the swimmers to their appropriate side). Swimmers will wait until the pool deck is ready for them to enter. A YMCA staff member or coach will open the pool doors for the swimmers to minimize touch points.
- Swimmers will have their own socially distance personal space either on the pool deck or in the spectator stands as directed by meet personnel.
- Swimmers need to arrive and leave in their swimsuits as locker rooms are not available; single use bathrooms are located off the pool deck. Swimmers will need to bring their own water bottles filled as drinking fountains are not available.
- Swimmers will be assigned a specific warmup lane and position. All swimmers will enter/exit the pool with a 3-point entry from the scoreboard side (east side) of the pool deck as directed by their coach. Swimmers will exit the pool deck as directed by their coach at the end of the session.
- Warmup/cool down lanes will not be provided during the meet. Warmups will NOT include the use of starting blocks. Swimmers in upcoming heats will be socially distancing one to two heats prior to their event on the “ready wall”. Swimmers are not to congregate behind the blocks.
- When not warming up or competing, swimmers are to be seated in their socially distanced personal space.
- Swimmers will be dismissed at the end of the session to exit using the Grand Ave doors by seating area to ensure social distancing.

Aquatic Center Cleanliness

In opening the Wellmark Aquatic Center, our goal has been to provide an environment and atmosphere which is clean and fun for all who are participating. Our staff has always followed thorough cleaning procedures. Moving forward, we have added steps in order to minimize the risk of Covid-19 following specific to the guidelines currently established by the governor of Iowa, USA Swimming, YMCA of the USA and the CDC.

WHAT WE'VE ALWAYS DONE:

- Daily we have done the following to ensure cleanliness within our facility:
    - Thorough cleaning of restrooms before every event
    - Thorough removal and safe disposal of trash away from public areas
    - Pressure washing of the pool deck before and after each meet/event
    - Spectator seating cleaning after each event.
    - Pools vacuumed multiple times per week.
    - Daily surface cleaning of high touch points such as door handles and hand-rails plus mopping of floors lobby and hallways.
    - Provide free access to hand sanitizing stations throughout the facility.
- **NEW PROCEDURES WE ARE ADDING**:
- Following general cleaning, we will use eco-friendly disinfectant and cleaning spray before and after every event in all restrooms, concession stands and elevators.
- Approximately every thirty-sixty minutes, a staff member will disinfect and clean frequently used touch point surfaces within the aquatic center.
- Drinking fountains and self-service water stations are not available.
- Locker rooms are not available to ensure social distancing.

RESTROOM DISTANCING POLICIES

In addition to cleaning procedures, it is important to pay attention to markings for distancing and best practices for safe use of the restroom facilities. Please be aware of the following guidelines for reducing the risk of Covid-19 at the Wellmark YMCA.

- Spectator bathrooms are located within the YMCA through the front entrance doors. All spectators using the restroom facility will be asked the screening questions again prior to gaining access.
- Every other sink will be closed to allow for social distancing. Every operational sink will have a corresponding soap dispenser
- In addition to traditional cleaning measures, each restroom will receive a treatment of disinfecting cleaning nightly.
- All restroom surfaces will get wiped down a minimum of twice during the day of the meet/event

- **WOMEN'S RESTROOMS**:
- With existing partitions, consecutive stalls will be available within each restroom.

- **MEN'S RESTROOMS**:
- Urinals are marked for usage to allow for distancing

- **SINGLE OCCUPANT RESTROOMS**:
- There are multiple single-occupant/family restrooms for swimmers, coaches and on deck volunteers to use off of the pool deck. All will be clearly marked who is to utilize each restroom. Please observe social distancing markings to maintain 6 feet a part at any time a line may form for use of those facilities.

Spectator Seating & Concession Stand

- Each meet invite will address spectator seating as it is limited. Seating is available for pairs or single spots.
- There is an admission price for spectator seating.
- Spectators are to fill in the first section near the entrance door then wrap around the pool by sections.
- Spectators will be dismissed at the end of each session by sections starting with the section nearest the exit door.
- Spectators will need to exit the stands prior to the next session of spectators to enter.
- Please do not remove the blue social distancing marker from the spectator bleachers.
- No outside food or drinks are allowed.
- Our concession stand will be available with limited items (drinks and packaged items). Please adhere to the social distancing markers. Currently, we accept cash only. Concession stand attendants will be required to wear face masks and gloves when appropriate. High touch surfaces will be disinfected and cleaned in between sessions.
- Heat sheets/programs will be made available on the DSMY Marlins website prior to the meet/event for spectators to download. They will not be for sale on site.
- When possible, the events at the aquatic center will be live streamed through DSMYTV.com

How Practices Evolved | How Sets evolved

NDAC-2 | EISF
Thu Aug 20 '20 - 8:00 am 25 Yards
Default interval: 2:00 per 100

SHARE THIS IN Clinic

Give Film of as warmup w/ ✓ addendums

#1Together sets

Tuesday → 3 ~~2~~ X 2:00 No Snorkel Freestyle Loosen stretch spine
→ 1.5 2:00 kick (Find your legs & find your shoulders) Longaxis find your line Shortaxis find your flow
→ 1.5 2:00 Scull deadleg (Find the water Posture balance/"Float" Connection to your core Can use legs later in the choice kick or scull portion 0 yds 0 min

[But what does this look like for a 20 minute warmup? Take Notes]

State: Direction from home base ~~will be~~ home base on "right side" of Lane

1x
300 Swim IN6
100 Kick Choice IN6
100 Dead Leg Scull IN6
1:00
8x 50s IM IN7 [2 of each stroke] Kick -> Drill <- Drill -> Swim <- [XFly ok]
1:00
4x 50s Build of Main Strokes IN10
1:00
10x 25s IN10 [Fast/Easy, Easy/Fast, Build, FAST, Easy]
100 Dead Leg Scull

→ 1.5 2:00 Find your kick, your scull or either/both in your stroke 0 yds 0 min
7:30 :30 Break
8:00 4:00 1:00 on each stroke kicking drilling swimming any combination
12:00 :30 for Turn Set up
~~15:30~~ 3:00 :30 Turns
2-3:00 speed bursts (set up again, between the 15m buoys on the straight away is fast can rest on walls keep your distance
Scull chill 1:00
19:00
Choice Chill Calm & Seal
can take whoop pic as well!
Digg Swim B B Magoon

1450 yds 32 min

3:00

Digg 11.1 11.0

XFly really doing whatever you want on a fly bk in order theme

1450 yds 35 min

16x 75s on 1:30 IN10 4 Fly 4 Back 4 Breast 4 Free [This set is entirely focused on carrying speed underwater and into your speed down the pool especially during the breakout transition, hold your speed during that touchy transition!]

2650 yds 59 min

3:00

2650 yds 1 hr 2 min

9x 100s on 1:40 [#1 Free Smooth, #2 25 Stroke Strong 75 Free Smooth, #3 50 Stroke FAST 50 Free Smooth]

3550 yds 1 hr 17 min

2:00 2 push 25s (they were ok. Dylan Heriak is going to swim fast Saturday

3550 yds 1 hr 19 min

5:00 Snorkel Paddles IN6

Kaatsu Sandy Steinner
Swimsuit Dryland Post I II III IV

Get the boys on at TEAM IOWA

You beat next a rehearsal in IA (calling, how many visits?)

Who still needs Functional Movement Assessment
when Appt
What to add to their program when
How do we set up followthrough success

Send Each week's practices out on Sunday Email
(who is swimming & when?
ADAMS w/ Scheffels sometimes

#1Together totals:
3800 Yards - 1 hr 24 min - stress: 268

2020
STRONG