

Event / Mark if swimming		2015-2016 Short Course Season - GCY MAKOS Swim Meet Sheet (Warm-up/Warm-down/Strategy)
50 Free		No breathing pattern, pick spots instead -plan out when you are going to breath prior to race and stick to it! Aggressive no breathing breakouts! No breathing off starts or in and out of turns. Commit to that! If you have a weak breathing side - ABSOLUTELY DO NOT BREATHE to that WEAK side on this event (correct in practice later)!
100 Free		NO building here. Attack and Be Aggressive. Commit to not breathing out of turns. Race it like a 75 yard all out through the last turn, then all heart and race last 25! Breathing pattern on first 25 is SAME as on first 25 of a 50, after that you establish a pattern BUT you are STILL SPRINTING! Last 25 is for racing whoever is left around you - THERE IS NO TIME TO LOOK at anyone who is NOT on your breathing side! If you have a weak breathing side - ABSOLUTELY DO NOT BREATHE to that WEAK side on this event (correct in practice later)!
200 Free		50 Long and Smooth Building from 90% to 95%, 2nd 50 build 95% to 98%, 3rd 50 attack with your legs and leave everyone behind! 4th 50 is all about HEART! Bring it home with everything you got Left!
500 Free		100 Long and Smooth Build from 85% effort to 90%, than think its only 8 x 50 building 1-8 fro 90% to 100%. Everyone sprints the last 50, so you will sprint the last 75 or 100 - think 7-17, during these numbers you MUST be GOING FAST to hold FASTEST interval hold possible - WHEN YOU SEE 17, COACHES CALL DUKE POWER, BECAUSE THIS SHOULD BE LIGHTS OUT!!!
1000 Free		Build into the race, start with a good aggressive build from 80 to 85% than think Build on the 5s, 5-10-15-20-25-30-35 into finish attack. Swim on the line, absolutely no circle swimming. Black line is your guide to only swimming a 1000 and not a yard more!
1650 Free		Build into the race, start with a good aggressive build from 80 to 85% than thinkBuild on the 7s, 7-17-27-37-47-57 into the finish, attack. Swim on the line, absolutely no circle swimming. The black line is your guide to only swimming a 1650 and not a yard more.
200 Free		50 Long and Smooth Building from 90% to 95%, 2nd 50 build 95% to 98%, 3rd 50 attack with your legs and leave everyone behind! 4th 50 is all about HEART! Bring it home with everything you got Left!
50/100 Back		This is a sprint, Keep kick strong and inside the pathway you're traveling through! Focus on fast kick with long fast strokes into the turns, Keep you head still, chin up! Build your RPMs to fastest on the last 15-25 yards! Move hands fast without moving your head! ALL OUT but a WHOLE "NOTHER LEVEL last 15 - 1.1 second stroke rate!!!
200 Back		Keep your Stroke Long, Build your kick by 50. Be aggressive Flags into Turns. Same 100 Back finish with fast RPMs and same Build as 200 Free so look at those for more tips! Move hands fast without moving your head! Stroke Rate = 1.3!
50/100 Breast		Use your Kick to throw the stroke into the "I" position, fast but not rushed Pull outs! Fast pull with good lunge forward with the kick! When you lunge forward feel your body stretch than start the next pull! Make sure your PULL, SHOOT, and BREATH is FAST with NO pauses - faster turnover for the 50! (Note, lot's breaststrokes tend to hold "I" position until he/she starts slowing, GREAT BR sprinters get to "I" but start pull at fastest speed not when they start slowing!
200 Breast		Follow same strategy as 200 Free (effort/% wise). Good EXTENSION, WORK THE PULLOUTS AS HARD AS YOU CAN with a Dolphin kick first!!! Count your strokes, if you start adding strokes per 25, focus more! HYPER-STREAMLINE, FINISH every kick with ankle flexion/power, HEAD DOWN, EYES DOWN, focus on this ESPECIALLY inside FLAGS and through pullouts!
100 Fly		This is a SPRINT, 1st 50 concentrate on building your kick, 2nd 50 Blast Kick! Breath every 2 or 3 the whole race. Commit to <b>NOT</b> breath every stroke at any point- GCY swimmers take FIRST stroke of EVERY wall without a breath, NO EXCEPTIONS every swimmer, this starts each 25 DOWNHILL, not doing this will start you off UPHILL, which will really wear you down!
200 Fly		Commit to Breath Every other stroke, It will make the race easier and you will take less strokes. Keep it long and build your kick every 50. Don't allow the stroke to get wide. One WORD: CONFIDENCE! Build the event just like the 200 free, look at that event for more race tips. GCY swimmers take FIRST stroke of EVERY wall without a breath, this starts each 25 DOWNHILL, not doing this will start you off UPHILL, which will really wear you down more!
200 IM		Every 50: Fast Strokes with a Good Build in your kick, Aggressive Turns, Back and/or breast is not a REST station. ATTACK! Your success will be determined by not letting up on any stroke! Backstroke is a SPRINT, it is NOT a recovery stroke for your fly! Great body lines while sprinting back and free, effort/efficiency with fly/breast!
400 IM		Sprint the first 100 Fly, AFTER that each of the 2nd 50's SHOULD BE faster than the first 50 (first 50 set-up the form technique, and alignment, 2nd 50 sprint with it!). Underwaters and walls have to be fast throughout swim! DO NOT GIVE UP at any point, last 75 free is all out with GREAT KICKING!

**WARM UP AND COOL DOWN NOTES FOR EACH TYPE OF EVENT  
DO NOT SKIP WARMING UP OR WARMING DOWN! WARM DOWN IMMEDIATELY AFTER YOUR RACE!**

<b>50s</b>	Warm-up: 1 x 150 Ez swim, drill, choice, 8 x 25 1/2 fast - 1/2 ez working aggressive breakouts! Warm-down: 1 x 200 ez free,drill/choice or 5 to 10 x 50s, 1 x Kick-drill, 1 x Drill-Swim
<b>100s</b>	Warm-up: 1 x 150 Ez swim, drill, choice, 6 to 10 x 50 1 x ez free, 1 x fast choice Build 1 to ? to 95% Warm-down: 1 x 200 ez swim, drill/choice or 5 to 10 x 50s, 1 x Kick-drill, 1 x Drill-Swim
<b>200s</b>	Warm-up: 1 x 150 Ez free, drill, choice, 6 to 10 x 50s drill/build 1-? to 95% Warm-down: 1 x 200 ez free, drill/choice or 5 to 10 x 50s, 1 x Kick-drill, 1 x Drill-Swim
<b>End of Session</b>	8-12-16 x 50 Choice, 1 x Kick-Drill, 1 x Drill-Swim, depending on level!

**WARM-UP FOCUS POINTS FOR EACH STROKE**

**Free**

Control breathing in shorter Races  
No crossing over midline, BOIL kick!  
Head is the driving force, keep it still, eyes down!  
Don't be lazy into turns, drive head & Legs on last stroke

**Back**

Head Still, Ears Underwater, Chin up (Especially on Breakouts!)  
Before you leave the warm-up pool, do fast RPMs  
Focus on a long body position at the point of catch  
Be confident in your stroke count, fast turns/underwaters! 1.1-50/100, 1.3-200

**Breast**

Always warm-up focusing on great distance per kick first  
Force the kick to finish by getting your heels together  
Don't get lazy on pullouts, get your body facing the bottom of the pool before your start your pull outs out of your turns, think extending,

**Fly**

Work Aggressive Underwaters off all walls  
Build Kicks into fast no breath breakouts  
Press back into water and get your hips up  
Kick hands in aggressive, Kick hands out aggressively  
Press drills and cadence for short distances only

**EVERY RACE NOTES:**

Relax on the block, Throw hands forward, no swinging!  
Tight Streamlining! Keep fingers together when swimming!  
No Circle Swimming.  
EXECUTE with EFFORT all of the processes maximize performance TODAY!  
Quick Turns, Walls are not a break in and out FAST  
Control Breathing and Race into the FINISH!  
not gliding (gliding you tend to slow down before pull)