

Training for Long Course in a Short Course Pool

By Emily Sampl//Contributor

Spring is in the air, and in the swimming community, that can only mean one thing: the long course season is approaching. As the short course championship season comes to a close the focus of many programs across the country shifts towards the summer months and the many long course meets of the summer.

The long course season is considerably shorter than the short course season, making the integrity of your training and meet preparation even more critical. As you get back into the water, having a clear direction in your training will help you stay on task

Fix Technical Issues Early

For months, your coach has talked about, focused on, and drilled continuously stroke corrections and development. The short break from the pool allows each swimmer the opportunity to be reinvigorated about the sport they love and acquire the strokes needed for long term success.

NOW IS THE TIME TO FOCUS ON STROKE CORRECTIOS

Focus on Stroke Rate and Tempo

The obvious difference between yards and long course is that in long course, swimmers are covering more than double the distance in between each wall. Many swimmers lose speed when transitioning to long course simply because they are unable to maintain the same stroke rate as in a yards pool over that longer distance.

When transitioning from short course to long course it is important to think about your stroke rate. That means counting your strokes in breaststroke and butterfly, and thinking about your tempo on freestyle and backstroke. In practice, focus on the length of your stroke and count your strokes during different sets. Focusing on descending your time while holding a specific stroke count will help you stay disciplined about swimming tall and will help you find that right stroke rate to stroke length ratio.

Turns, Underwaters and Breath Control

When you're swimming twice the distance between each wall, there are several things you'll need to be prepared for—swimming farther without a turn, holding your breath longer and kicking continuously for a longer distance, to name a few. Make sure to focus on kicking stronger for a longer period of time and keeping the correct breathing pattern at all times.

FAST LONG COURSE SWIMMING

STARTS IN APRIL WITH SOLID STROKE PREPERATION & FOCUS