

IMX Swimming Out of the Pool #6

Friday, April 10, 2020

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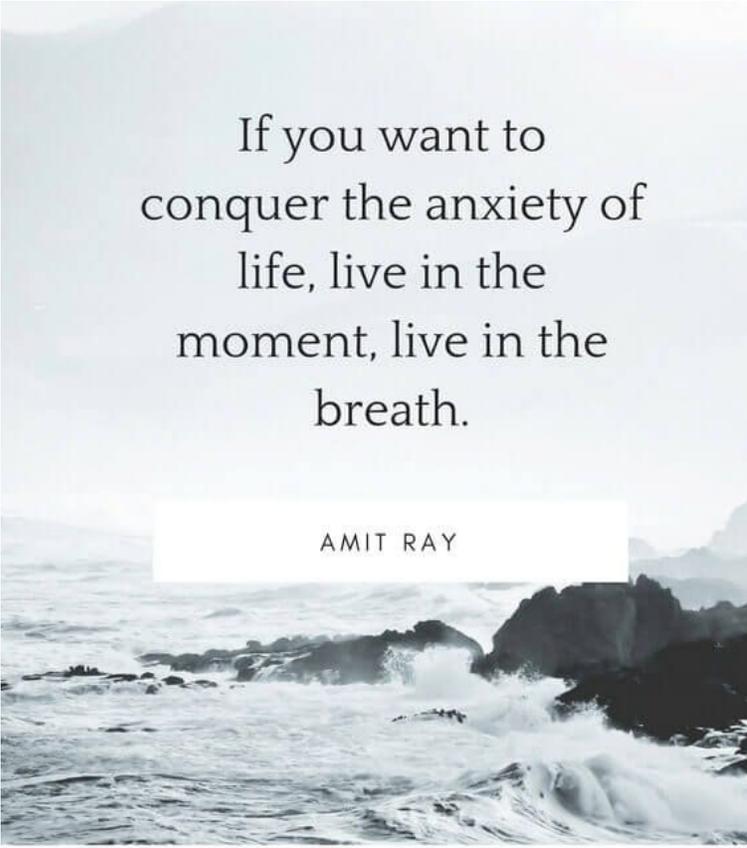
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Happy Friday IMX swimmers!

I said it on Wednesday, but I'll say it again...

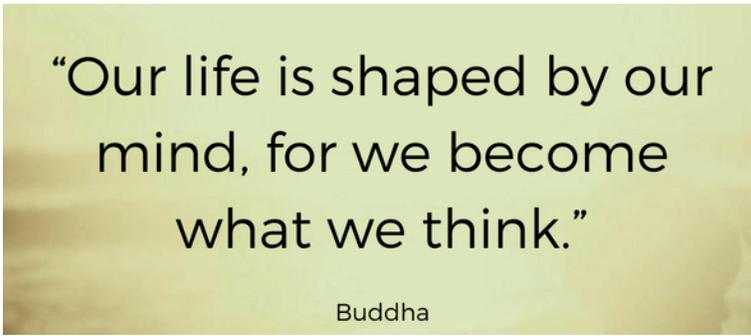
I have always had an obsession with quotes. Sometimes, if you aren't sure exactly how you are feeling, look up some quotes. If you are feeling down, look up positive quotes, maybe even some negative to validate your feelings, but then go positive. Quotes have a way of speaking and relating to you, but most of all they can motivate you in any part of life. You can always go to google and type in "Quotes about _____." Sometimes I can't stick to just one quote either.

Quotes of the Day:



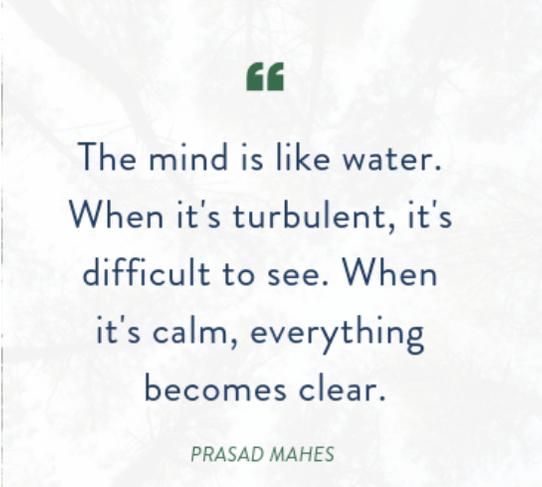
If you want to
conquer the anxiety of
life, live in the
moment, live in the
breath.

AMIT RAY



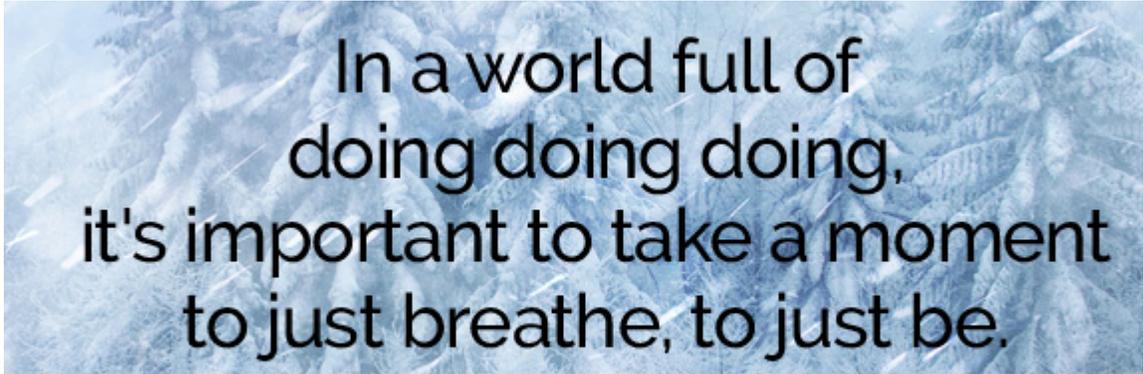
"Our life is shaped by our
mind, for we become
what we think."

Buddha



“
The mind is like water.
When it's turbulent, it's
difficult to see. When
it's calm, everything
becomes clear.

PRASAD MAHES



In a world full of
doing doing doing,
it's important to take a moment
to just breathe, to just be.

Message from Coach Lauren

As we end our 2nd week of Swimming Out of the Pool, I want to thank you for the time you take to read the information presented and remember it is part of your development as a swimmer. I hope you all have figured out a routine at home that incorporates your schoolwork and swim work. There are many teammates that are homeschooled and their daily learning has not changed. Being homeschooled does not mean being “in school” 24/7, but they have a different schedule, that does include breaks and exercise. There are resources online or OCCS parents who homeschool that can help you construct a schedule to learn at home if you want a little more guidance.

On Wednesday we had our 2nd Zoom meeting – We will be moving to SKYPE next week for the remainder of lessons. I know there have been some security issues with Zoom, while we haven't directly experienced a problem, it is best if we move to Skype.

In the meeting we talked about nutrition and the swimmers provided feedback about questions asked and what they eat in relation to training. We discussed the importance of how you fuel your body while going through the food groups or nutrients we need to perform. I was very happy with everyone interacting in the conversation and we are starting to get the hang of virtual learning.

Remember to take advantage of this time at home to know what you are putting into your bodies. You have most likely been eating more food from home and have more snacks only feet away from you all day long. Many, if not all of you, are doing a great job of doing dryland through a YouTube or webinar video, following the dryland structure below, or use the exercises you know to create a challenging workout. Continue to exercise as much as you can, get out and play games, just keep being active!

I will always remind you to use your accountability log to help you keep track of hydration, nutrition, goals, etc. really anything you feel you want to make a habit of. Once you have practiced that habit by writing it down, eventually you will be able to wake up and make a goal or drink enough water throughout the day without thinking about it.

**Weekly Wednesday Meetings:
We will be moving to SKYPE next week for the remainder of
meetings. I will provide you with the details on Monday.**

For the responses and feedback of lessons, you can always go back to previous lessons and give a response if you haven't already. I know you have to fit this into your schedule, but it isn't a bad idea to do the work at or around the same time practice would be. Responding to challenges will help you keep you focused on what to look forward to and the commitment you have made to swimming. Don't let yourself fall behind, keep thinking about swimming.

Psychology: Peak Performance Management

We are going to be talking more about how to get your body ready to perform, but also how to relax. Below is an introduction to breathing techniques to get started on calming and controlling your brain with breathing. We will be practicing breathing techniques in our next online meeting.

I lead my MC IMX swimmers through breathing techniques before meets like HOKI, President's Day and JOs. I use the app **HeadSpace** as well (with the swimmers and for myself), it is available to download on your phone and there are meditations/exercises for all ages, with special sections for kids, by age as well.

Left Brain Buddha:

This site is a great resource to learn and practice mindfulness. Breathing is a technique that helps in mindfulness and is important for you to know and practice throughout the day. The link is to **10 breathing exercises you can do in under a minute**.

<https://leftbrainbuddha.com/mindful-minute-10-simple-ways-bring-peace-day/>

Challenge: Check out the site and practice a few of the breathing techniques.

Physiological: Nutrition

The goals in nutrition for IMX swimmers from the OCCS & USA Swimming Student Athlete Development Progressions:

- Understand that "Food is Fuel." Energy in = Energy out.
- Makes healthy food choices (despite teammates unhealthy choices while traveling, after training, etc.)
- Can put together a healthy meal with all macros (carbs, proteins, fats) at table.

Nutrition Challenge – Make a Dinner

This week, I challenged you to make a healthy meal. If you haven't already, that is the main challenge for this week. It is an important skill for you to know, now and for the rest of your life. Responses vary in length and depth and that can also depend on your age or experience. The more detail or thought you give, the more you learn.

Here is the self- review of a meal made by a swimmer:

“The eggs tasted great, especially with some added salt and pepper. The bacon was another great compliment with the eggs, and served as another healthy and savory part of the meal. The milk didn't add anything special to the meal as I've drank milk almost every day of my life. The strawberries were like a healthy ad sweet dessert to end the meal. I learned that cooking isn't as difficult as it might seem. You just need to pay attention to the stove and oven so as to not burn the house down (and also try to not burn the food). I learned in 6th grade Family and Consumer Sciences that I need to be careful when cutting fruit, and to not hold the fruit in your hand like a baseball.”

IMX Swimmer Challenges

- Practice breathing techniques from Left Brain Buddha
 - Prepare a meal for your family using the information you learned on constructing a healthy meal
 - Provide [Feedback on the Google Form](https://forms.gle/QUz633KQbfmQKdU27): (<https://forms.gle/QUz633KQbfmQKdU27>)
 - What did you make? What ingredients did you use?
 - Present the nutritional facts/ values for each food group using nutrition lables
 - How did you prepare the meal? (cut up veggies? Bake? stovetop?)
 - Give a self-review about the meal and your experience, what you learned on cooking dinner or food.
 - Pick a 30 Day challenge from the Darebee site: <https://darebee.com/challenges.html>
 - You can say what challenge you pick in your feedback
-

Dryland

Check out the link or “spell your name” dryland provided in the email.

The workout below should take over 30 minutes to complete. It is structured based on the IMX requirements and the dryland exercises we have worked on throughout the year. Make sure you are stretching and doing exercises correctly. You may add a medicine ball or resistance band to any exercises to challenge yourself more. Be sure you are staying hydrated!

You are welcome to do multiple rounds of each segment of exercises.

3 x (Without stopping)	March Steps	March Steps
	10 Second Sprint	High Knees
	30 Seconds	March Steps
	10 Second Sprint	High Knees

Rest 1:00 - 2:00

2 x (Without stopping)	20 Seconds	March Steps
	20 Seconds	Jump Knee Tucks
	20 Seconds	March Steps
	20 Seconds	Squats
	20 Seconds	March Steps
	20 Seconds	Lunges

Rest 1:00 - 2:00

2 x (Without stopping)	10 Burpees
	1 Pushup
	20 Side Lunges
	1 Pushup
	30 Jumping Jacks
	1 Push up
	20 Streamline Squat Jumps
	1 Push up

Rest 1:00 - 2:00

4 Rounds Rounds 1 & 3	Sit up punches
	Flutter Kicks

1 x then :30 rest Rounds 2 & 4 2x then :60 Rest	15 Seconds each exercise	Sitting Twists
		Reverse Crunches

Rest 1:00 - 2:00

2- 3 Rounds	20 Seconds each exercise	Plank On Hands
		Up (hands) & Down (elbows) Plank
		Moving Plank (left- center- right)
		Alt Arm & Alt Leg (R Arm + L Leg/ L Arm + R Leg)
Rest :40		

Rest 1:00 - 2:00

2- 3 Rounds	20 Reps each exercise	Arm Circles
		Side Arm Raises
		Arm Circles
		Front Arm Raises
Rest :30		

STRETCH!!

You should know the proper stretches; you can reference the darebee site for stretch routines.

Yoga Resources

[H2OM Yoga](#)

Hosted by Leslie Tomlinson - she was a former NCAP coach at the Freedom Center Site, and now studies and practices Yoga Therapy. This is her website and she is offering Zoom Classes during this time!

[Planet Granite - Earth Treks](#)

Earth Treks offers multiple daily live streams of various yoga classes. Check out the schedule and participate in one - maybe with a family member!