

Swimming Out of the Pool #2
Wednesday, April 1, 2020

Good Afternoon,

I hope you were able to take the time to read and work through the challenges from Monday at home. We will have some new challenges today, but keep working on drinking water and writing in your accountability log. Remember, this is the time for you to become independent in the decisions you make regarding your nutrition, training and commitment.

Today will be our first Zoom meeting. Join the meeting using the information below, this is a chance for swimmers to interact with each other and go over the ideas we talk about throughout the week. We will also do a few dryland/ exercise challenges together.

Weekly Wednesday Zoom Meetings – 3:00-3:40 p.m.

ZOOM Meeting ID: 404-396-821
ZOOM Meeting Password: 79466227

To respond to the challenges or any material presented below, click on the form. I will use responses to review the topics we talk about. You can leave your name, leave your name and ask to not share your name, or not include your name.

<https://forms.gle/mDDAfVY2u9WMmaop9>

Character & Life Skills: Work Ethic & Self-Discipline

At the IMX level swimmers must learn to take responsibility of their daily activities and begin to understand how it relates to their performance. This starts with them beginning to recognize their routines and habits.

What is accountability?

On Monday I asked you to think about accountability and make sure you are taking responsibility for your actions. There were many great responses to how swimmers hold themselves accountable. I have shared a few below.

“I can hold myself accountable by taking responsibility for my actions and staying dedicated to things I need to do, such as schoolwork and sports. Outside of the pool, I am responsible for all my schoolwork, baseball, track, and some chores around the house like taking care of my dog and taking out the trash. In the pool, I take responsibility for the times I get and the training I do to get those times. I could hold my teammates accountable for the times they get. For instance, if a teammate was complaining about a time but never worked hard in practice, I could give them a friendly reminder of this fact and encourage them to work harder in practices to come.” Mason Lancellotti

“I hold myself accountable by thinking of things that could happen if I did not hold myself accountable. In my house I am accountable for doing my laundry, emptying the dish washer, and keeping my room and the basement clean. In the pool i hold myself accountable for my effort and attitude. I feel my teammates should be accountable for supporting and helping one another.” Theo Avelis

Swimmers from the MC IMX have made different group chats with so they can do dryland together. Facetiming through their phones, they are holding their teammates accountable to be putting in the work while we are away from the pool.

Try and keep track of a daily accountability log, get in the habit of making goals, stretching and eating healthy. Once you are in a routine, you don't need to keep a physical log.

Daily Accountability Logs:

In the morning:

Name one goal for the day:

Do active stretching or some exercises.

In the evening:

What was the most active activity you did today?

What was your healthies snack or meal?

Biomechanics:

A review of some of the responses to Mondays information and articles.

“You can kick underwater for fifteen meters. For backstroke this rule has been in place since 1988. Underwater kicking is important because it helps you carry the speed of your walls to further out in the race. The benefits are that it helps you go faster off your walls than you would have without it.” Anonymous

“Drag in the water is a force that pushes a swimmer back when they swim. This is explained by Newton's third law of motion. When a swimmer pulls water to move them self forward, a force is created that pushes the swimmer back. Reducing drag is important because as a swimmer, you need to move through the water as efficiently as possible. You can reduce drag by making your body as horizontal as possible while swimming. This means keeping the head down and pointing your toes so that your head and feet are not dragging in the water.” Melissa George

“Conservation of Momentum to me means saving up "energy" through a race so you can go fast through the entire thing. You do not want to waste all your energy in the first half of the race because then you will feel drained in the second half. If you save up some momentum, or speed, until the end of the race, you can finish strong and maybe even win the race or get a best time! You may not make it through the whole race if you let it all out in the first two laps. This is why you need to pace your race.” Anonymous

Physiological: Cognitive

In IMX you need to understand your heart rate, why we take and use our heart rate during training, and how to measure your heart rate.

The article below talks about what effects your heart rate and how to check your heart rate. Try to find your heart rate in two different areas. We will talk more about the purpose of taking your heart rate in the coming lessons.

<https://www.healthline.com/health/how-to-check-heart-rate>

Physiological: Nutrition

The nutrition section this week will be the same each day, trying to make sure you are hydrating and making at least a few healthy choices when you eat.

I will hold swimmers accountable for how they decide to fuel their bodies. At the IMX level, swimmers need to be putting together their own snacks, and learn how to prepare healthy meals. Why do we tell you, our swimmers, to be drinking water so much? Why is hydration important, what happens when you are dehydrated? What are the benefits of drinking water?

<https://darebee.com/nutrition/fitness-and-hydration.html>

Keep track in your log how much water you drink each day this week.

How should you decide what to eat as a swimmer? This is an easy read about nutrition and different options available. You will also see some of the ways it is important to time how swimmers eat in relation to training and competition.

https://hubbardswim.com/docs/RecTeam/Nutrition_for_Swimmers.pdf

This week, pick/make one healthy snack a day and write down in your log. I will refer back to this, along with other material, as we go along for other meals to make.

Weekly Dryland:

Today we will be doing some dryland challenges during the Zoom meeting. You can do the same exercises this week and will get a new circuit next week. Some of you also have your own dryland routine you go through and I encourage you to keep doing that. You can use these to mix up your dryland routines at home.

The workout below should take 45 minutes to an hour to complete. Swimmers should take the time at the end to make sure they are stretching. Remember that doing exercises incorrectly or rushing them can lead to injury, watch what you are doing, push yourself as much as you can, without injury. While swimmers know the exercises below, I have included reminders they need to pay attention to while they do their workouts.

To help keep your cardio endurance up get outside to ride your bike or go on a walk or run, at least 4 times a week in addition to the dryland exercises.

Warm-Up

This warm-up should take *at least 2:30 and no more than 3:00* (timed exercises are :30 each, total of 2:00 plus the exercises in between). Move quickly in the transitions, the point is to warm-up your muscles and get your heart rate up.

High Knees for :30 Seconds → 20 Jumping Jacks → Butt Kicks for :30 Seconds → 10 Burpees → High Knees for :30 Seconds → 10 Pushups → Butt Kicks for :30 Seconds

Circuit- Body Weight Exercises

Complete this Circuit 2x – it should take 32 minutes, 15 minutes per round.

Each Exercise for :45 seconds, rest & get ready for next exercise :15 seconds

1. Squat Keep arms across chest, sit back – stand up like pushing off a wall
2. Plank on Hands Hold core tight, keep back straight
3. High Knees Knees up to Chest, running pace
4. Shoulder Taps Push-up position, no rotation
5. Jump Knee Tucks knees to chest with power – like off a turn
6. Push-Ups Don't cheat yourself
7. Flutter Kicks Hands under butt, STRAIGHT LEGS, do not touch the ground!
8. Mountain Climbers Keep your core tight and your butt low
9. Tri-cep Dips This is an ARM exercise, move your body with your arms, not hips
10. Calf raises Feet flat to tippy toes, to feet flat, no cheating yourself
11. Reverse Crunches No touching ground, knees to chest, straight out, back to chest
12. Plank Jump In/Out In hand plank position, feet jump in under chest and back out
13. Sit-Ups Arms across chest, no cheating
14. Streamline Squat Jumps Tight streamline, tight core
15. Burpee w/ Pushup QUICK, down on hands, jump feet out, pushup, jump in, jump up.

Rest 2:00

Warm Down and Stretching

Use this stretch routine to warm down:

<https://darebee.com/workouts/finish-line-workout.html>

Refer to the following links every day or every other day to make sure you are stretching, working on flexibility and your posture. Look around at the other stretching workouts on the site. I will switch it up the stretching I send, but start with the links below.

Full body stretching exercise:

Use this at the beginning of a workout to warm-up or to help stretch in the morning.

<https://darebee.com/workouts/unplugged-workout.html>

Stretching for after working out:

Follow these stretches at the end of a workout.

<https://darebee.com/workouts/finish-line-workout.html>

Exercises to improve posture:

<https://darebee.com/workouts/posture-perfect-workout.html>

<https://darebee.com/workouts/posture-workout.html>

I will be referring to the site <https://darebee.com/> often, as I have in the past. It is great site with pictures and explanations of the exercises so the kids know what to do exactly. Most of the exercises they have done before and should understand, but references never hurt.

I encourage you to look around the site and the resources it offers. I will include a few links for stretching and a posture routine for swimmers to work on.

Parents, you can even try some of the workouts they provide (over 1,000).

They have a daily dare and daily workout challenges. Can everyone in your family complete the daily challenges?

Swimmer Challenges to Complete:

Respond on the following google form. Only I will see your answers, but may share some information or learning from what you provide. Please make a note in your response if you do not want me to use your name or answers to share with everyone.

<https://forms.gle/mDDAfVY2u9WMmaop9>

- What is heart rate and how do you measure it? What is your resting heart rate? Exercise heart rate?
- Complete a daily challenge from the darebee site with a non-swimming family member.
- Weekly Zoom Meeting – Wednesdays will have less information because we will meet on Zoom as well.