

I like the activity we started on the Group Me. Keep it up. Watch each other's videos and comment on what you like or don't get, and keep yourself in shape for when we get back to normal. Today's lesson has a decent number of tasks, so I'll try to keep everything short.

Did everyone see the changes FINA made to breaststroke? Check out Swim Swam.

Stroke Workshop

Flexibility is one of the most underrated parts of swimming. It helps with streamlines, full extension on strokes, and is especially useful for recovery. Today's focus is on ankle flexibility which is probably the most important factor in your kick speed. People without ankle flexibility have to bend their knees when they kick which hurts how hydrodynamic you are. Additionally, they just can't get the same propulsion even though they may be working much harder.

Here is a short article from a great swimmer and coach on the importance of ankle flexibility and 1 specific stretch. <https://swimswam.com/freestyle-kicking-power-requires-plantar-flexibility/>

Another exercise I'd like you to work on helps with breaststroke kick as well. Start sitting on the floor like you're about to do a "sit and reach." Press your toes down and hold for 10 seconds. Now, bring your toes and ankles as far back as you can and hold for 10 seconds. Repeat this 10x.

In the same position lets do ankle circles. With your feet being mirrors of each other make the widest circles you can. Make sure that you aren't letting your knees do the rotating for you. This is all about your ankles. After you've done 10 circles, go the opposite direction for 10 more. You should do this 5x.

Here's another video to watch with a guest star: <https://youtu.be/xJyJmbGVya0>

Character, life, and psychological

Mindfulness will be our general theme here, and today's lesson is on focusing on only the task at hand. Some people think mindfulness must be through meditation, but that isn't 100% true. While meditation can help, you can be mindful as you're doing the dishes or driving. When you do an exercise on mindfulness, try to find a calm quiet space so you can be with just your thoughts. Here's a story to consider while being mindful.

A woman saw a man with a old-beat-up-truck on the side of the road in obvious distress. She stopped and offered to help. The man said that he was a construction worker who had just been fired. He was out of money, and his car had run out of gas. The woman drove him to a gas station, bought him gas and food, and drove him back to his truck. The man was so appreciative of his help that he invited her to dinner with his family, and she accepted.

They got out of the car at his house, and he stopped by a tree, reached into his pocket, and hung something on a branch. When the woman looked at the branch, she didn't see anything, so she asked what he was doing.

The man said that every day when he comes home he leaves all his troubles, worries, and cares outside the house so that his family only gets the best of him. He doesn't let them see everything worrying him, so they can focus on each other when he's home.

What do you take from this story? What do you carry with you into the pool that holds you back? What do you carry home? Do you make sure that every aspect of your life gets the best of you, or do you bring negativity from one place to the next?

Physical

- Shoulder rehab/prehab

- Run 45 minutes – 5 minutes smooth, 1 minute sprint – 3 minute cool down at the end
- 1,000 abs
- Repeat the streamline workshop and jumps 10x
- Do the ankle exercises 5x
- Share your results on the Group Me if you did something excellent or interesting

Challenge

Still looking for more people to get involved and send in some stroke videos or recipes.

- (Repeat) Find a stroke video (short and simple (make one if you want!)) that: 1. teaches you a new idea or drill, 2. confuses you, OR 3. isn't what you thought was correct. Share it on the Group Me.
- (Repeat) Share your recipe or other part of the workout on Group Me.

Send Off

If you made it this far, yes, I know the FINA breaststroke change is an April Fools joke. I know some of you were fooled. I like the little bit of humor for today.

You can always email or text with questions, comments, or concerns – or put them on the Group Me.

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