

Blue Group Update-May 8, 2020

I hope everyone is doing well. I know school is winding down and I'm sure that's a relief for everyone. I know I can't wait until my kids are done with school. Schooling from home is very challenging for everyone involved. When it comes to CYAC, we are working towards getting back into the pool as soon as we can. There's a lot to consider when trying to come up with a plan. Our goal as a staff is to get back in the water when we can follow a plan that is safe for everyone. We are waiting for guidelines for the Y and CYAC to follow from state leadership. I can tell you that we've run many scenarios on how this is going to look. We hope to have a plan out to everyone ASAP.

I found the following link on tether swimming. I thought it was really interesting.

https://video.search.yahoo.com/yhs/search?fr=yhs-pty-pty_maps&hsimp=yhs-pty_maps&hspart=pty&p=7+tips+for+swimming+with+a+swim+tether#id=1&vid=510bc6a6e8284ebaf210f3afc56c1086&action=click

When designing a tether workout, use the following tips-

1-If possible, attach the tether to a higher point than the pool. This will help you with keeping

2-Mix it up-Don't just focus on freestyle. Throw some different strokes and kicking into the mix. I would have about a 60%-70% (swimming)/30%-40% (kicking) ratio to start off.

3-Measure your workouts with:

- a) Time (10 x 1:00 swim) with :30 break
- b) Stroke count (10 x 50 stroke cycles) with :30 break

4-Keep your practices shorter. We are used to swimming at least 2 hours for all of our workouts. Remember that resistance swimming with a tether is more difficult than normal swimming. A lot more stress will be put on the shoulders. Keep the workouts shorter and build. Workouts should be around 45 minutes.

5-Changing effort is important.

10 x 1:00 swim with :30 break

:30 at about 60% effort

:20 at about 80% effort

:10 at all out effort (keep the all out efforts to a minimum).

