

Program Introduction

There will be a single focus each week.
There will be video, under and/or over the water, each week.
Arrive 5 minutes early to loosen up and get re-balanced.
(Suggestion: deep breathing exercises while lying on your back.)

Lesson Focus: Body Sensing

Swimming well is about swimming with relaxed strength.
What makes you *not* relaxed?
What makes you *not* strong?

Warm-Up

Full rest between repeats.
2 x 1 Lap: Kick on side, lower arm extended
4 x 1 Lap: Easy freestyle, count strokes per length (SPL)

Video

Underwater one length – a little faster than usual

Main Set: Gear Work

Take 3-5 breaths rest before each repeat. Objective is to start going faster by increasing SPL.
Then, hold that speed while reducing SPL.

2 x 1 Lap at SPL
2 x 1 Lap at SPL+1
2 x 1 Lap at SPL+2
2 x 1 Lap at SPL+3 Note your time

Now you will go the same speed, with fewer strokes. How? By reducing drag...

2 x 1 Lap at SPL+2 Try to hit the SPL+3 time with one less stroke
2 x 1 Lap at SPL+1 Try to hit the SPL+3 time with two fewer strokes
2 x 1 Lap at SPL Try to hit the SPL+3 time with three fewer strokes
2 x 1 Lap at SPL Try to be *faster* than last repeat (but same SPL)

Warm-Down

Slow, stretched-out stroking to bring your heart rate down and flush lactic acid build-up.
1 x 6 Laps easy swimming. Optional: Alternate lengths of backstroke.

Video Review

Focus perceived drag