

# Breakwater Sports

## Introduction Level Two Technique Programs

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Coach Bill Steele 978-290-1445

www.breakwatersportstraining.com

### Program Goals

Breakwater level-two programs teach you to swim faster by making adjustments to your stroke. During the first session or two we will assess each swimmer's stroke to identify any basic issues that need to be addressed. We will address those issues as we begin to make the necessary adjustments to swim faster.

Note that fast swimming depends on a large number of variables – body type, the ability to perform very specific sequences of movements with power and/or speed, physical strength, etc. Each lesson of a level-two program focuses on some aspect of the stroke where adjustments can be made to increase speed.

### Attendance

For the level-two programs there is no progression to the exercises, drills and skills that are taught – each lesson more or less stands on its own. If you miss a lesson, do not worry that you will not be able to catch up. Video clips illustrating many drills and other swimming focus points are available online, and I will include pointers in the lesson plans, which are available on my website (see below).

During the week, swimming with a partner or two from the program (or one of my other programs) is *always* a good idea – you can observe each other's technique, and help each other out.

Regarding missed sessions, please note that we cannot schedule individual make-up sessions, we cannot pro-rate the tuition, and except in very rare cases it is not possible to attend a lesson for the same program at another location.

### When and How to Practice

When trying to increase speed and/or endurance, you will have to include high intensity sets in your workouts – along with plenty of technique drills. One of the supplements from the Level 1 program describes how to build practice sessions.

### Addressing Technique Issues

Swimming any stroke is a complex, non-intuitive, whole-body movement art. Every change you introduce will affect some other aspect of your stroke. So to improve your swimming, you will be making adjustments for as long as you swim. Be patient when making changes, and recognize that it will take some time to burn even the smallest new movement pattern into your muscle memory.

As always when drilling, **remember to focus on just one thing at a time**. To swim efficiently and with flow, all movements must become automatic.

### Required Equipment

Goggles and a snug-fitting one-piece bathing suit are required for all programs.

Swim fins are optional but highly recommended. I recommend Aqua Sphere Alpha Fins (which float and help to keep your feet near the surface), or Blue Zoomers (~~not Red Zoomers~~). Required and optional pool tools are described on the following page:

<http://www.breakwatersportstraining.com/equipment.html>

And online sources for equipment can be found on the following page:

<http://www.breakwatersportstraining.com/resources.html>

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### **Weather Cancellations Policy**

At the first lesson, please check your contact information (phone number and email address) that was provided to Breakwater Sports on the program roster. In the event of a cancellation due to inclement weather or a pool problem, we will make every effort to notify everybody as soon as the situation is known, by sending an email and calling the phone numbers listed on the roster. When a lesson is cancelled, the program will be extended by one lesson (usually this means just adding a week to the program).

### **Lesson Plans Online**

Lesson plans are available online from the webpage below. Note that these are constantly under revision:

<http://www.breakwatersportstraining.com/handouts.html>

### **Questions?**

Call or send e-mail to Coach Bill: 978-290-1445

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