

GEORGIA LMSC COACHES CORNER



Tip of the Month – December



On a set of repeat 50's or 25's doing this month's one arm drill keep track of your time. See if there is a difference between one arm and the other. If you tend to breathe on one side more than the other you might be surprised at which arm is stronger.

Drill of the Month – December

A single arm freestyle with the non working arm at your side breathing on the non working arm side is a great drill to focus on 2 things, your arm pull and breathing on both sides.

Swim Workouts

Strength Builder Workout (4000 yards)

10x100@1:40 Free long and loose held 1:30's

Main set (interval is for a 1:30 base swimmer)

5x100@1:35 Free w/paddles & buoy held 1:25's

4x100@1:30 Free w/paddles & buoy held 1:25's

3x100@1:25 Free w/paddles & buoy held 1:20's

2x100@1:20 Free w/paddles & buoy held 1:15's

1x100@1:15 Free w/paddles & wicked kick! 1:15

500 Free kick w/fins Easy
500 Free w/fins 6 kicks on each side then a stroke
500 Free every 3rd 25 Back
Sprint Focus (3000 yards)
10x100@2:00 Free 1/2 pull 1/2 kick

Use fins on all of the main set

100 Free for time
200 Free kick EZ
2x50@1:30 Free
200 Free kick EZ
4x25@:45 Free
200 Free kick EZ
100 Free for time
200 Free kick EZ
2x50@1:30 Free
200 Free kick EZ
no fins for this part
4x50 from dive 15 meter breakouts rest EZ
300 warm down

Goals

For those who have been swimming for a long time it can sometimes be demotivating to see your times move in what seems like the wrong direction. Every 5 years when you age up wipe the slate clean and reset your best times or try a stroke that you don't normally swim and see if you can improve in that stroke or distance. Find joy in your swimming and sharing your love for swimming with others who might be new to our sport. The more you give of yourself to others they better you will feel.
