

## GEORGIA LMSC COACHES CORNER



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### Tip of the Month – November



Every practice there are many opportunities to work on turns. Pick one thing to work on and continue until it becomes natural. Once you have mastered what your are working on add something else new to it. One example would be starting with getting a good streamline off the wall. Next, work on adding a single dolphin kick off the wall. Then try adding two dolphin kicks, etc.

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### Drill of the Month – November

This requires a kickboard and fins. Submerge a kickboard and do dolphin kicks underwater while holding the kickboard in front of you. If you must come up for a breath re-submerge the board and continue dolphin kicking underwater.

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### Swim Workouts

Unless specified, "B" stands for Base interval. Your base interval is the interval you can hold for a set of 10x100 and still make them.

### **Sprint Workout (3100 yards)**

2x300@5:00 Free

10x25@1:00 Sprint 4 fly, 3 back, 2 breast, 1 free

100@3:00 IM FAST

2x200@5:00 Free 1/2 pull 1/2 kick

8x50@1:15 2 of each stroke IM

14x25@:45 Free kick every 3rd 25 FAST

100@3:00 Free FAST

8x25@:45 Free kick every other 25 FAST

2x50@1:30 Free FAST

4x25@:45 Free kick FAST

4x25@:45 Free FAST

400 Free every 4th 25 choice of drill EZ

### **Dolphin Kick Focus (3200 yards)**

10x100@B+:15 Free

500 Free Kick w/fins every 3rd 25 moderate

10x50@1:00 Breast pull w/fins "get the dolphin motion into breast"

12x25@:45 Fly kick w/fins & board underwater

4x50 with start 1 of each stroke sprint 20's finish free ez

5x100@B+:15 Free w/paddles & bouy

200 Free EZ

Total 3200 yards

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### **Goals**

When you are new to swimming you can always set a few practice goals, like making a specific set on a given interval or moving up a lane. If you have never

done a meet you might try a developmental meet to get an idea of where you are starting and then you can set goals from there.