



Tip of the Month - June

What I call getting your Aqua Lungs is only accomplished by spending time in the water. On land you know how to breath and exercise at the same time, but it takes a while to get used to breathing, while exercising due to the pressure of the water on your chest when you are swimming. It takes atleast a month to get your Aqua Lungs if you swim a minimum of 3-4 days per week. Give yourself time.

Drill of the Month - June

For freestyle start by laying in the water with your arm extended and skulling with your right arm out of the water and bent. Move your left hand in a skulling motion 10 times then take three strokes and do the same with the right arm in the water and the left out of the water.

Swim Workouts

400 Free
8x50 @ :10R Free skull drill above
10x100 Free #1-4@1:30, #5-7@1:25, #8-9@1:20, #10@1:15
200 Free kick
5x50@1:00 Free paddle on right hand, right arm only breath to the non working side
non working arm at side
200 Free kick
5x50@1:00 Free paddle on right hand, right arm only breath to the non working side
non working arm at side
200 Free kick
5x50@1:00 Free with paddle on right hand 4 kicks on the paddle hand
5x50@1:00 Free with paddle on left hand 4 kicks on the paddle hand
500 Free broken 1,2,3,4,1,2,3,1,2,1 @:10 rest

Setting Goals

You need to have an idea of where you are before you can set a swimming related goal, so don't fear doing your first meet. Your first meet can be an opportunity to learn and try

something new. You will meet very supportive people with a love for swimming who will cheer you on. Have fun and enjoy the experience. Swimmers are very friendly and supportive.