

# GEORGIA LMSC COACHES CORNER



---

## Tip of the Month - November



If you don't have a coach and need someone to help you with your stroke, consider hiring one of the swimmers on the kids swimteam. Many of them would welcome a little cash flow in exchange for helping you with your strokes. Or have a friend video you so that you can see what you look like and make corrections.

---

## Drill of the Month - November

Tarzan as my kids call it swim with your head above water with an extremely fast turnover for 1/2 the pool length then lower your head back into the water while trying to maintain that fast turnover for the rest of the lap. This helps swimmers to work on their speed and is especially good for anyone with a slow turnover who is trying to learn to sprint.

---

## Swim Workouts

500 Free broken on :10 Rest as 25, 50, 75, 100, 25, 50, 75, 25, 50, 25  
5x100@2:00 Free as 50 pull/50 kick use a board only  
8x25@1:00 Free kick every other one fast  
200 Free easy  
20x25@1:30 Free SPRINT all out every one  
200 Free easy  
8x25@1:00 Free kick all fast  
200 Free easy  
100 Free w/fins ALL OUT for time from a push  
100 Free easy  
500 Free kick w/fins every 3rd lap fast  
300 Free EASY

**Total 3500 yards**

---

## Setting Goals

We are coming to the end of another year and soon it will be time to make our new year's resolution. Set your goal, make a plan to achieve that goal, and work your plan! Keep it in front of you, write it down somewhere and look at it every day.