# Workouts for Week May 23 – May 29, 2022

This week, rather than provide complete workouts, I’m throwing out different types of sets that you can

include in your own workouts.

Next week will be the last week for posting workouts so if anyone has something special they’d like to see give me a shout out. I’ll see what I can come up with.

HAVE CAMERA – WILL TRAVEL. Our LMSC has purchased a GoPro camera that I’ve been using for clinics and to provide individual stroke analysis. The feedback I’ve received has all been positive. So, if you have a group that would like to get together for this, let me know.

At the end of these workout sets, I’ve added a document I prepared entitled FREESTYLE MUST Dos that I use in stroke/filming clinics. After you read it, keep in mind that mastering these 6 components of freestyle won’t turn any of us into the next Ledecky or Phelps. When you watch elite swimmers, you’ll notice that they don’t all swim alike. The arm recovery, breathing patterns, kicking or arm tempo is oftentimes noticeably different. But the one thing they all have in common is that they have each mastered the 6 elements that I’ve discussed below.

### **DOLPHIN KICK** (Often called the 5th stroke)

12 x 25 - Underwater Dolphin Kick

6 with fins, 6 without fins. Keep the Kick fast and small.

The Dolphin Kick is like a whip – think of your core as the whip’s handle and the tail is a quick snap of your feet and toes. Or if you’re a fly fisherman, think about the cast. It starts with the handle pulling the line off the water in a tight, straight coil. Once the line has straightened out behind you, the handle snaps forward uncoiling the line. Too many people start the dolphin kick from their knees, so this is a good set to focus on the dolphin kick originating from your handle – your core.

Go underwater and get into a streamline position. Give yourself a goal of a certain number of kicks, then see if you can add on as time goes by. This is a challenging exercise. But the point is to get a good number of perfect kicks in, not to continually deplete your body of oxygen.

### FEEL THE WATER DRILL

4 x 100 Free

Close the fists *loosely* for the last 25 of each 100. This will help you develop a feel for the water as you focus on a high elbow catch.

Between each 100, do 30 seconds of vertical kicking. Focus on kicking with equal power in both directions – the upbeat and downbeat kick.

### KATIE LEDECKY THRESHHOLD SET

Katie Ledecky is perhaps my favorite swimmer and not just because she is amazingly fast but because of her work ethic in and out of the pool. This is a set where she focuses on her threshold pace, but we’ll do it just a bit differently.

1 x 300

2 x 150

3 x 100

6 x 25 – Fast Feet

Swim the 300 at a good effort – at least 80%. Make sure you get your time. Each 150 should be faster than the average 150 pace of your 300. Each 100 should be faster than the average 100 pace of your 300. The 25s are all out and focusing on a fast, narrow kick.

Katie does this set 3 times with a 60 second rest between each round and 10 seconds rest between each subset. You should adjust your rest accordingly so that you can hit the targeted times for each subset.

### SPRINT WITH FINS

If you want to go fast, you must practice going fast! If you want to be faster, do quick kicks with fins…then eventually lose the fins.

4 x 50 w/fins – 25 moderate, make your turn, come off the wall perfectly streamlined, breakout strong and sprint, all out, the second 25

4 x 75 w/fins – 25 fast, all out/25 moderate/25 fast, all out

4 x 100 w/fins – each 100 is ALL OUT. Take enough rest between each 100 so that you are fully recovered and ready to go.

Repeat the set without fins.

### SWIM LADDER

Ladder: 50, 100, 150, 200, 300, 200, 150, 100, 50 (rest 10 to 15 seconds between each)

Ladder sets have *sooooo* many possibilities for variation = they can be all free, all stroke, and even a mix of everything. You can turn this into a trapezoid by adding an extra 300 at the top.

My favorite way to swim this is to swim free on the way up the ladder, building your pace as you move up. When you reach the 300, negative split it. On the way down incorporate strokes. 200 = IM, 150 = your favorite non-free stroke, 100 = your second favorite non-free stroke, 50 = your 3rd favorite non-free stroke. Once you’re done you’ve worked every swimming muscle in your body.

### FREESTYLE MUST Dos

As Montanans, we know the practical value of driving a 4x4 rather than a Ferrari during most of the year. Still, there are those rare days when driving a Ferrari would be exciting. What does this have to do with swimming? Well, in order to swim like a Ferrari, we must all learn the fundamentals of the 4x4. Below are 6 fundamentals that need to become ingrained into our muscle memory before we can work on fine-tuning our fast pitched motor skills. They need to be mastered in the order they are listed.

#### BODY POSITION

The body should ride as high as possible in a horizontal position on top of the water. Point the toes and stretch the arms in front. The head is positioned so you are looking straight down, not ahead of you.

#### KICK

Flexible ankles and pointed toes are key. Always keep your kick up and down rather than sideways. The kick has 2 parts – an upbeat and a downbeat. Many of us think only about the downbeat and we lose propulsion and balance by neglecting the upbeat kick.

#### BREAHTING/SHOULDER ROTATION

It’s a very common mistake to take a breath and drop the shoulder down on your non-breathing side. E.g., the right shoulder drops when you breathe to the left. When this happens, everything mentioned above falls apart. The right arm starts the pull way below the top of the water, the torso rotates causing the hips to overrate and the legs to kick sideways rather than up and down.

If you’re a left side breather, extend your right arm as far forward as possible as you begin to turn your head. This keeps your body aligned in a horizontal position. Your head turns sideways looking toward your shoulder – NOT in front of you. Your head reenters the water when your hand reaches your face and moves forward during recovery.

#### HAND ENTRY

Keep your hands relaxed during the recovery and enter the water directly in front of your shoulder. Upon entry, extend you hand as far forward as you are able, keeping it as close to the top of the water as possible. This sets you up perfectly for the Pull

#### PULL

Early Vertical Forearm (EVF) is a term used often by coaches and to be honest it’s not all that easy to teach. The key to mastering this is to lock the elbow near the top of the water and then immediately point the fingertips toward the bottom of the pool after your hand enters the water and you start your pull. Your goal is to align your fingertips with your forearm by the time your hand/forearm is pointing straight downward. This creates a “paddle” (from your fingertips to your elbow) that will give you maximum surface area during the pull, push phase.

#### PUSH

When your hand/forearm is directly below your face, you’re ready to begin the Push phase. This is where you get the most propulsion from your hands/forearms. Your goal is to push back, holding the hand so that it pushes back toward the wall behind you as long as possible. Done correctly, your hand will exit the water at the same time as your elbow. Accelerate through your push.

### FINAL NOTE: As always, work on each of these at a moderate pace to begin with.