

## **Review of Lesson 5**

**Warm up:** 3 x 100:

- 100 Fingertip drag and drive drill
- 100 Single-arm kickboard drill
- 100 Freestyle

## **Review of Basic Drills**

Over time, keep going back and cycling through **all** of the drills. You will understand them at a deeper level each time that you work on them.

## **Review of Tool Use**

Fins: Initially, use short fins to provide momentum and to increase ankle flexibility. Later, use fins to swim a *little* faster than you normally swim; try to feel where the drag increases, and try to figure out how to minimize that increased drag.

## **Kicking: The Six-Beat and Two-Beat Kicks**

For most people, an integrated kick is the last component of freestyle technique to master. Try to get the feel for the six-beat kick by drilling and swimming very, very, slowly. Be patient, everybody gets it eventually. Drills to help: single-arm kickboard, head down kicking,

## **Counting Strokes**

Your stroke count or SPL (strokes per length) is the number of times your hand hits the water as you swim **one length**. The underwater pull-out from your streamline or open turn doesn't count.

- Your SPL is generally a pretty good measure of efficiency – the fewer strokes, the more efficient you are.
- As you tire, your SPL will increase (usually meaning you are losing form)
- As you increase your speed, your SPL will increase (meaning you are trading speed for efficiency)

## **Conceptual Focus Points**

If you know you are doing something wrong, try to correct it using a conceptual focus point rather than getting too focused on a body part. Good conceptual focus points include the following:

- Swim downhill
- Swim with a rollerblade or cross-country skiing rhythm
- Swim through a small pipe
- Swim quietly
- Sneak through the water

**Underwater Video:** Freestyle (will review at end of lesson)

**Where to Go from Here...**

**Building to 800 Yards at Race Pace**

This is a progression done over multiple workouts. It is not your entire workout. You can use this progression as your main freestyle set for a series of workouts. Before starting, determine the pace at which you can swim a single lap quickly and efficiently. Note your time for the lap and your stroke count per length. Beginning with Step 1, try to maintain that pace and stroke count for all 16 repeats in the set. Between each repeat you should rest for about 30 seconds or 5 bobs. When you can complete all 16 repeats at the same pace and stroke count, move on to Step 2. The distance for each repeat doubles. Your time should double, and your stroke count should remain the same for each length of the repeat. When you can complete all steps at the same pace and stroke count, lower your pace by one or two seconds (or more if the last step was too easy!), or lower your stroke count by one, and begin over with Step 1.

Step	Repeat x Distance
1	16 x 50
2	8 x 100
3	4 x 200
4	2 x 400
5	1 x 800

**Optional Step 6: 1650 Yards**

After completing Step 5, try an optional Step 6: 1 x 1650 (33 Laps). See if you can complete all 33 laps at the same pace and stroke count. Why 1650 yards? In swim racing, It's the "mile" event in a SCY (short course yards) pool. Or if you are doing an Olympic-distance triathlon, 1650 yards is about 10 yards more than the 1500-meter swim leg. (But don't slack off on that last 10 yards!).

Regardless of whether you do 800 or 1650 yards, the point is not just to get faster and become more efficient – you should be learning to swim at **your race pace**.

Remember to always select a focus point – it can vary from repeat to repeat, but don't swim any laps without focusing on some aspect of your stroke. This can be a physical focus point (elbow high, head down, etc.) or a conceptual focus point (glide from side to side like a cross-country skier, swim through a small pipe, etc.).

**Test Sets Answer the Question: Are you improving?**

Repeat a test set once a month. Same preparation, same circumstances, etc.

Example: 800 yards, record time, ending heart rate, SPL, rating of perceived exertion.

**Note:** Lesson plans are available online from the following webpage:  
<http://www.breakwatersportstraining.com/handouts.html>

# Breakwater Freestyle I Breakwater Sports

## Lesson 6: Practice and Build

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<b>Swimming Pace for 25-Yard Pool</b>									
<b>Laps</b>	<b>1</b>	<b>2</b>	<b>4</b>	<b>8</b>	<b>16</b>	<b>33</b>	<b>36</b>	<b>43</b>	<b>85</b>
<b>Yards</b>	<b>50</b>	<b>100</b>	<b>200</b>	<b>400</b>	<b>800</b>	<b>1650</b>	<b>1800</b>	<b>2150</b>	<b>4250</b>
<b>Time</b>	1:10	2:20	4:40	9:20	18:40	38:30	42:00	50:10	1:39:10
	1:09	2:18	4:36	9:12	18:24	37:57	41:24	49:27	1:37:45
	1:08	2:16	4:32	9:04	18:08	37:24	40:48	48:44	1:36:20
	1:07	2:14	4:28	8:56	17:52	36:51	40:12	48:01	1:34:55
	1:06	2:12	4:24	8:48	17:36	36:18	39:36	47:18	1:33:30
	1:05	2:10	4:20	8:40	17:20	35:45	39:00	46:35	1:32:05
	1:04	2:08	4:16	8:32	17:04	35:12	38:24	45:52	1:30:40
	1:03	2:06	4:12	8:24	16:48	34:39	37:48	45:09	1:29:15
	1:02	2:04	4:08	8:16	16:32	34:06	37:12	44:26	1:27:50
	1:01	2:02	4:04	8:08	16:16	33:33	36:36	43:43	1:26:25
	1:00	2:00	4:00	8:00	16:00	33:00	36:00	43:00	1:25:00
	:59	1:58	3:56	7:52	15:44	32:27	35:24	42:17	1:23:35
	:58	1:56	3:52	7:44	15:28	31:54	34:48	41:34	1:22:10
	:57	1:54	3:48	7:36	15:12	31:21	34:12	40:51	1:20:45
	:56	1:52	3:44	7:28	14:56	30:48	33:36	40:08	1:19:20
	:55	1:50	3:40	7:20	14:40	30:15	33:00	39:25	1:17:55
	:54	1:48	3:36	7:12	14:24	29:42	32:24	38:42	1:16:30
	:53	1:46	3:32	7:04	14:08	29:09	31:48	37:59	1:15:05
	:52	1:44	3:28	6:56	13:52	28:36	31:12	37:16	1:13:40
	:51	1:42	3:24	6:48	13:36	28:03	30:36	36:33	1:12:15
	:50	1:40	3:20	6:40	13:20	27:30	30:00	35:50	1:10:50
	:49	1:38	3:16	6:32	13:04	26:57	29:24	35:07	1:09:25
	:48	1:36	3:12	6:24	12:48	26:24	28:48	34:24	1:08:00
	:47	1:34	3:08	6:16	12:32	25:51	28:12	33:41	1:06:35
	:46	1:32	3:04	6:08	12:16	25:18	27:36	32:58	1:05:10
	:45	1:30	3:00	6:00	12:00	24:45	27:00	32:15	1:03:45
	:44	1:28	2:56	5:52	11:44	24:12	26:24	31:32	1:02:20
	:43	1:26	2:52	5:44	11:28	23:39	25:48	30:49	1:00:55
	:42	1:24	2:48	5:36	11:12	23:06	25:12	30:06	:59:30
	:41	1:22	2:44	5:28	10:56	22:33	24:36	29:23	:58:05
	:40	1:20	2:40	5:20	10:40	22:00	24:00	28:40	:56:40
	:39	1:18	2:36	5:12	10:24	21:27	23:24	27:57	:55:15
	:38	1:16	2:32	5:04	10:08	20:54	22:48	27:14	:53:50
	:37	1:14	2:28	4:56	9:52	20:21	22:12	26:31	:52:25
	:36	1:12	2:24	4:48	9:36	19:48	21:36	25:48	:51:00
	:35	1:10	2:20	4:40	9:20	19:15	21:00	25:05	:49:35
<b>Yards</b>	<b>Approximate Distances for Triathlon Swim Legs</b>								
400-800	1/4 to 1/2 mile - common sprint distances								
1650	Olympic distance (1500 meters = 1640.42 yards)								
2150	Half Iron Distance (1.2 miles = 2112 yards)								
4250	Iron Distance (2.4 miles = 4224 yards)								