

DRY LAND EXERCISES SWIMMING

Warm Up

1. 10 Push Ups
2. 30 Rows
3. 10 squats
4. 10 push ups
5. 10 Upper/Lower Back Arches
6. 30 Harlem Globetrotters w/ Ball
7. 10 Squat Jumps
8. 30 V-Ups

Standing

Chest Throws
Triceps Throws
Front Hikes
Squat Chest Throws
Long Twist Throws
Rev. Hikes
One Arm

Down

Chest Throw Rows
Triceps Throw Rows
2 Touch Chest Throws
Sit Up Throws
Straight Arm Throws
Superman Toss (face to face)
Sit Up Throws

One Person UP (Chest Throws)

One Person Down

Straight Arm Throws
Sit Up Throws
Sit- Side Throw (twist)
Sit- Side Throw (twist) -Other side
Reverse Straight Arm Toss
Throw Ups with Kick
Alternate Legs (Ball Lifts)

Jumps

5 X 10 Squat Jumps @ :45 Sec.

All the way down on the squats and reach for the sky on the jumping.

Dryland Training For Elite Athletes

Jack Bauerle, USA

These exercise are listed as they appear in the video:

Exercise	Description
1 MB Chest Pass	= Upper Body Explosive Power - Rate of Force Development
2 MB Front Throws	= Core Explosive Power - Rate of Force Development/Ability to Resist Rotation
3 MB Pullover Throws	= Upper Body Explosive Power - Rate of Force Development
4 Plyometric Push Ups	= Upper Body Explosive Power - Rate of Force Development
5 Paralette L-Sits	= Core/Shldr Stabilization
6 Pallof Holds	= Core Stabilization (Shldr to Hips)
7 Reverse Crunches	= Core Strength/Muscular Endurance
8 Swiss Ball Pike Ups	= Core Flexion/Shldr Stabilization
9 Swiss Ball Plank X-over Crunch	= Core Uni-lateral Flexion/Shldr Stabilization
10 Dragon Flags	= Core Stabilization (advanced)
11 Box Jumps	= Lower Body Explosive Power
12 Hollow Holds	= Core Stabilization/Stream line
13 Hang Power Clean	= Total Body Explosive Power/Rate Of Force Development
14 Front Squat	= Lower Body Strength
15 Inverted Row	= Upper Body Horizontal Pulling Strength
16 Fallouts	= Core Stability/Strength
17 Fallout Flutter	= Core Stability/Strength
18 Band Push Ups	= Upper Body Pushing Strength
19 WT Side Pillars	= Core/Shldr Stabilization
20 WT Pull Ups	= Upper Body Vertical Pulling Strength
21 Front Foot Elevated Reverse Lunge	= Lower Body Single Strength/Mobility

Explosive

Chest Pass
 Front Throws
 Box Jumps
 Pull Over Throws
 Hang Power Clean
 Plyo Push Ups

Strength

WT Pull Ups
 Inverted Row
 Band Push Ups
 Front Squat
 Front Foot Elevated Reverse Lunge

Core

L-Sits
 Fallouts
 Fallout Flutter
 Pallof Holds
 WT Side Pillars
 Reverse Crunches
 Dragon Flags
 Swiss Ball Pike Ups
 Swiss Ball X-Over Crunch
 Hollow Holds

Dryland Training

Increase Baseline Fitness
 Running, Spinning,
 Increase Body Strength, Athletic Movement Skills
 Circuit Training, Calistenics
 Functional Strength in Weight Room
 Core, Explosiveness, Stabilization, Athletics Motions
 Functional Strength in Pool
 Chutes, Stretch Cords, Vert Kick, Power Towers, Pull/Paddle

Have a plan and specific goals for the weight program as you would for the swimming program. Short term and long term goals and expectations.

Breaststroke Skills in Water

Jack Bauerle, USA

Breaststroke Basics

1. Swim Tall
2. Nose/Head follow hands out front (shallow catch)
3. Press to Good Corner (width will vary)
4. Accelerate the Insweep
5. Narrow Recovery
6. Minimal Head Movement
7. Flexible Lower Body
8. Flat Hips, Don't drop knees
9. Feet Turned out (use feet as hands)
10. Kick Back, not down.
11. Hold long body, fast leg recovery.

Breaststroke Drills

1. Front Scull
2. Windshield Wiper Scull
3. Triple Scull Drill
4. Breast Pull/ Free or Fly Kick
5. 2 Kicks 1 Pull (or 3/2)
6. 3 count, 2 count 1 count
7. 3 up/ 3 down
8. 2 fly/ 2 Breaststroke
9. Double or Triple Pullouts
10. Mix Kick (One Leg, Egg Beater, Front no board, On Back)
11. Vertical Kick (weight belt, chest on wall or for speed)
12. Combo Drill (Hold opposite leg with hand)
13. Equipment (Short Tubes, Fins/Paddles, Pull, Chutes, etc)

Novice Swimmers BreastStroke

1. Work on Technique Before Speed in Practice and in Racing.
2. Careful with Young Knees. (Pulling, Dolphin/Flutter Kick)
3. More Short Sets/Distances Instead on Longer Sets.
4. Keep Proper Technique as Much as Possible During Workouts.
5. Vary Drills and Learning Opportunities.
6. Make it a Game or Contest Let Them Focus on One/Two Things at a Time.

GEORGIA SWIMMING

BUTTERFLY DRILLS

- 1. Kicking on Surface, Head Lead or Hand Lead and Fish Kick.**
 - a. Steady Kick, dropping back of head just below water surface; sneak a breath without changing rhythm of the kick.
 - b. Fish Kick on side, Bottom arm extended, work kick both ways.

- 2. Surface Drill (Under Water Recovery).**
 - a. Start Pull in a great catch position, practice proper pull pattern and accelerate the hands thru-out the stroke with hands popping out the back past the hips.
 - b. Head should stay low and shallow (not dive down to bottom).
 - c. Slowly recover hands underneath to catch position and start again.

- 3. Single Arm.**
 - a. Great Drill to slow the stroke down and work on the simple timing of kicking your hands in and kicking your hands out. It is also a great drill from working on stroke length and hand entry.

- 4. 4-3 Drill.**
 - a. Kick in streamline position just under the water surface for 4 kicks (4 downbeats) then take 3 swimming strokes breathing on the first and third stroke only. Great for hypoxic and streamline work and can be used in longer sets.

- 5. 2 Right – 2 Left – 2 Full with snorkel**
 - a. Using a snorkel with any fly drill helps with establishing good head position.
 - b. Use the 2-2-2 at first then transition into more full strokes.

- 6. Parachute.**
 - a. Swim 25's pulling a small parachute breathing every stroke working on a low head position while taking a breath. Since the chute is below the water it will want to pull the hips down and the head up. If they can swim with a good head position pulling a chute, they will be able to hold that position at the end of a 100/200 Fly.

Breaststroke and Butterfly Starts and Turns

Jack Bauerle, USA

Butterfly and Breaststroke Starts

1. Same Starting Position on Block as Freestyle.
2. Reaction Time not as Important as How They Enter Water and Hold Their Streamline.
3. Entry a Little Deeper than Freestyle.
4. Must have a Tight Line with a neutral Head Position.

Breaststroke

1. Entry and plane off holding a tight streamline with a straight body line.
2. Start the pull while keeping head and body in line
3. Work the one dolphin Kick (wherever it is in pullout).
4. Must have a good corner on pull out, direct the water back toward feet, and body tight, and head in neutral position.
5. Accelerate hands throughout the pullout.
6. Sneak hands up close to body on recovery.
7. Time the kick and hand extension for a clean breakout, carry underwater speed to the top.
8. First stroke head and body position key to speed.

Butterfly

1. Entry and plane off holding a tight streamline with a straight body line.
2. Start dolphin kick with tight fast kicks.
3. Hold tight streamline to breakout stroke.
4. Kick into breakout to carry speed from underwater to swimming on top.

Butterfly and Breaststroke Turns

1. Time the touch; be aware of where you are so you can touch the wall at the end of a stroke.
2. If you are going to miss on a turn, better to be short than to be long and glide into turn.
3. After 2 hand touch, drive one elbow back while bringing knees up to tight ball for spin.
4. Bring wall hand close to head during spin; get into push off position as quickly as possible while making sure body is ready before the push off. Streamline then push.
5. Create power off the wall with a strong leg drive while having a tight streamline to maximize wall speed.

Additional Points of Emphasis For IM'ers and IM Workouts

- 1) Great Athletes.
- 2) High Pain Tolerance
- 3) Speed into Walls (Wharton)
- 4) Approach each stroke differently
Fly – Air Back - Tempo Breast – Build
Free- Beat and Finish
- 5) Even Splitting 200& 400
- 6) IM can always help regarding another event and IM
can sometimes develop another event.
- 7) Willingness to work on weak stroke
- 8) Transition Sets, RIMO (Reverse IM order)
- 9) Fly – Strength & Improvement (Big for Kristy Kowal)
IM with Double and Triple Pullouts on Breast
- 10) Yardage
IM + Transition kick sets, Fly in taper.

[Jack Bauerle
Building Speed and Technique in Athletes

Technique

Begin in Early Season
Set Technique in Place
Base Set of Drills, perform drills properly (focus)
Attention to Detail, (finish to wall)

Filming

Film practice + Meets,
Follow up, compare

Tubing and Racks/Towers

Speed

Some build speed through endurance.
Spin Drills
Speed work as Part of Each Practice
(Do early when Fresh)

3 C's

Concentration (focus on one thing at a time)
Commitment (Do the task, all of the time, stay with it, practice and racing)
Confidence (Belief in ability to get it done, make adaptations)

Training Differences Sprint vs. Middle Distance

Jack Bauerle, UGA

1. Will vary athlete to athlete depending on individual background strength and needs.
2. Training will change according to the time of year, with more aerobic work earlier in the year and less later in the season.
3. Why is it important for sprinters need to have a solid aerobic base?
 - a. Recover with-in the workout, back to back sprint sets.
 - b. Recover day to day, practice to practice.
 - c. Recover and perform at meets, Multiple swims (championships)
4. Middle Distance Sets (Monday Afternoons Threshold)

Main set:

3 x 300 (Heart Rate 130 down to 150ish by #3) 10 to 15 Rest
5 x 200 (H.R 150-160) 15-20 Rest
6 x 150 (H.R 160-170) 15-25 Rest
6 x 100 (H.R. 170-180) 20-25 Rest

Adapt for Breaststroke: Keep HR same and = or a little more rest than free.

3 x 300 (100 Breast + 200 Free)
2 x 200 (All Breast Desc 1-2-3 Hold 4-5 strong)
6 x 150 (pull 75 Breast + 75 Free)
4 x 100 All Breaststroke Strong

Backstroke can swim with slower freestylers.

Butterfly can mix Fly/Free like Breaststroke but less fly and more free swimming.

Another set:

40 x 50 (4 mod + 3 faster + 2 even faster + 1 fast)
Works for free or stroke and can change the interval as needed.
Sprint modification: 30 x 50 (2 EZ or moderate + 1 Fast)

Basic training differences between sprint and mid distance:

Each athlete is different with different needs and abilities and it is coach's job to evaluate and come up with a plan that is right for each individual. A lot of your best 200 people are also your best 100 people. (Kristy Kowall, Neil Versfeld, Kara Lynn,). We have had swimmers swim in distance group at times depending on their needs and background (kicking sets, etc).

Sprinters

1. More resistance training (3X per week), power tower/buckets, tubing etc.
2. More power training, less threshold.
3. More dryland and weight training.
4. Maintenance aerobic work second semester.

Mid Distance

1. Some resistance training (2X per week).
2. A higher percentage of time spent of aerobic threshold and max VO2 swimming.
3. Standard Dryland (3X per week weights, 2x per week Dryland circuits)
4. A higher percentage of (but shorter than the fall) threshold sets and aerobic sets.

NOTES:

Training World Class Freestylers

Jack Bauerle

1. Video, examples of various techniques.
2. Elite have a lot in place already including, technique, motivation, work ethic, attitude, desire, and all the other attributes that are associated with elite athletes or anyone in any field.
3. Technique, adjust, fine tune, most likely not many whole sale changes. (usually fast learners)
4. People learn in different ways, coach needs to provide those ways. (drills, video, etc)
5. Elite Athletes, students of the Sports, high expectations, consistent in training and racing.

Elite Technique

Everyone will swim a little different because of who they are, size, shape, strengths, etc. but they all have a very strong grasps of the essentials that go along with being an elite freestyler.

1. Head and Body Position
2. High Catch out Front
3. Breathing Technique and Timing
4. Kick
5. Turns
6. Race Strategies

7. Fit individual strengths and “signatures” within the core essentials.

Coaching Elite Athletes or Coaching In General

1. Communication, Open and Constant
2. Trust, Both Ways.
3. Have a Plan. (Calendar, Training, Broad and Narrow, Short and Long Term Goals)
4. Men and Women, Older and Younger Swimmers.
5. Sprinters, Middle, Long Distance Swimmers
6. Group Training Dynamics, Different Needs, Adjustments.
7. Science vs. Art of Coaching
8. Coaching USA Olympic Team, differences and similarities to a college or age group team.
Lessons Learned.

Advanced Freestyle Drills

Jack Bauerle

Drills break down the stroke to focus on one or two particular aspects of the proper technique. While working on stroke drills it is important to focus on what that drill is specifically trying to address and then try to assimilate that into the full stroke after. (part: whole learning).

Working on a few drills and then immediately following the drills with some swimming is the best way to transfer the skill into the movement.

FREESTYLE DRILLS

1. Arrow Drill
2. Single Arm Free (swim right, breathe left,)
3. Almost Catch Up
4. Elevator Drill
5. 6-3-6 or 10-3-10
6. 6 Count Extension Drill
7. Rotational Kick
8. Fingertip Drag
9. Snorkel Swimming
10. Sculling, Scull to Sprint
11. Surf Kick
12. Techniques with Equipment (Fins, Cords, Chutes, Paddles, Shoes, etc)
13. Mix Things up, provide a variety of learning opportunities)

SEC COUNTDOWN

DATE	Day of Week	Days Out	AM	PM	Drylands/WTS	Comments	
27-Jan	Wednesday	21	4	5			
28-Jan	Thursday	20		5	Stop /reduce Dryland SEC MEN		
29-Jan	Friday	19	4				
30-Jan	Saturday	18	5			Meet BAMA/SCAR	
31-Jan	Sunday	17	Off	Off			
1-Feb	Monday	16	4	5			
2-Feb	Tuesday	15		5			
3-Feb	Wednesday	14	3	4			
4-Feb	Thursday	13		4	Stop /reduce Dryland SEC - Non NCAA's		
5-Feb	Friday	12	3	4			
6-Feb	Saturday	11	4				
7-Feb	Sunday	10	Off	Off			
8-Feb	Monday	9	3	4		(4 & 6) Ncaa Group	
9-Feb	Tuesday	8		4			
10-Feb	Wednesday	7	2	3			
11-Feb	Thursday	6		3			
12-Feb	Friday	5	2	3		(4 & 5) Ncaa Group	
13-Feb	Saturday	4	3				
14-Feb	Sunday	3	Off	Off		Or On The House	
15-Feb	Monday	2	2	3			
16-Feb	Tuesday	1		2			
17-Feb	Wednesday	SEC 200 Med, Relay, 800 Free Relay					
18-Feb	Thursday	SEC 500, 200IM, 50 Free, 200 Free Relay					
19-Feb	Friday	SEC 400 IM, 100 Fly, 200 Free, 100 Breast, 100 Back, 400 Medley Relay					
20-Feb	Saturday	SEC 1650 Free, 200 Back, 100 Free, 200 Breast, 200 Fly, 400 Free Relay					
1	Different Strokes for Different Folks. Not everyone does the same, know your athletes and which ones need to do a little more or less.						
2	Do the same general plan, just less of everything.						
3	Reduce Kicking during taper.						
4	Increase speed work.						

Planning for a 12-16 Week Season

1. Starting Point.

*What level are the athletes, condition level, experience. Have they been swimming?
Where is the team mentally and physically? (Just back from Olympics, world u's? or Fresh?)*

2. Goals and Objectives.

Season ending meet (HS season) or a December invite to make qualifying times? What is plan after these 12-16 weeks? Individual and team goals go hand in hand. What is our motivation?

3. Work backwards from final meet (qualifying meets?)

Set up season plan, # days and weeks developing specific strengths in order to be ready at end of season. General conditioning (practice), specific conditioning, and championship conditioning (practice).

4. Compress 30-40 week season down.

Same basic goals and objectives as full season, just less time to get it done. Can not leave anything out (i.e. omit conditioning phase).

5. Phase planning and goals for each phase.

*Short term goals for each phase, test sets, repeat times (i.e. get down to 15 x 100 @ 1:05)
Don't be afraid to change and adapt, that is the "ART" part of coaching.*

6. Weights, dryland, core strength.

What equipment is available? Compress to short season, gain functional strength in and out of water.

7. Taper and/or Rest.

Less rest,

The University of Georgia Weekly Training Schedule

Main Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning 5:30 - 7am	General Kick/Pull	OFF 400 IMers	Stroke Groups Technique + Skills	OFF	General Kick/Pull	Lactate Off the Blocks 7am start	OFF

Afternoon 2:45-5 pm	Threshold Free/Stroke	EZ-Fast Mix free/Stroke	VO2 MAX Prime Stroke	Threshold/Desc Free/Stroke (Stations)	Split Groups Free + IM	OFF	OFF
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Weights	Weights 7:20 - 8:20	Dryland 2:15 - 3 pm	Weights 7:20 - 8:20	Dryland 2:15 - 3 pm	Weights 7:20 - 8:20	OFF or Dryland	OFF
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Dryland Includes

**Depending on the person and time of year.

Conditioning
Outside/Inside