

Nations Capital Swim Club



Favorite Drills and Sets from Chris Natoli and Ian Rowe



Chris Natoli **National Prep (Burke) Coach**

30 Athletes 13-15 years old

Local LSC championship qualifiers moving on a progression to Sectional, Junior National, and Senior National levels

Developing foundations for success in National Group and beyond.



Chris Natoli
National Prep Coach
Nation's Capital Swim Club
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Ian Rowe **Silver (AU) Coach**

26 Athletes 13-15 years old

Train at two sites, Holton Arms (6 lanes) and American University (5-8 lanes)

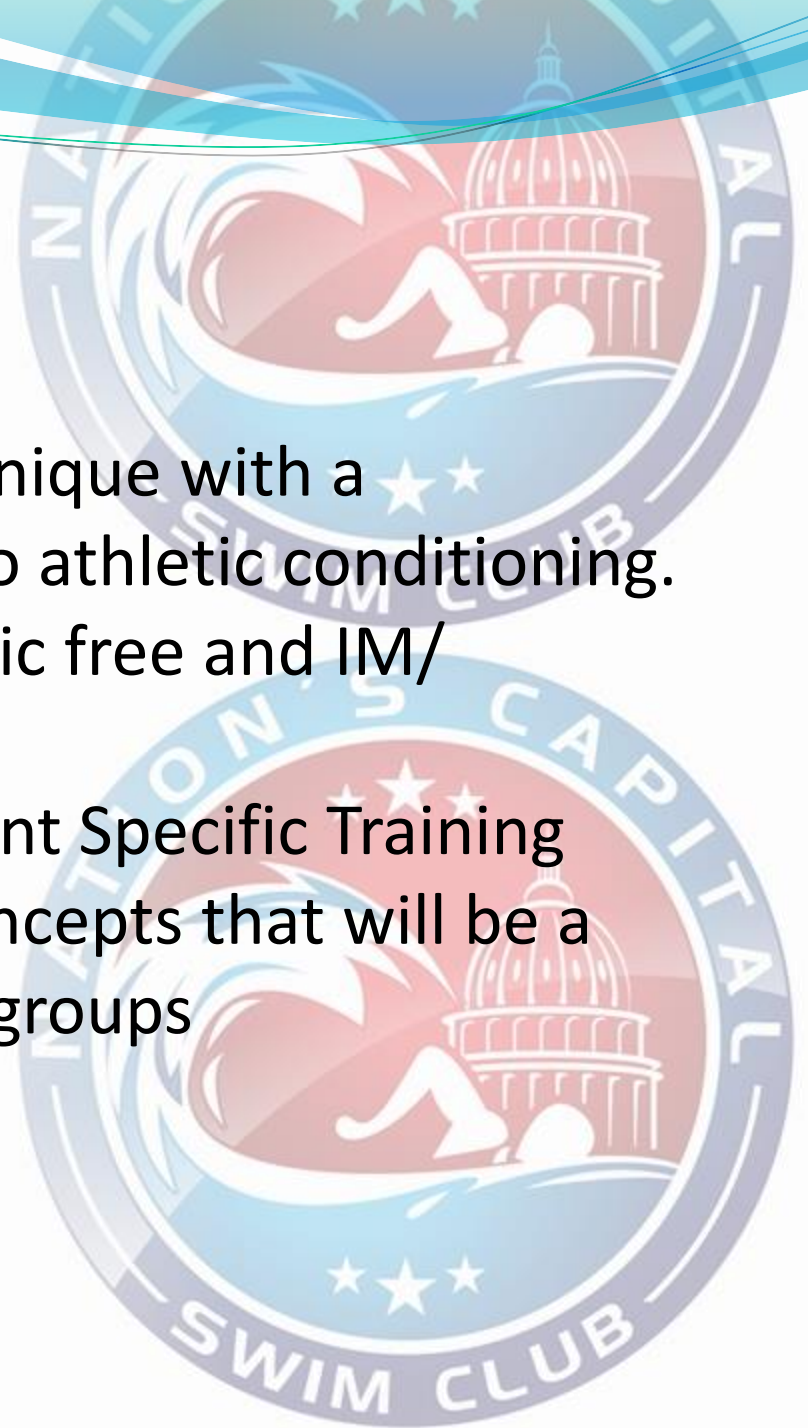
Local LSC championship qualifiers moving on a progression to Sectional, Junior National, and Senior National levels

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Group Goals

- Emphasize proper stroke technique with a comprehensive commitment to athletic conditioning.
- Primary Training Focus: Aerobic free and IM/
Develop strong Kick
- Secondary Training Focus: Event Specific Training
- Introduce advanced racing concepts that will be a staple of success in the senior groups
- Leadership development



Group Schedule

National Prep (Burke)

Monday: 3:30-5:30 pm Swim

Tuesday: 3:30-4:30pm Dryland

4:30-6:00pm Swim

Wednesday: 3:30-5:30pm Swim

Thursday: 3:30-4:30pm Dryland

4:30-6:00pm Swim

Friday: 3:30-5:30pm Swim

Saturday: 6:00-6:30 Dryland

6:30-8:30 Swim

Silver (AU)

Monday: 4:55-6:30am Swim

Tuesday: 4:45-6:45pm Swim

6:55-7:15pm Dryland

Wednesday: 4:55-6:30am Swim

Thursday: 4:45-6:45pm Swim

6:55-7:15pm Dryland

Friday: 4:55-6:30am Swim

Saturday: 6-8am Swim



Butterfly Progression

- 2 Pulse + 2 Pull
- 3k 1Pull
- Fly Arms w/ Free Legs *



Backstroke Progression

- 3 Stroke Pause @ 45 degrees and catch*
- Spin
- Right isolation, Left arm Isolation, Double Arm-non stroking arm up at 90*



Breastroke Progression

- 2 Up 2 Down
- 2 Dolphin 2 Breast *
- 3/2/1 NCAP Pause
- Double p-outs+br w/ fr legs*



Freestyle Progression

- *3 finger series(progression)
- Scull
- Human
- $\frac{3}{4}$ Catchup*
- Over Kick/ Slow Motion



The Classics

- 30x100 Variations
- Janet Evans
- Free/IM ladders
- Step Downs



Ian Set w/Video

W/U

400 100 fr/ 50 n-fr/ 50 K underwater turns at far end

2x through

[3x100 k d1-3 @ 1:50

[12x25 3 of ea IMO @ 30 R1-2dr/1sw dps R2-1dr/2sw d1-2

Drills: Fly- 3k1p BK-3 stk pause Br-2 dolphin 2 Br Fr- $\frac{3}{4}$ CU

Main

4x300 Frim d1-4 @ 4/4:15/4:30

4x50 Pri (2-su/2-pace) @ 1

3x300 Frim d1-3 @ 4/4:15/4:30

4x50 Pri (1-su/3-pace) @ 1

2x300 Frim d1-2 @ 4/4:15/4:30

4x50 Pri (All Pace add up) @ 1

+100 ez

Post

9x50 fly d1-3 w/6 kicks off walls @ 55

W/D

300 ez



Additional Sample Sets (Silver)

Wednesday 9/3/15

W/U

400 75mix/10 squats/25 under
6x150 O:Fr- 25 scull/75 prog dr/50
build fast T/F @ 2:15
E:IMO 25 k/75 prog dr/50 build fast
T/F @2:20
8x25 O:UW DPK E:12.5 U 12.5 Fast
IMO @ 30

Main

2 Rounds (R1 #1 R2 #CH N-FR)
[20x50 as:
[1@1 Fr/Stk 6k 4@55 Stk FA
[2@1 Fr/Stk 6k “ 3@50 Stk FA
[3@1 “ 2@45 Stk FA
[4@1 “ 1@40 Stk FA
[+50EZ
[100 STK FAD
[+100 Pull DPS @ 145
W/D 300

Thursday 1/7/16

W/U

400 10 bobs (75 mix/ 25 Balance Kick)
2x through
[4x25 scull @ 30
[200 pull w/snork (25 ¾ Catchup/75 Sw) @ 3
[8x25 2 of ea. IMO @30 R1:Dr/Sw R2:D1-2

Main

4x through
[3x100 N-Split D1-3 @ 1:15/1:20/1:25
[+:10R
[300 N-Split FAST!!! @ 3:45/4/4:15
[3x50 3 breaths/1 breath
R1-3 :SW FR/ R4 W/Pad and Fin
+75 EZ
200 FAD Record Times
+75 EZ

Post Kick Set

9x100 K w/fins 3x[2@ 1:10/1:15/1:25
[1@1/1:05/1:10 +:20R

W/D

12x25 ev. 4th U-H2O @ 40

Chris Set w/Video



400 Cruise loosen up

600 Revs IM k-s-d-s-d-b

24x25@30 FINS- 6{8,10,12(w/bk breakout),ODDS-all under Evens-RACE CHOICE

3{1x200 Drill Series

{3x100 @1:40 Negative split stroke(even)

{6x75@1:10 2 cruise+1 RACE+1 Cruise+2 RACE

{2x100 @1:40 Negative Split Faster(even)

{6x50=2{3x50 even- you choose speed

{ 30/35/40/45- @2:30

{1x100 @2:00-RACE SWIM FAST(negative split-HAMMER BACK HALF)

{1x50@5:00- HEATS ALONE RACE



1x300 Swim Down

Additional Sample Sets (National Prep)

Sept 22-Early season IM

400 Cruise loosen up

600 revs IM k-s-d-s-d-b

8x100@1:30 75 bk build +25 kick fast(10 under)

4{1x300 FR/IM des 1-4@4:00

{4x75 @1:15 50 drill+25 build-IMO x rd

{9x50@50 2 ez+1 fast

{ 1 ez+2 fast

{ 3 fast

{ * 50s are IMO by round

1x300 IM RACE!!

200 Swim Down

Sat AM-Oct 31 PACE/Race

30 min dryland begins workout

400 Cruise loosen up

400 Revs IM k-s-d-s

8x75 odds=fly/bk/br@1:10 des

evens=fr SDPS@60

32x25@30 6 drill+2 Race}4 IMO

4{20x50

{rest +30

{1x200 RACE IM**descend 1-4

Round 1-50s@45 1000 Shave goal pace

Round 2- 50s@45 stroke/fr(200 stroke count for stroke)

Round 3- 50s@45 500 Shave goal pace

Round 4- 50s@60 Stroke 3 race+1 ez

Questions?

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