

SwimMAC Carolina

“Empowering young people to be champions in life through excellence in swimming.”

Drills

Philosophy on Drills

We want drills to link to the full stroke. We tried to name drills or use verbiage that creates images or visuals. This create quicker learning and better linkage to the stroke.

10&Unders:

Fly- Snow Angel
Back- Catch-up w/ Board/ 6+3
Breast- Goggle Drill
Free- 11 Pos. Catch-Up/ 6+3

11-12s:

Fly- Goggle Drill
Back- Canoe + 1
Breast- ¼ Pull w/ breast kick
Free- 12 kick switch
arm

13-14s:

Fly- Vertical Butterfly in deep end
Back- Single Arm or Hand Lead Pinky Switch
Breast- ¼ Pull w/various Kick/ Head-Up Breast
Free- Clock Drill/ 1 Hand Hit Per Black Line

Seniors:

Fly- Stone Skipper
Back- I-Y-T Drill
Breast- 4 cycles head up no kick, 3 cycles w/
dolphins kick, remainder of length whole stroke
Free- Toe hang, mini-human, full human, straight
freestyle

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SAMPLE BRONZE PRACTICE

- 1 x 200 50 Free/ 50 Back
- 2 x 100 Back on 2.00
- 4 x 25 Side kick on .50

- 4 x 25 Fly w/ Snow Angel Arms & Free Kick on .45
- 2 x 50 fly w/ Snow Angel Arms & Fly Kick on 1.10 (YELLOW LIGHT)
- 4 x 25 Fly on .40 (GREEN LIGHT)

- 4 x 25 Free on .40 – 11 position catch-up
- 2 x 50 Free on 1.00 – Yellow (working underwaters & turns)
- 4 x 25 Free on. 40 – 12.5 2 hand hit per line / 12.5 ALL Out Double kick all out finish

- 4 x 25 Breast w/ ¼ Pull & Free Kick on .50
- 2 x 50 Breast Goggle Drill & ¼ Pull on 1.10
- 4 x 25 Breast on .45 (GREEN LIGHT)

- 4 x 25 Free on .40 – 11 position catch-up
- 2 x 50 Free on 1.00 – Yellow (working underwaters & turns)
- 4 x 25 Free on. 40 – 12.5 2 hand hit per line / 12.5 ALL Out Double kick all out finish

- 6 x 100 IM
- Odds: SWIM (PERFECT TECHNIQUE) on 2.00 Evens: KICK on 2.10

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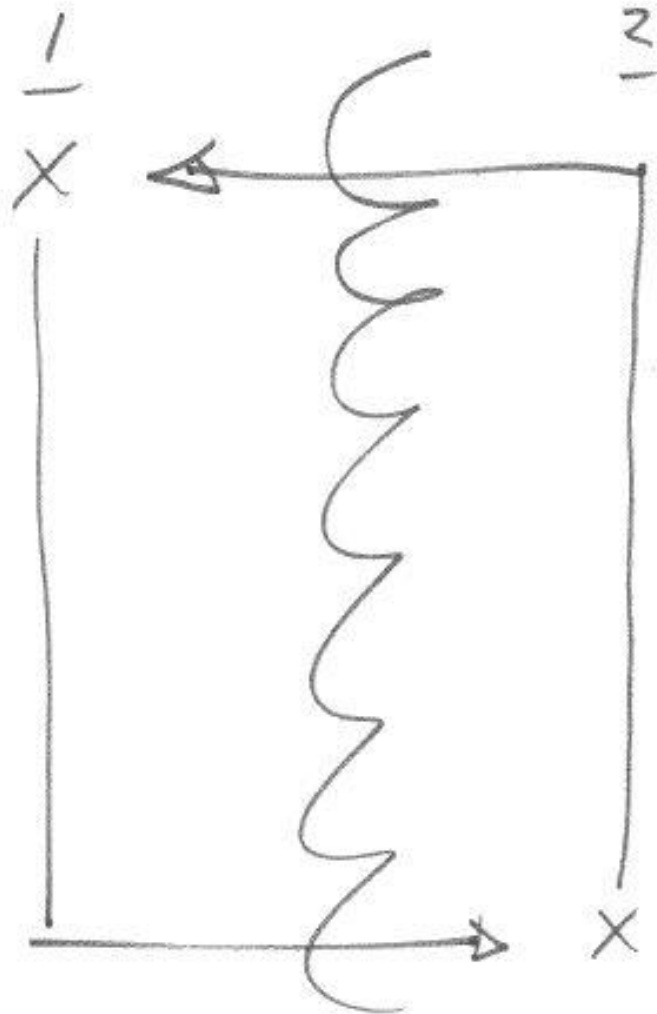
Workouts

SAMPLE GOLD PRACTICE

10 X 50	1:30		
· 4 IMO- UP AND OUT- 10 SQUATS		6 X 25 BK 12 K BK HEAD TURN PROG	:35
· 3 INDY IM- UP AND OUT- 5 PUSHUPS		3 X 50 BK YELLOW SPEED W/ HEAD TURN	1:00
· 3 BK TO BR- 5 WALL PUSHOUTS		1 X 150 BK-FR-BK BY 50	2:45
3 X 50 FLY K FAST	1:00		
· 2+8 AND THEN GO TO BACK IN STREAMLINE		6 X 25 FLY 2-2-2 DRILL	:35
6 X 25 FLY	:35	6 X 25 ODD-FLUTTER FLY, EVEN-BK	:30
ODD- GOGGLE DRILL,		3 X 100 FRIM	1:35
EVEN- 10 FAST FLUTTER K, TURN, SWIM FLY		4 X 50 FLY- 2+4, FLEO, COUNT	1:00
2 X 150 IM 25-50-25-50	2:30	**4 X 75 BK- ALLOUT**	2:00
2X:		6 X 25 FLY 2-2-2	:35
* 25'S ARE LANE SWITCH:		6 X 25 ODD-FLUTTER FLY, EVEN-BK	:30
6 X 25 FLY KICKOUTS+3 THEN FR	:35	3 X 100 FRIM	1:35
· 4-6-8 KICK THROUGH THE BREAKOUT		4 X 50 FLY- 2+4, FLEO, COUNT	1:00
6 X 25 LS 25'S	:30		
· Y-L-G COUNT X 2			
2 X 150 FR	2:15		
· 0+2, 0+3, 0+CH PER 50			

LANE SWITCH

25'S



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GOLD FAVORITE IM SETS

20 X 100 MEDLEY OF IM'S

- | | | |
|--|------|------|
| ▪ IM (IM) | 1:40 | |
| ▪ RIM (REVERSE IM) | | 1:40 |
| ▪ KIM (KICK IM) | | 2:00 |
| ▪ DIM (DRILL IM)-DRILL IS CHOICE | | 1:50 |
| ▪ FRIM (FREE IM- FREE IN PLACE OF FLY) | | 1:40 |
| ▪ PHIM (PHELPS IM) | | 1:40 |
| ▪ JIM (JUMBLE IM- LANE CHOOSES THE ORDER) | 1:40 | |
| ▪ IOIM (INSIDE OUT IM BK-FLY-FR-BR) | 1:40 | |
| ▪ SPLIM (lowest STROKES PER LENGTH IM) | 1:40 | |
| ▪ SUBIM (1/2 WAY UNDEWATER EVERY LENGTH) | | 1:40 |
| ▪ PIM (PULL IM WITH LEGS STRAIGHT) | | 2:00 |
| ▪ FHIM (FRONT HALF IM- SPRINT FLY AND BK) | 1:40 | |
| ▪ BHIM (BACK HALF IM- SPRINT BR AND FR) | 1:40 | |
| ▪ MRIM (MEDLEY RELAY IM- BK/BR/FLY/FR) | 1:40 | |
| ▪ SCIM (SCULL IM) | 2:00 | |
| ▪ CRIM (CRUISE IM) | | |
| 1:50 | | |
| ▪ MIM (MANGO IM- GREEN/LIME/YELLOW/RED BY 25) | 1:40 | |
| ▪ OREO IM (FAVORITE 2 STROKES IN THE MIDDLE) | 1:40 | |
| ▪ AJIM (ALMOND JOY IM- GO NUTS IN THE MIDDLE!) | 1:40 | |
| ▪ SPRIM (SPRINT IM- FINISH FAST!!) | 1:40 | |

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BLUE SAMPLE PRACTICE

W/U- Broken 50's or Underwater Progression
Technique Set for Stroke of the week

SAMPLE MAIN SET

2RDs

3 x 100 Free on 1.15

1 x 100 Fly on 1.30 (Stroke Count/Good Technique & Walls)

3 x 100 Free on 1.15

2 x 100 on 1.30 #1. Fly #2. Back (same as above)

3 x 100 Free on 1.15

4 x 75 on 1.15 25Fly-25Back-25Brst (same as above)

Rest .30 seconds

3 x 400 IM on 6.30 (20 over BT)

Recovery 25s working technique

Kick Set

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■ SAMPLE SENIOR 1 PRACTICE

2X:

- 4 X 25 DIVE/RUNNER :45
 - * DFD, FK, 15M BO, BO+3
 - 4 X 50 IMO K/S EACH 50 :50
 - 4 X 75 FR 1:20
 - * HUMAN PADDLE, STRAIGHT ARM, WS(WINGSPAN) #
 - 4 X 100 IM 7/11 THEN K 1:30
- UP AND OUT AND RESET**

4X:

- 4 X 50 FLY DRILL 1:00
- 1 X 100 ROTATE 25 FLY S 1:30
- 1 X 100 FR AT WS#+2 MAX 1:30
- * D=HLBD W/ SNORK, HnLBD W/ SNORK, STONESKIPPER W/ SNORK, GOGGLE DRILL

4X:

- 8 X 50 FLY/FR MIX :50
- 2 X 25 FLY K ALLOUT UNDER :40
- 1 X 300 FRIM 4:30
- FR=0+2, BK=7.5+ UNDER, BR=W/ FLIPTURNS
- RD1=1 FLY STRONG, 3 FR DES. 1-3 X 2
- RD2=2 FLY DES. 1-2 TO (GT100+8)/2, 2 FR DES. 1-2 X 2
- RD3=3 FLY DES. 1-3 TO (GT100+7)/2, 1 FR STRONG X 2
- RD4=4 FLY DES. 1-3 TO (GT100+6)/2, HOLD 4 X 2
- FLY DES= HR DESCENDS DOWN TO 17-19 HR
- FR DES= DESCEND TO STRONG 15-17 HR

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*SAMPLE SENIOR FLY SET FROM YESTERDAY PER COACH ALAN PFAU:

- 200 FR GT+16 2:40
- 50 K 25FLY/25FR :50
- 4 X 25 FLY AVG OF 100 GT+10 :30
- 150 FR AVG OF 100 GT+12 2:00
- 100 K 50FLY/50FR 1:40
- 3 X 50 FLY ½ 100 GT+10 :50
- 100 FR GT+10 1:20
- 150 K 75FLY/75FR 2:30
- 2 X 75 FLY AVG OF 100 GT+10 1:10
- 1 X 50 FR ½ OF GT+8 :40
- 1 X 200 K 100FLY/100FR 3:20
- 1 X 100 FLY GT+10 1:30

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OUR TEAM ENDS

1. Children/families entering the sport with an opportunity for life-long enrichment.
 - a. Age/Skill appropriate competitions
 - b. Offering Clinics/ Camps
 - c. Support extra curricular activities at a young age
 - d. Support academic success

2. Athletes benefiting from collegiate athletic opportunities
 - a. College Tour Meets
 - b. Having a staff member dedicated to guide the student athletes and their families thru the process of expectations in the high school years and the college recruiting process.

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OUR TEAM ENDS

3. Athletes inspired to train for Elite levels
 - a. Clinics/Camps
 - b. Connection with Team Elite
 - c. UltraSwim

4. The SwimMAC Carolina model of excellence is shared with other members of the competitive swimming community
 - a. Camps/Clinics our coaches have participated in
 - b. Open door policy for visiting coaches