

Swim Atlanta



Building Champions

Building a Foundation

- Through positive reinforcement
 - Positive attitudes can be infectious
 - Positivity starts from the coaching staff and spreads
- Stroke technique
 - we teach drills early in the age group phase
 - as swimmers progress through the groups, the drills are known by terminology and continue to be perfected
- Through the philosophy of “It Feels Great to Swim Fast”

**Drills are an essential tool to help
develop, reinforce, and/or correct
stroke technique**

Butterfly

- 6-2: 6 kicks 2 pulls
 - Focus on core control
 - Emphasize first stroke tempo
 - We focus on holding a flatter line
- 2-2-2: 2 strokes right, 2 left, 2 full strokes
 - Build the stroke from right to left to front work on imbalances
 - Help set a consistent tempo

Butterfly Video



Backstroke

- Catchup
 - Work on stabilizing the core and puts extra emphasis on shoulder roll while maintaining proper buoyancy
 - Keys to the drill:
 - maintaining steady kick
 - maintain head position
 - raising scapula
 - maintain body line without arching of the lower back

Back video



Breaststroke

- FreekBreast™ (breaststroke arms freestyle kick):
 - Promotes fast hands
 - Helps with timing
 - Quick hands
 - Head position
 - Hips
- Butter/Breast (breaststroke arms butterfly kick then breastroke kick):
 - Promotes good tempo
 - Good Streamline throughout the stroke
 - Quick hands
 - Good Streamline
 - Head Position

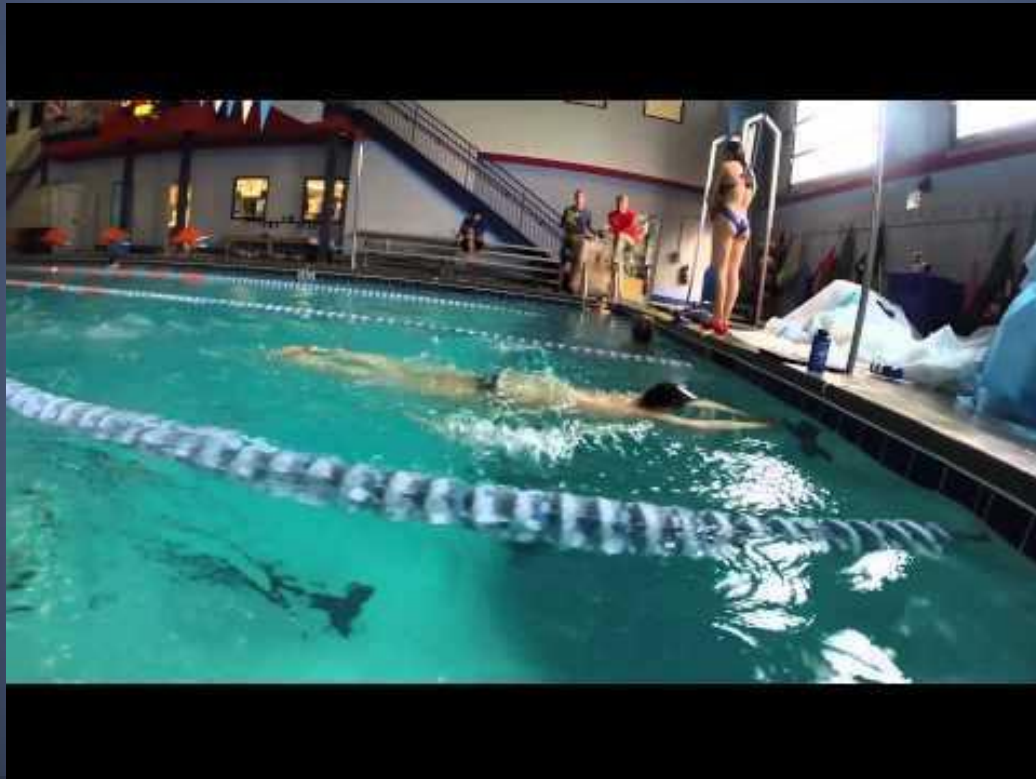
Breaststroke video



Freestyle

- 6 kick catchup (drill best done with a snorkel)
 - 6 kicks 1 pull
 - core balance
 - shoulder roll through the pull
 - no dropping of the hips
- Right-Left:
 - 1 lap right arm only 1 lap left arm only
 - shoulder roll
 - isolating each side (working on imbalances)
 - breath to opposite side of stroke to further emphasize full rotation

Freestyle Video



Strength and Conditioning

- We are big believers in using outside the pool resources to aid in a swimmers strength and conditioning.
- We run the groups based on needs and age range
 - Age group: body weight and athletic skill development
 - Senior level: body weight and med-ball work along with light weight work to develop necessary skeletal muscle to transfer over to heavier lifting and more advanced lifts as they advance.
 - Senior Select: this is our high performance group and the lifting rivals that of college programs. Here we emphasis gaining maximal strength along with gaining lean muscle mass to accommodate their needs and based on their events(sprinters, distance swimmers, and stroke events)

- Some examples of lifting programs will revolve around squats and deadlifts and accessory lifts will follow. Main reason behind this is to have the maximal strength lifts go first then fill in the gaps following to aid in fixing imbalances (shoulders to chest, hamstrings to quads etc)
- We also dedicate a lot of time to rehab and injury prevention:
 - freestylers and butterflyers: most have a pectoral and back imbalance which will cause shoulder pain. we address this with upper back work and shoulder/scapula/rear delt work
 - breaststrokes: work on mobility in lower limbs: the hips, knees and ankles
 - backstrokes: we emphasis thoracic mobility and strength to get into as perfect as possible body alignment
- Example lifting full body session for Senior Select:
 - 1a. Deadlifts 3x5
 - 1b. Weighted russian twists 3x20
 - 2a. Floor Presses 3x3-10 (depending on goals)
 - 2b. Lat Pulldown 3x15
 - 3a. Weighted step ups 3x10
 - 3b. Glute Ham Raises 3x15
 - 4a. Curls 3x12-15 (switch variations)
 - 4b. Tricep pushdowns 3x12-15
 - 5. energy systems based cardio work based on event we will do jogs, battle ropes, sled drags or stations for certain time (keep heart rate 130-150 to best condition the heart and in the aerobic zone
 - Sprints: exercises lasting between 20-60 seconds
 - Middle distance: lasting between 60 seconds and 5 min
 - Distance: events lasting longer 5 min

Favorite Workouts

Texas Set

3 { 175 > @ 2¹⁵
200

3 { 75 > @ 1¹⁰
100

2 { 175 > @ 2¹⁰
200

2 { 75 > @ 1⁰⁵
100

1 { 175 > @ 2⁰⁵
200

1 { 75 > @ 1⁰⁰
100

You can Adjust the
Intervals to suit your
swimmers w/ the emphasis
on getting down to
threshold

Favorite Workouts

Favorite Breast Stroke Set

- 5 x 100 Fast For Time @ 2⁰⁰
(25 \downarrow H₂O pullouts 75 3-1)
- 4 x 50 D/swim @ 60
- 5 x 100 FFT @ 2⁰⁰
(25 \downarrow H₂O pullouts 75 2-1)
- 4 x 50 Drill/swim @ 60
- 5 x 100 FFT @ 2⁰⁰
(25 \downarrow H₂O pullouts 75 swim)
- 4 x 50 Drill/swim @ 60
- 5 x 100 FFT @ 2⁰⁰

Sprint 100 Back End Work

400 Choice

300 Pull

200 Kick

100 5 Br Max

Kick Set

2x25 on :20
50 on :45 } 4x
100 fast on 1:30

10x50 Pull DPS @ :45

Aerobic warmup

3x100 @ 1:05 hold + 55 } 3x
6x50 @ :35 hold + 27

Back End Set

6x100 on 4:00 - 5:00 * Time for all fast *

Dive 25 fast @ 100 speed into fast Turn + Breackart

25/20 @ 75%

50 fast

All continuous

500 Cool Down

Sprint 50 Emphasis

50 Q Breath

300 choice

200 Kick

100 5 Breath max

8x50 Pull 0:16 E: 0:60

4x15's Dive Breakout Emphasis

Power Tower

4x25 @ 2-3 min w/ 100 lbs

100 Easy

4x25 @ 2-3 min w/ fins w/ 150 lbs

100 Easy

4x25 @ 2-3 min w/ F+Pads w/ 200 lbs

100 Easy

All For Time

* Decrease weight
if Technique breaks
down

Detail Work

4 Runner Dives into Race Pace Turn

4 Runner Dive 10m Blast into Finish

Cool Down 400 choice