Club Excellence Wisdom Wednesday

The Bolles School Sharks
Favorite Workout & Drill

By
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&
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The Bolles Sharks have a tradition of developing swimmers from learning how to swim to becoming Olympic Champions! Bollesswimming.org
Breaststroke Drill – Nagy Progression

I came out with this sequence from what I learned after training (1989-1993 & 1995) under Breaststroke Guru Jozsef Nagy:

“The Nagy Progression”

- Alternate Legs
- Knees Together
- Heels Together
- Regular Kick

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Nagy Progression – Why?

• Most young swimmers don’t know where their knees, ankles and feet are in the water.
• Most young swimmers don’t feel what their knees, ankles and feet are doing in the water.
• Most young swimmers don’t understand what their knees, ankles and feet are doing in the water.

This drill will give them AWARENESS of their knees, ankles and feet 😊!
Nagy Progression - Alternate Legs

This is the typical “eggbeater” kick that we use already and the waterpolo players use so often.

Important:

• One leg at a time.
• Think of kicking straight back.
• Make sure heels kicks butt.
• Make sure that toes are point up at end.
• Keep always hips steady.
Nagy Progression – **Knees Together**

Very hard and uncomfortable.

Important:

- Keep knees together at all times.
- Finish Kick with feet together.
- Point toes up at the end of the kick.
- Keep always hips steady.
- Speed is not important.
Nagy Progression – Heels Together

Important:

• Keep heels together at all times.
• Start with small kicks and progress to where the heels hit the butt.
• Always try to Kick Straight back.
• Point toes up at the end of the kick.
• The knees can be as wide as need it.
• Speed is not important.
Nagy Progression – **Regular Kick**

Regular kick but thinking about what they felt in the three exercises prior.

Important:

- Bring the heels all the way to the butt.
- Think about speed up the heels from middle kick to the butt.
- Point toes up at the end of kick.
- Keep always hips steady.
- Speed is not important.
Nagy Progression – Set

- 4 x 25 Alternate Legs.
- 4 x 25 Knees Together.
- 4 x 25 Heels Together.
- 4 x 100
  - 25 Alternate legs
  - 25 Knees Together
  - 25 Heels Together
  - 25 Regular Kick.
- Take 30” rest after each 25 and each 100.
- Speed is not important.
Carnival – Set in SCY

- 8 x 50 on 1’
- 100 easy choice
- 4 x 75 (25 kick-25 Pull-25 swim) on 1’15 + 30-45” rest
- 4 x 100 (25 kick-25 Pull-50 swim) on 1’45 + 30-45” rest
- 4 x 150 (50 kick-50 Pull-50 swim) on 2’15 + 30-45” rest
- 4 x 300 (100 kick-100 Pull-100 swim) on 4’30 + 30-45” rest
- 4 x 150 (50 kick-50 Pull-50 swim) on 2’15 + 30-45” rest
- 4 x 100 (25 kick-25 Pull-50 swim) on 1’45 + 30-45” rest
- 4x 75 (25 kick-25 Pull-25 swim) on 1’15
- 100 easy
- 8 x 50 on 1’
- Total yards: 4800
Carnival – 8 x 50

Important:

• With Senior/College swimmers these 50’s are FAST. All of them.
• Always start on time, good turns and good finishes.
• With Age Group (14-18) I start example:
  – 1st 8 x 50 I will have them Desc 1-4 to 200 pace and then hold 5-8.
  – 2nd 8 x 50 they go 1st 4 at 200 pace and last 4 at 200 pace -1”
Carnival – Kick-Pull-Swim

Important:

• Senior/College swimmers hold 160-170 heart rate all the way.

• Age Group (14-18) hold 150-160 heart rate all the way.
  – At the beginning you may do a progression with the heart rates.

• When kicking emphasize the kicking.

• Pulling balance legs.

• Swimming make sure that they think about the kick and use it well.
Carnival – Thought behind it

• With the 50’s you will have the swimmer reach a level of 8-10 mlm which will simulate the 200 race

• With the Kick-Pull-Swim you will be able to work for a long period of time at a lower level of lactate in the blood but still close to the 50’s.
  – The swimmer will be able to keep a good speed through the set because he/she will be changing muscle groups constantly (every 15”-30”-60”…)

• Teaches the swimmer to use the kick, pull and everything together more efficiently.

• You can teach race strategy too with this set.

• The results are great and the swimmers end up swimming really fast the last 50 which has a double effect since psychologically makes them very strong.
Carnival & Festival 😊!

With older swimmers you can be a very mean coach if after the second 8 x 50’s you have them do:

- 100 easy
- 2 x 75
- 2 x 100
- 1 x 150
- 1 x 300
- 1 x 150
- 2 x 100
- 2 x 75
- 100 easy
- 8 x 50 FAST!!!!!!!!!!!!
- 100 easy
- Total yards: 7000

I would only do it with older and experience swimmers.

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Timing of the Hips-Backstroke

• **Problem:** Too many Great Whites late to catch.
  – [Clip 1](#)
  – [Clip 2](#)

• **Root Cause:** Late hip rotation

• **Countermeasure:**
  – Single Arm, single arm progression, 3r 3alt 3l 3alt
  – Flip Flop, Touchdown
  – Side Glide Slow Recover, kickboard between feet
Timing of the Hips-Backstroke

• What we want at Bolles:
  – Arm Pull
    • Starts above the shoulder with a pinky first entry.
    • Lead the stroke with the shoulder (shoulder out – hand out, shoulder in – hand in)
    • Shoulder driven placement on the hand entry. Age groupers should focus on a deep catch where as senior level swimmers will have a shallower catch.
    • Slight outward wrist bend as the hand enters the water.
    • Initiate the Catch with the hand approximately 3 – 6 inches below the surface of the water.
    • Finger tips should point to the side of the pool through the pull.
    • Hands should be perpendicular to the water’s surface throughout the pull.
    • Elbow is bent 110 degrees throughout the pull for the Elite swimmer (90 degrees for the younger swimmer).
    • The elbow should be about 1-2 inches below the level of the hand during the pull.
    • Finish through the stroke - push the water past the hips towards the feet.
    • Think about ripping the hand out of the water thumb first at the end of the stroke
    • Rotate the hips in opposite direction during the last 25% of the pull (as the hand is passing the hips)
Timing of the Hips-Backstroke

– Drills for Hip Roll
  • Single Arm
  • Single Arm Progression
  • 3 right, 3 alternate, 3 left, 3 alternate

– Drills for Transition to the Side
  • Flip Flop
  • Touchdown

– Drills to Put It Together
  • Side Glide Slow Recover
  • Kickboard Between Feet
Favorite Sets

- L = Look For
- T = Talk
- 1 = Condition Set
- K = Kick
- S = Stroke
- 2 = Condition Set
- F = Focus (Lesson)
- D = Dryland

- R = Race Strategy
- 3 = Condition Set
- Q = Equipment
- C = Challenge/Game
- M = Meet Note
# Teaching Race Strategy

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## Current Best

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## What’s Next

## Front-End Split
Ending Challenges & Games

- no goggle
- Hypoxic
- Relay
- no breath
- **25 dolphin kick back**
- perfect turns
- mid pool turn +1
- jump turn lane 3 under return
- underwater open turns
- British Day
- crowded warm-up
- no warm-up
- kicking relay
- ladder-small dolphin
- **25 dolphin kick tummy**
- 7 dolphin kicks off
- get out swim
- back tuck somersault
- Descend
- head up
- **open turn timing**
- Sportsmanship
- **time to 1st 15m mark**
- peer coaching
- 5 kick race
- get out early
- No Lane Lines
- **Timed turns-flip**
- sculling
- negative split
- running dive
- trophy start
- Noodle Targets
- 15m sprints –hold breath
- no breath
- weak stroke
- legs finish
- win your heat
- Fly Golf (15)
- front quadrant breathing
- caps off
- Vertical Kick
- Legs on Fire
- Chasers
- variable sprints ef/fe/aenobr/af
- Take Pulse
- Dolphin First Pull Out
- SR x SL = V
- Gun Slinger
- Sit Down
- Starter
- middle pool starts
- **Dive Time**
- Holding Breath Exercises
- Flip Turn -Toes Out First
- Vertical to Horizontal Breast Kick w/ Medball
- Flip Turns for Fly & Free
- Diving Well
- **Time from 15 m to wall**
- How Far in 20 sec?

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### Teaching Competition

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Thank You For Attending Today’s Presentation.

• Sergio Lopez Miro
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• Dale Porter
  – porterd@bolles.org