

# HEAT SWIM SERIES – SPRING 2017

Sundays 10:30 – Noon  
St. Joe's March 19<sup>th</sup> – May 21<sup>st</sup>

## **Week 1: 3/19**

Warm up/Series Overview – Introductions – Vin/Jeff

Pace Clock, Circle swimming and pool etiquette (1 on 1 video option TBA)

Timed Swim: 100, 200 & 300 – groups of 4, one per lane (lanes 5 & 6 continue training)

Workouts: Lanes 1 & 2 = 700 yards, Lanes 3 & 4 = 1700 yards, Lanes 5 & 6 = 2000 yards

## **Week 2: 3/26**

Warm up/Session Overview

Instruction/Demo: 5 Swim Basics, Streamlines, Dolphin (optional), Surge to Surface

Focus – 5 Swim Basics, Streamlines

Workouts: Lanes 1 & 2 = 1000 yards, Lanes 3 & 4 = 2100, Lanes 5 & 6 = 2600

## **Week 3: 4/2**

Warm up/Session Overview

Instruction Demo: Flip turns (choice offered)

Focus – Proper Stroke Mechanics: Finding your axis

Workouts: Lanes 1 & 2 = 1200 yards, Lanes 3 & 4 = 2500 yards, Lanes 5 & 6 = 2900 yards

## **Week 4: 4/9**

Warm up/Session Overview

Timed Swim: 100, 200 & 300 – groups of 4, one per lane (lanes 5&6 continue training)

Focus- Review Proper Stroke Mechanics / Open Water Sightings, Buoy turns, Rollovers, and rest

Workouts: Lanes 1 & 2 = 1200 yards, Lanes 3 & 4 = 2500, Lanes 5 & 6 = 3000 yards

## **Week 5: 4/23**

Warm up/Session Overview

Instruction Demo: Open Water Racing Skills – Sighting, Buoy Turns, Drafting, Dolphin Dives, Continued Stroke Work

Group Training Choice – Wind Sprints, Threshold, passing skills while circling

Workouts: Lanes 1 & 2 = 1500 yards, Lanes 3 & 4 = 2800 yards, Lanes 5 & 6 = 3400 yards

## **Week 6: 4/30**

Warm up/Session Overview

Instruction/Demo: Mass Start, Panic reduction – Jump ins, Dolphin Dives, Paired & Mirror Swimming Demo

Group Training Choice – Practice Mass Starts, Drafting, Buoy Turns – 2 groups – wind spirits

Workouts: Lanes 1 & 2 = 1500 yards, Lanes 3 & 4 = 3000 yards, Lanes 5 & 6 = 3600 yards

## **Week 7: 5/7**

Warm up/Session Overview

Instruction/Demo: Mental Toughness/Inner Warrior/Pebble in Shoe & Broken Goggle Syndrome/Power Burst Finishes

Workouts: Lanes 1 & 2 = 1600 yards, Lanes 3 & 4 = 3500 yards, Lanes 5 & 6 = 4000 yards

## **Week 8: 5/21**

Warm up/Session Overview, any questions/suggestions for Jeff

Instruction/Demo: Snake Drill & Finish Demo

Timed Swim: 100, 200 & 300 – groups of 4, one per lane (lanes 5 & 6 continue training)

Workouts: Lanes 1 & 2 = 1500 yards, Lanes 3 & 4 = 3000 yards, Lanes 5 & 6 = 3500 yards

Final: Group Snake Drill and Finish – Acknowledge New Friends, continued training with peers, See you at the spring clinic in March!