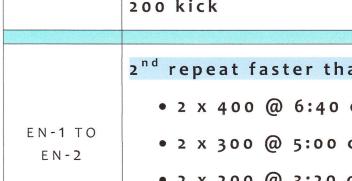
DAY/DATE: MONDAY/JANUARY 14, 2013

FOCUS: DI	STANCE FREE/PACE
	200 swim
REC	200 pull 200 kick



• 2 x 400 @ 6:40

• 2 x 200 @ 3:20 @ • 2 x 100 @ 1:40 o

• 2 x 300 @ 5:00 @

12 x 25 @ r=5 EN-1 25 scull/25 glide DAY/DATE: TUESDAY/JANUARY 15, 2013 FOCUS: IM

300 swim REC

4 x through (1 round • 2 x 25 kick @ 45 2 x 50 [25 drill/2 • 2 x 100 swim @ round 1: 25 EN-2

• round 2: 25 • round 3: 25

round 4: 100

2 x 100 pull @ 1:

freestyle bre

DAY/DATE: WEDNESDAY/JANUARY 16, 2013

FOCUS: MID-DISTANCE FREE/PACE

REC	300 swim
E N - 1	8 x 25 scull with fre
property of the second	
	 Swim as one continuation 1 x 300 pull @ 5 moderate effort
	• 2 x 150 swim @ • negative split e
	• 4 x 75 kick @ 2:

negative split e
 4 x 75 kick @ 2:
 push 2nd 25 of e
 EN-1 TO
 6 x 50 swim @ 1
 descend times 1

4 x 75 kick @ 2:

Thursday Swim Cli

Recently, I was asked, "what Here was my response:

Good question! Milt Nelms is living in Australia, last I heat early 1990's when he collaboration and the collaboration are suffective "translator" of the Boomer. One of Boomer's id

early 1990's when he collaboration the Axis Theory of Swimming). Yeffective "translator" of the Boomer. One of Boomer's id backstroke are swum on a velocetory of the swim on a developed this set during that Willamalane Swim Club in of the swim is to continuous to horizontal axis in one set information by watching "The series of videos taped in 20

Putting this theory into pra

When I'm teaching this conc

movements; all parts are fo movement along the line.

Common Stroke Flaws:

Hands that enter across the over the body's center line the line in a counter balanc too deeply to the water aft off the line: the body boun

Drills to reinforce the long

head being forced down and

- 10-beat freestyle
- 10-beat backstroke
- 10-beat corkscrew
- single-arm freestyle
- single-arm backstroke
- rotational kicking

DAY/DATE: FRIDAY/JANUARY 18, 2013

FOCUS: SPRINT -BASED

REC	400 choice, 8 x 25 b
EN-1 TO EN-3	4 x 100 swim @ 2:00 • push 4 th 25 • push 3 rd 25 • push 2 nd 25 • push 1 st and 4 th

4 x through:

REC

• 4 x 50 swim @ 1
• maximum speed

400 pull: breathe e