



SwimMAC Carolina offers swimming programs for people of all ages and experience levels. Established as the Mecklenburg Aquatic Club in 1977, we have grown from a small competitive team into a highly-regarded organization that provides aquatic instruction and training for nearly 10,000 people in the Charlotte region each year. Our mission is to empower young people to be champions in life through excellence in swimming by continually working toward these four ends:

- Engage** Children and families entering the sport with an opportunity for lifelong enrichment
- Develop** Athletes benefiting from collegiate swimming opportunities
- Inspire** Athletes inspired to train for elite levels
- Lead** The SwimMAC Carolina model of excellence is embraced by other members of the global competitive swimming community



SwimMAC Workout- Shark Division

Practice Overview

- **Week Plan-**

Monday: Back with a mix of Breast

Tuesday: Sprint Free/ Kicking

Wednesday: IM/Best Stroke

Thursday: 4th Stroke

Friday: Distance Free with a mix of Fly/ Kicking

Saturday: IM/ Race specific skills

I have a stroke specific skill I carry through the week.

- **Emphasis During Any Practice-**

Underwaters

Turns & Finishes/ Starts once a week

Kicking on the back part of a distance or set

Drill progression throughout the week, Link drills to swimming by end of the week

Stroke Counts

Race Strategies

Heart Rate

Getting out like an Athlete

Practice Example

Warm-up & Technique



- **Warm-up**

Mixture depending on the day.

- * Dryland Days- 200 Loosen/ Go right into drill work or kicking
- * Race Specific Days- slow broken 50s (starts/turns/ finishes) working race specific skills
- * Other Times- Work under waters & stroke counts, 600-800 mixing in drill/swimming connections and stroke count swimming.

- **Technique Set**

3 x 100 IM on 1.40

(Fl-4k/1p, Bk- 6+3, Breast-2k/1p, Free- 6+3)

6 x 25 Drill on .35 (IMO by Rds)

4 x 50 IM Trans on .50 (Stroke Count)

Practice Example

HR Set

2 RDs....

1 x 50 Free (BP 9) on .55.

1 x 100 50 Fly / 50 Back on 1.35. Smooth

2 x 50 Free (BP 7) on .50

1 x 100 50 Back / 50 Breast on 1.35 Smooth

3 x 50 Free (BP 5) on .45

1 x 100 50 Breast / 50 Free on 1.35. Smooth

4 x 50 Free on .45 (Des 1-4 to HR 4 or 5 Below)

2 x 200 IM (25 Swim/25 Kick) on 3.30. HR – 4 or 5 Below

Practice Example

Main Set



2 x 250 Free on 3.20 (smooth)

1 x 100 IM on 1.25 (good effort)

6 x 50 Non-Free Pace on .55

- 1-3 200 BT divide by 4 +4
- 4-6 200 BT divide by 4 +2

4 x 125 Free on 1.40(smooth)

1 x 100 IM on 1.25 (good effort)

6 x 50 Non-Free Pace on .55

- 1-2 200BT divide by 4 +4
- 3-4 200BT divide by 4 +2
- 5-6 200BT divide by 4 +1

6 x 75 Free on 1.00 (smooth)

1 x 100 IM on 1.25 (good effort)

6 x Non-Free Pace on .55

- 200 BT + divide by 4 +2

Practice Example

Kick Set



4 x 100 free side kick on 1.45

8 x 25 free on .30 RAGL

4 x 100 free side kick on 1.45

8 x 25 free on .30 YAGL

4 x 100 free kick on 1.45

8 x 25 free with a double kick on .30. GAGL

- RAGL means- Red Arms/ Green Legs
- YAGL means- Yellow Arms/ Green Legs
- GAGL means- Green Arms/ Green Legs

Practice Example

Warm Down



Warm Down consist from an easy 50 and stretching on deck to technique specific 25s to 100 -200 flop



SwimMAC Workout- Senior Division

Bi-Weekly Senior Division Stroke Emphasis



Week 1

Monday	Fly / IM
Tuesday	Fly / Free
Wednesday	Fly / IM
Thursday	Breast / Free
Friday	Breast / Free
Saturday	Breast / IM

Week 2

Monday	Back / Free
Tuesday	Back / IM
Wednesday	Back / Free
Thursday	Free / IM
Friday	Free
Saturday	Free / IM

Practice Example Warm-Up



- Body Signature (Video)
- 8 x 25 @ 1:00 12.5 Out and 12.5 In 4 – Short Axis 4 – Long Axis
Mid-pool turn and UnderH2o kick back to wall (2 Pullouts for BR)
- 8 x 150 #1 & 2 = Alt 25 Scull/25 Swim @ 2:35 #3 & 4 = Alt 25
Kick/25 Swim @ 2:30 #5 & 6 = Alt 25 Drill/25 Swim @ 2:25
#7 & 8 = All Swim @ 2:20

Practice Example Technique Set



- 4 x Through IM Order
 - 1 x 150 Kick @ 2:45
 - 1 x 100 Stroke Progression @ 1:50
 - 4 x 25 @ :40 4/6 Strokes Max then kick

Stroke Progression = 25 Hand Lead Kick / 25 Breakdown Drill / 25 Flow Drill / 25 Swim w/ Best Stroke Count

4 Strokes for Fly and Breast and 6 Strokes for Back and Free. Travel max distance for that number of strokes then kick. Only UnderH2o kick as far as you are willing to do on the last turn in a 200.

Practice Example

Heart Rate Set



1 x 300 IM @ 4:30 Average of 200 GT + 26 @ HR 13-16

4 x 100 Fly Kick @ 1:45

1 x 75 Fly @ 1:30 Average of 100 GT + 8 @ HR 16-19

1 x 50 EZ @ 1:00

1 x 300 IM @ 4:30 Average of 200 GT + 26 @ HR 13-16

4 x 100 Fly Kick @ 1:45

2 x 75 Fly @ 1:30 Average of 100 GT + 8 @ HR 16-19

1 x 50 EZ @ 1:00

1 x 300 IM @ 4:30 Average of 200 GT + 26 @ HR 13-16

4 x 100 Fly Kick @ 1:45

3 x 75 Fly @ 1:30 Average of 100 GT + 8 @ HR 16-19

1 x 50 EZ @ 1:00

Kick: #1 = Alt 50 Moderate / 50 Strong

#2 = UnderH2o Kick from wall to far flags each 25

#3 = Alt 50 Moderate / 50 Strong

#4 = 75 Strong / :10 Rest / 25 Fish Kick

Practice Example

Pace Set



2 x 100 @ 1:45

#1 = Alt 25 Free w/ 1 Breath only / 25 Best Stroke Count

#2 = Free Breathe every 7 strokes

1 x 25 Free @ :30 1 Breath only with a slow exhale

1 x 50 Stroke @ 1:00 Last 50 of 200 Goal Pace

2 x 100 @ 1:45 (Same as Above)

1 x 25 Free @ :30 1 Breath only with a slow exhale

2 x 50 Stroke @ 1:00 Last 50 of 200 Goal Pace

2 x 100 @ 1:45 (Same as Above)

1 x 25 Free @ :30 1 Breath only with a slow exhale

3 x 50 Stroke @ 1:00 Last 50 of 200 Goal Pace

Practice Example

Warm Down



150 Flop after the set

8 x 25 Stroke Progression @ :40

Put the stroke back together in preparation for the next workout.