

NITRO SWIMMING

National Development Workout Concepts and Skills

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15 MINUTES OF DYNAMIC WARMUPS BEFORE WATER TIME DAILY

Example Module A

1x PVC Series and PVC Squats
2x (10x "I", 10x "Y", 10x "T") on rings
2X (8x Hip Bridge, :30 Caveman, 8x Spiderman, :30 Pigeon each leg, 8x Gorilla Squats

Example Module B

1x Chopper Series
1x Lunge Coordination
4x :30 pigeon each leg,
12x Spiderman, :60 Caveman, 12x zombies

Example Module C

1x Jumping Jack Series
1x Lunge Coordination
4x (:60 Caveman Squat,
12x Inchworm, :30 Knee on Wall each leg, 12x Zombies

THE BENEFITS OF DRYLAND BEFORE SWIM

- Excellent time to bond with group, and create a time to discuss focus of water time for that day with the kids.
- Fun for the athletes, and allows coaches to better understand the kids through communication out of the water.
- Kids can always hear dryland coaching. Easier to get messages and themes to swimmers.
- Strength increases about 2% per 1.8 degrees F of increased body temperature.
- Muscle, joints and tendons, as well as nervous system, operate best at temperatures of 102.2 degrees F

<https://humankinetics.me/2017/03/03/warm-up-advice-from-aurelien-broussal-derval/>

EXAMPLES OF WARM UP IN WATER

- **Example A:**
 - 400- 50 Scull, 50 swim(snorkel opt.)
 - 300- 25 k/d/s, IM
 - 200- wall pause on each turn, and ride glides for distance on push offs
 - 100- 4x25 balance swim
 - Eyes start near surface looking FWD. and progressively chin tucks to pull eyes into a downward fashion.
 - Looking to achieve body balance and buoyancy in connection to head position. Can be done on back as well, starting chin tucked and adjusting until best balance and buoyancy occur.
- **Example B:**
 - (4x)
 - 10x Bobs
 - 10x Streamline Jumps
 - 10x Double High Fives (on the water)
 - 1x :10 Hand Stand
 - 10x Boxing Jabs
 - 1x 50 Rotisserie Kick
 - 1x75 Build to Sprint
 - 1x25 Smooth No Breath Free



EXAMPLE OF WARMUP IN WATER



EXAMPLES OF CHAIR PAUSE TURNS,
WITH PUSH OFFS FOR DISTANCE

EXAMPLES OF PRE SETS AND UNDERWATER SETS

- **EXAMPLE PRE SET:**
- 2x rounds
- 8x25- 4 Und. Water Dolphin k @ :35, 4 swim @ :30- 3 breaths only #1, 2 breaths only #2, 1 breath only #3, 0 breaths on #4, swim can be fly, or free, or underwater breast stroke
- 4x50 @ :35/:40, no breath turns and finish to fast flip turn. Focus on feet at shoulder width on turn and swimming the head and shoulders into the flip turns. 800 yds.
- **EXAMPLE UNDERWATER DOLPHIN SET:**
- 6x Shooters
- 1x25 Dolphin Kick on Back (DKOB)
- 2x25 UWDK 12.5 + 6 fast strokes
- 1x25 UWDK 15 yds. + 6 fast strokes
- 1x25 UWDK (Underwater Dolphin)
- Round 1&2- Start from a push, Round 3&4- Start from flags, Round 5&6- Start from a push w/ Fins
- ****Interval**** 750 yds

MAIN SET EXAMPLE

- 30x50 FR. @ :50 2 Cruz, 1 at Race Pace, 1-12 Race Pace held at 500 Free Pace, 13-24 Race Pace at 200 Pace, 25-30 All out on Race Pace
- 100-300 recovery
- 20x50 PRIME @ 1:00 1 Cruz, 1 at Race Pace, 1-10 Race Pace at 200 speed, 11-20 Race Pace held at 100 speed
- 100-300 recovery
- 10x50 COACH CHOICE @ 1:30 All as fast possible, Dive odds, push evens
- 100-300 recovery
- Usually done the 3rd session of 8 sessions weekly
- Helps kids learn to feel 100, 200 and 500 pace, and allows room for variation and creativity. Used all season even leading into meets in a scaled back version.
- Several ways to vary the set depending on the time of the season, and based on type of swimmer. (Distance, Mid., and Sprint) 3000 yds.

WEEKLY REPEATED DRILLS AND SKILLS SETS: VIDEO OF: UNDERWATER TURNS, KICKING AND BODY BALANCE DRILLS AND CONCEPTS

Videos are examples of Sectional to NCSA Jr. National level athletes from our two locations:

EXAMPLES OF WEEKLY DRILLS AND SKILLS PRACTICED

Float/ Kick/ Swim

Underwater Turns

Head up to eyes
down/ balance drill

