

Club Excellence Wisdom Wednesday



The Bolles School Sharks Favorite Workout & Drill

By

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&

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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

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.



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

Current Best

What's Next

Front-End Split



Time	P/F/T	Athlete	Age at Meet	Swim D
Back				
29.55Y	F	Mendizabal, Stefanie	29.0	14.0 13 03/09/20
30.64Y	F	Sowell, Nicole	30.4	14.7 12 03/09/20
30.93Y	F	Gau, Alice		12 09/16/20
32.29Y	P	Trieu, Emily	31.8	15.4 11 03/09/20
32.34Y	F	Brinkman, Ellie		12 07/10/20
33.09Y	F	McMahon, Kensey		12 02/26/20
33.63Y	F	Carpenter, Carey	33.2	16.1 12 03/17/20
34.52Y	F	Batista, Camila		11 02/03/201
34.54Y	F	McCabe, Elizabeth		11 02/02/201
34.61Y	F	Hawkins, Brecca		12 02/24/201
35.17Y	F	Hurdle, Mia		12 10/21/201
35.31Y	F	Kirchhoff, Lanier		11 09/24/2011
36.07Y	F	Morningstar, Amanda		13 03/16/2013
36.35Y	F	Harvey, Claire	36.0	17.5 12 02/02/2013
36.47Y	F	Drell, Jolie		12 12/09/2012
36.58Y	F	Rinosa, Jessica		11 02/24/2013
36.82Y	F	Reeves, Toni		11 12/09/2012
37.25Y	F	Hagy, Riley		11 02/02/2013
37.69Y	F	Blackford, Emily		11 02/02/2013
38.05Y	F	Gavin, Karaline		11 03/17/2013
38.40Y	F	Garcia, Abigail Ann		11 03/18/2012
38.75Y	F	Farrell, Molly		11 07/10/2013
38.98Y	F	Brinton, Allie	38.7	18.8 11 02/02/2013
39.58Y	F	Bates, Ava		11 02/02/2013
40.63Y	F	Streeter, Abigail		12 02/24/2013
41.26Y	F	Burfeind, Kimberly		11 02/02/2013
41.74Y	F	Lamarre, Roxanne		11 03/13/2011

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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?



Teaching Competition

	flip turn	25 d kick tum	25 d kick back	Open Turn	15 meter	Dive Time	to wall
Jake	4.9	14.9		5.6	7.9		
Anna							11.9
m, Elizabeth	6.3		19.8	7.2	8.9		
m, Taylor						3.1	
Katherine	5.5	18.2	19.2	6.6	7.9		10.2
Andre	5.3	18.4		6.5	8.2		10.4
die	5.8	18.2	18.8	7.3			
Camila			21.4		7.9		10.5
ida, Lyna	6	21.2	21.3		9.1		
Jackson		15.2	16.5		7		9.3
Travis			16		7.4		9.3
m, Ellie		18.5	21.3	6.4	8.3		
Katherine		16.5			9		
vski, Nicole			17.5	7.4	10.1		
vski, Ryan	5.1	15.2	15.7	5.5	7.6	3.0	9.8
, Taryn	6	22.2	20.2	6.4	8.7		
Brandon	6.2	20.6	27	7.4	8.4		10.6
Haley		24.7		7.9	10.6		
ccob	6	21.9	24.7		8.2		
r, Carey		17.9	18.4	6.9	8.7		10.9
r, James	5.5		17.8				9.5
Luis							
asetty, Vijay	8		33.9	11.1	10.6		
niel	8.1		31.9	7.5	9		
abella	5.8	16.8					
, Carlo							
ameron							
iley			16.4	7	8.2		
Alexis	6.2	20.4	25.1	8.1	9.1		
r, Morgan		20.2			9.5		
ie	6.3		23.9	8.7	9.1		



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Thank You For Attending Today's Presentation.

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