

Swimmers as we get ready for the upcoming Long Course season, it starts Monday, April 3 here are a few of the things that we will be working on throughout the season. Many of these things are old and yet they need continual practice. Through sheer repetition you will get better, but we are also going to be stressing the need to do things right at all times. The coaching staff is going to be teaching like we have never taught before. It is up to you then to see that you are at every practice possible to learn all the skills necessary to make Continual and Never ending Improvement. If you want to improve and increase your skill level then you need to understand that through perseverance, patience and practice you can do it. Here is a list of things that we will working to improve:

- Aerobic base: HR work in the 140 to 150 range in free/back/breast
- More fly work to help EVERYONE become better IMers: in drill-kick and swim
- Daily stroke work as part of each practice session
- Proper recovery sets after challenging days
- More strength specific sets: buckets, power rack, tubing swims
- Better quality EN 3 sets with Vasa sets added in
- More breaststroke work: for breaststrokes and IMers
- Turns and burst turns
- Underwaters-especially on long course days
- More challenging dryland workouts with an emphasis on Abs
- More challenging long course days