

Swimmers:

This is a transitional month for us. My swimmers are either done with the traditional swim season or in the final stretches of some very high level meets - States, Zones, etc. My triathletes are ramping up to the day, as workloads are now doubling. You keep me busy year round and I wish you all well !!

I have scattered ideas to focus on this month, so bear with me.... This month, I am going to dwell on questions I get on a daily/weekly basis as well as some general good information to share with you.

My key swimming focus for this month is DIVERSITY. I would like each of you to make a concerted effort to practice either of both of these drills:

1) corkscrew - this is for everyone. Both swimmers and triathletes will benefit by being forced to maintain balance while reversing body position. I would like to now see some extended sets of this drill - like 100 or 200 yards and done MY WAY, not some of the cockamamy unorthodox ways I have seen it done!!! Push off into balance position and swim easy freestyle in the perfect spot until you need to breathe - roll onto back while maintaining a long body line and stroke for at least 2-3 full cycles, then roll back to free going in the opposite direction \*\*\*this means you roll both right to left and left to right as you transition between free and back. The measure here is how effective you can maintain a long body line and feel the transition happening less and less each time. You should actually like this if you do it right !! Also, it will stretch out your tightening armpits on long hard swim sets. Great to use as an easy filler set.

2) bilateral breathing - don't care who you are, you NEED to develop this. If you are a swimmer, it will give you perfect roll and balance. If you are a triathlete, it will save your butt when the surf is rolling INTO your face. Focus on this for the next 30 days and work to increase your efficiency. If you are already "good", is it really PERFECTLY THE SAME on both sides, or is one side a little better? Work on it !! If you hate it, do it because it is part of your evolution. Darwinism = evolution of species. This is Sir Darwin's 200th anniversary, it is the least we can do....!!!

There is a reason that we have a strong reputation, here in Doylestown. We win. Have you read Johan Bruyneel's book - MIGHT AS WELL WIN? It seems everyone around D'town has that positive attitude. It is my job to make you think and get better. It is a job I take VERY seriously. I know people fear Doylestown on a race sheet. Our triathletes are swimmers, not just runners who can survive the swim.... Our swimmers LOOK better and can get the job done. Kudos to all of you. Spring is here, time to rock and roll baby !!!!

Next on my list is the age old question brought up about 3 times a month by one of you : how can I avoid sinus problems while swimming at my local pool?

Commercial pools always have wide swings in chlorine due to "bather load" and this is the root cause of most issues. It is caustic and your sinus membranes are very sensitive. I have developed a simple plan that has kept me sinus infection free for many years - swab the inside of your nasal passages with AQUAPHOR the night before you swim. This will place a moist and protective membrane on those sensitive cells... Next, grab a bottle of nasal saline (Ayre brand has the best actuator) and keep it in your car so that you can use it IMMEDIATELY after swimming. Don't use a tiny squirt in each side of the nose - use a bunch and really clean the cavities. This MUST be done ASAP, not around lunch time when you remember...been there , done that...doesn't work...

As we step up the training with the clocks going ahead and spring melting the snow, time to stock up on HAMMER NUTRITION products. I am NOT a Hammer rep, but as a pharmacist (old job...) with plenty of nutritional education, HAMMER is spot on in every way. Hammer has a good number of PhD's that get it right. You can get all the advice and a complete product line from appropriate vitamins to in flight nutritional products for any/every distance. They are really the sole supplier to events like the 50 and 100 mile runs and 24 hour bike races...

I use the following: Premium Insurance Caps, Salmon Oil caps, HEED, Gel, Endurolytes and Anti-Fatigue Caps.

They are NOT multi level, but do offer you a nice "welcome" when you buy direct. You pay no shipping and get on automatic quarterly shipments (that I completely change everything, every time). If you use my Hammer number (HAMMER # 79038) you will get a good rep and they will give you a discount on your first order - only. \*\*They will also give me a small discount on my next order to thank me for referring you - this happens only once, never again. You are NOT paying "commissions" for life to levels of salespeople. I truly believe this company is solid and "the answer" to all of your nutritional needs while training. Give them a try.....

Last month, I printed out my top 10 drills, as this should be everyone's focus at the beginning of practice and especially at the beginning of the year or season. Today, I would like to advance to my list of pool training devices to help us get to the next level, NOT get injured, and keep us from getting bored in the pool...

1) Goggles - matter of personal preference based on specific facial characteristics. Get something that is comfortable that you can see well with. Our friends at The Training Zone have a crazy amount of styles in stock - get what fits perfect, not what is "the coolest".

2) Suit - any type of traditional suit is fine from brief to jammer, racerback to guard cut. Again, The Training Zone has all suits 40% off EVERYDAY, year round. Just no reason to anywhere else..... They even have "Uglies" and drag suits !!

3) Kickboard - the FINIS Alignment board is THE best, as it is the only kickboard that puts your hips in the SAME position kicking AND swimming

4) Buoy - any one is fine, but this is a necessary item for strength, bilateral roll development, and periodization of legs to arms

5) Hand paddles - I like finger paddles for a host of reasons. If you are fully developed (not a child), then I can recommend any paddle that has a slight cup to its shape and holes drilled into the paddle for flow channeling

6) Flippers - like 3 different ones for 3 different reasons:

a) Force Fins , Slim Fin - it is the most efficient fin on the market and will keep your legs nice and long for perfect distance practice - you can NOT rush these....get the "comfort" style

b) FINIS, Zoomers - short, fast, and a real workout

c) FINIS, Zoomers II - these are a new technology upgrade to the standard Zoomers and work differently. They are longer and work leg strength more than leg speed.

7) Trainer - Finis tempo trainer is a small ticking device used to pace yourself. You can use it to increase cadence on the run, as well as pace yourself in the pool - especially for distance events. I drive myself crazy with this outside in the summer....keeps me young!!

8) \*\*\*\*The biggest surprise at the Olympic coaching conference I went to last fall - The Finis Snorkel. I was amazed that EVERY high level coach speaking used these EVERY day in practice. It makes sense, if your swimmer does not have to change position to get air, he/she will find the fastest (most streamline) place in the water and stay there.... Questions?

I have all of these toys because I spend a bit of time in the pool and get bored very easily.... Please consider picking up any or all of the above as you prepare for the next phase.

Looks like I have written enough for this month, my swimmers are doing exceedingly well everywhere now.

SwimStrong. SwimSilent.

Ps Maybe next month I will give out some of MY swim workouts....? If you send me requests, we will try to accommodate that as well....

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