

Swimmers:

The days are finally getting longer and my 12 year old daughter tells me that on 14 March (less than 2 weeks away !!!), we can set the clocks ahead - thank God !!!! I know more than a few of us can not wait to get outside on our bikes and put a few good miles on....

This is a transitional month for O2 SWIMMING, as only the top level swimmers are still in the pool - CONGRATULATIONS to all of you!! My triathletes are nearly goofy with the weather and many have picked their head up and realized that racing season is NOT that far away. Some are even prepared - beware!! I would like to take a moment and thank you for your tremendous support of O2 SWIMMING. I really never thought that 6 years ago when I built the room and launched O2 SWIMMING, that it would turn into a 10 hour a week, 52 week a year obsession; but you have made it my "thing". If ANY of the local coaches had a clue as to how many of you swimmers have been in the Endless Pool, I think they would be shocked... We all know that NO ONE knows about me/us !! I'll never tell, but the amount of kids swimming in the Junior Olympic program boggles my mind. This year, we will send swimmers to every meet at every level. The "old folks" have been tearing up both the national and international fields and ponds in triathlon for a long while - nice of the "kids" to catch up !! Doylestown has some TOUGH people - I love it !

I have 2 things for you this month, in addition to the HUGE SHOUT OUT to all my O2 SWIMMERS for their accomplishments this past season:

1) SWIMITTs. I realize that many swimmers on teams can not pull out Coach Ken's SWIMITTs and just use them in practice, but the level of perfection that we have seen for those of you who use them - is amazing. I would encourage ALL of my swimmers to pick up a pair and put them to the test. Discover something. They are a tool. Just this week, I have a "newbie" swimmer/triathlete that picked up a pair and began using them. He wrote to me that he DROPPED 1-2 SPL in just the first week. I know of no other tool that can guide you like the SWIMITTs. As you know, they are available at only The Training Zone here in Doylestown, or at my Endless Pool Studio. I highly recommend them. I use them....

2) I got another note from a resident Doylestown tough guy recently asking my opinion about the following clip:

[http://www.active.com/swimming/Articles/Dance-With-the-Water-Part-3-Rollover-Drill.htm?act=EMC-Active&Vehicle=Triathlon&Date=02_28_10&Edition=4&Sections=Articles&Creative=Feel the Pressure With This Drill&TextName=Feel the Pressure With This Drill&ArtText=Txt&Placement=2&Dy=Sun](http://www.active.com/swimming/Articles/Dance-With-the-Water-Part-3-Rollover-Drill.htm?act=EMC-Active&Vehicle=Triathlon&Date=02_28_10&Edition=4&Sections=Articles&Creative=Feel%20the%20Pressure%20With%20This%20Drill&TextName=Feel%20the%20Pressure%20With%20This%20Drill&ArtText=Txt&Placement=2&Dy=Sun)

I love it! This shows me that you are THINKING, LOOKING, EXPLORING, LEARNING. You can not push your own limits if you do not explore them - fair enough? This article speaks of FEELING the water - ever hear that before? You cannot master something that you do not know or understand....

I teach the "corkscrew" drill in my own fashion - not unlike what is postulated here. I have negated many coaches that teach our swimmers to roll CONTINUOUSLY during this drill. I call it the freestyle -backstroke- freestyle-puke drill. You must remain in one modality until you FEEL your body and the water's effects.

Then, you roll to your back/front and stay there until you FEEL it in this new place. Not only are each position learning/feel modes, the actual transition is key. Do you sink as you go from free to back? Does your butt drop going from free to back? Do your arms cross going from back to free? When you can seamlessly do a good corkscrew, you are well on the way to swimming perfection. Perfection is always the goal at O2 SWIMMING. Anything less is called "struggle".

I also like to spend time in backstroke, as it releases many of the tensions of freestyle. As we have discussed previously, human muscles work either antagonistically or synergistically. It is good to allow the body to be in both places during a workout. It relieves tension on the system and lets the swimmer stretch back out to full extension (back down to lowest SPL).

So, experiment with both backstroke AND corkscrew. Thank you to one of our local tough guys for the great idea this month!

Last, as the traditional swim season is nearly over, I now have more room for my triathletes. My apologies if I have moved you off into future slots, but my thanks for allowing me time to get the youngsters ready to kick butt at their winter meets - Doylestown is well represented !!!

For those of you who have taken one session; if it has been longer than about 2 weeks - you are late coming back !!! I designed and refined this program to be of maximum benefit to YOU. If you get a TRI pack of 3 sessions, you will make the most progress by following my guidelines of finishing them in 3-6 weeks. When

you go away too long, most will revert to chasing the clock and not chasing perfection. Each of you are unique and I coach you in a very special way. I am an old dog and have many tricks, stick with the plan. If I owe you time, NOW is a great time to call me....

Thank you all for your dedication to swimming - THE NUMBER ONE SPORT IN THE WORLD!!

SwimStrong. SwimSilent.

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