

RedLadies



Swimming Lingo and Drills

This is intended to help get you started – please ask for additional help when you need it.

Freestyle = Front Crawl = the stroke you see most people doing

Video demonstration of freestyle:

https://www.youtube.com/watch?v=tFmnJnmahLw&feature=player_embedded#!

OR

<http://www.youtube.com/watch?v=RDSKwSR5Zgk>

Is freestyle the only stroke you can use in triathlon?

No – it's not “illegal” to do other styles of swimming – freestyle is just the most common stroke and the one we will be focusing on in the Reds.

There are 4 competitive strokes in swimming:

Freestyle / The Front Crawl – the “main” stroke in swimming

Breast Stroke/Backstroke/Butterfly – the other 3 competitive strokes

IM = Individual Medley (Individual = 1 person. Medley = a medley of the 4 competitive strokes listed above). You will hear this if you go to a Masters practice – something to ask the coach on deck about.

Stuff you need to swim:

Swim suit – a “racing” suit will provide better support but any suit will do.

Cap – keeps the hair out of your face

Goggles – clear and “sunglasses” (the ‘sunglass’ ones are good to race in when it's sunny)

Wetsuit – Many variations to choose from; wetsuits protect you from the cold but most triathletes like them b/c they make you float in the water b/c they are made of a rubbery material. These are allowed in swims where the water is 71 degrees or less.

Pool Terms

Yards Vs. Meters

The lengths of pools are typically 25 yards OR meters or 50 Meters. Most gyms around Kansas City are 25 yard pools. The only reason this makes a difference is b/c meters is slightly longer than yards and so it will take a bit longer to swim (like 5 or 10 seconds longer per length).



Fun, Friendship, Finish! Women Taking on the Challenge Together.

25 yards = 1 length of the pool
50 yards = 2 lengths
100 = ...you guessed it, 4 lengths
200 = 8 lengths
500 = 20 lengths
1000 = 40 lengths

Interval

How much rest to take when you're swimming.

Example 1: Swim 4 x 25 freestyle with 15 seconds rest. Your "interval" is 15 seconds rest.
This is what you will use to start out swimming.

Example 2 (this is for later on in swimming): Swim 4 x 25 on 1 minute. This means you have 1 minute to swim 25 yards, or 1 length of the pool. Let's say it takes you 40 seconds to swim 1 length, then you would have 20 seconds to rest before you started your next 25 yard swim.

Let's break it down....

First 25: takes you 40 seconds – rest 20 seconds and swim the next 25

Second 25: takes you 43 seconds – rest 17 seconds and then swim the next 25

Third 25 takes you 45 seconds- rest 15 seconds and then swim the next 25....

Fourth 25 – takes you 45 seconds but now you're finished with the "set" of 4 x 25 so you can rest as long as you need to.

Kick board: a board that floats that you hold on to with your arms so that you are only using your legs to move forward.



Pull Buoy – a styrofoam block that you hold between your legs that PREVENTS you from kicking – this means you only use your arms to move forward.



Swimming Lingo:

In your training plan, you will see different descriptions of what to swim while you're at the pool. It can be confusing to learn the language that goes with this – below are some tips to help with this but the most important thing is to ASK if you need help! Please ;)

There are some good online tools as well that can help:

Go Swim TV

Athlete Village

Total Immersion

Kick – use the kick board shown above to practice just your kick

Kick without a board – this is just kicking that is done without the board. Why? Because it allows you to put your body in a position that is similar to what you use when you actually swim – rather than having your head above water like you do w/ a kick board.

Here is an example of a GOOD kick:

<http://www.youtube.com/watch?v=4Ddjg6h-qs>

Here is an example of a bad kick (look at the flexed feet and bent knees)

<http://www.youtube.com/watch?feature=fvwp&NR=1&v=7ReqnV6PXyo>

Pull – put the pull buoy between your legs and just use your arms. If you're new to swimming, you won't do very much pulling because it puts a lot of stress on your shoulders.

Here is an example:

<http://www.youtube.com/watch?v=H-RPVBZpsEw&feature=related>

Drills – drills are things that isolate one part of a stroke so that you can work on correcting a bad habit. Drills are helpful only if you know what to do and why – during the swimming class we have during the first part of RedLadies (on Sundays) you will learn what drills you need to do to help your stroke. Drills are not the most exciting part of swimming but they are one of the most important parts.

Common drills:

Body Balance – in the water, you have to “balance” in the water on your stomach, back, and sides. It's a basic concept that will help NOT sink :) It will take practice – so be patient. The video's below are great examples.

About body balance: <http://www.youtube.com/watch?feature=endscreen&v=WfhSiytfVHM>

Front to Back body balance:

<http://www.youtube.com/watch?v=aGkiUCqmJs8&feature=related>

Side to side:

http://www.youtube.com/watch?NR=1&feature=fvwp&v=417pD_jfmJw

Catch-up Drill – a drill used to help keep your arms long while you swim. You basically slow your stroke down and allow one arm to “catch up” with the other.

Video demo: [http://www.youtube.com/watch?v=Fszey7m\]Sb4&feature=related](http://www.youtube.com/watch?v=Fszey7m]Sb4&feature=related)

Finger tip drag drill – a drill used to help you understand what you need to do when your arm recovers out of the water. It helps you keep your arm in a good position.

<http://www.youtube.com/watch?NR=1&feature=endscreen&v=0AqBSgMX3es>

6 Beat switch drill or the “tap drill” as I call it – helps work on body roll from one side to the other as you swim. It will also help you learn to breath on both sides as you swim.

<http://www.youtube.com/watch?v=HWrAYcmexqQ&feature=related>

Learning how to spot – this is a more advanced drill to be used once you’re more comfortable with swimming. Spotting is what you do in open water do make sure you’re swimming in a straight line- you are looking for a “spot” or a marker to follow a straight path while swimming. It requires lifting your head up out of the water and is a skill that is better to learn once you have the swimming basics down.

<http://www.youtube.com/watch?v=H-RPVBZpsEw&feature=related>

Swimming Pools and Masters Teams

NOTE: When you join a masters team, you will need to tell the coach you are new to swimming and/or masters. It may take a while to get used to swimming with masters - they may swim more than you need to (then just get out early or modify what they give you), you may not understand the swimming lingo (ask! You really have to ask – otherwise you surely won’t ever figure it out) – the coaches are there to help you, so use them :) Masters teams usually include “swimmers” and “triathletes” – so the practices are trying to accommodate both. You can adjust what you do – and if you need help with this – yes, ask the coach on deck.

Places to find Masters Programs:

Your local gym – pool and/or masters team

Pool – Roeland Park Aquatic Center

Pay per time; doesn’t require membership. Approx \$5 per visit

Jewish Community Center

\$10 to get into JCC if you’re not a member

Tues /Thurs at 5:45 AM form & Technique / Coach Dave

Mon/Wed/Fri – noon practice (not form and technique)

Blazers Masters Program / \$5

http://www.teamunify.com/SubTabGeneric.jsp?_stabid_=1210&team=mvskc

Open Water Swimming:

Shawnee Mission Park – early May through August / \$6

Site:

Longveiw Lake – Memorial Day through Labor Day
<http://www.jacksongov.org/content/3279/3763/default.aspx>

Kill Creek
http://jcprd.com/parks_facilities/kill_creek.cfm

Lake Quivera – you need to know someone who lives at LQ to get in here – but it's a great spot if you can get access