"Interestingly Enough"

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(Gimmicks and workout variations designed to develop physiological integrity and psychological interest)

1. *Magic Markers* - Use magic marker markings to make specifically designated points of reference on the swimmer's body in efforts to help alter or solidify stroke techniques.

   Freestyle: Stars on elbows (high elbows)
   Dots on the thumbs (hand entry)
   Lines down the center of chest
     (pull pattern)
   Forehead line for correct water level

   Backstroke: Dots on muscle part of arms
     (placement of arms upon entry)
   Little finger dots (for in and out of hands)

   Butterfly: Center line of body (arm pull)
   Dots on thighs (finish of armstroke)

   Breaststroke: Kick arrows on bottom of feet (to
     teach proper foot turn out)
   Chin dot (for breathing)
   Make only one or two marks per session and make it the point of concentration
   Marked hand paddles will also work

2. *Kicking*

   Tombstone Kicking: Hold the board with arms straight in vertical position with half of the board underwater.

   Kick of War: Set two people on each end of a board and have them kick against each other.

   Kickboard built for two: Two people holding and kicking on the same kick board.

3. *Swimming Variations*

   Middle Swims: Start everything from the pool middle rather than the wall. Swimmers can water tread or upright kick during rests - slight modification in terminology needed (set of 10 x 125s x 1:45 would translate to 10 x 5 turns to starting point on 1:45)

"Back By" Cycle End Swims: Controlling individual swimming speeds within the interval cycle - leave times - can mix different ability levels or equal abilities into the same lane - good for team bonding - it should be noted that this type of set requires some planning by the coach and that the upper end of the set distance will be limited based on the ability levels involved (lapping will stop the whole sequence)

	Swimmer	Goal Time	Leave	Finish
Lane 1 100s on 2:00	A	1:15	:45	2:00
	B	1:10	:50	
	C	1:03	1:03	
	D	:57	1:03	
	E	:52	1:08	

Example

"Beat the Clock": Start repeats on running clock and try to return before the zero
   example: 50s starting at the :25, then the :26, etc., see who can go furthest up the clock - leave 5 seconds apart, the second person must be back by the five.

Poker Games:
A. *Showdown:* Lane against lane. Match total times of each lane and give winning lane a chip. May have to handicap.
B. *Give Away:* Each lane is given a goal time and a certain number of chips. Any swimmer in lane over time causes that chip to go back to the coach. Lane with most chips left, wins.
C. *Blackjack:* Coach or manager has times listed on cards within time range of swimmers in the lane. Card is drawn and swimmers must go under this time to gain poker chip. Lane can get a chip for each swimmer who beats the time on each draw.
D. *Straight Poker:* Match races between individuals in two lanes for either lane chips or individual chips.
E. *Solitaire:* Individuals with the same lane go for times to match goals or descending set goals to gain chips against others in their lane.

Team Pursuit: Relate pool to outside world or events of current interest - came from Olympic Team cycling.

Many variations, great for fartlek work and distance work for the devout sprinter.

Leader for a certain distance ' then to back of the pack.

X   X
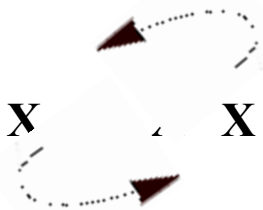
Integrated Cycle Workout: The entire workout is based on one cycle and all swims are based on this time interval. We have a programmable digital pace clock that recycles and makes this workout very visible to the swimmers. We have done this with a regular pace clock. Rather than explain, the below partial example of a workout should suffice.

Example: 1:20 cycle - the cycle time is allotted for each particular item 0 there is no break between cycles and whenever more than one cycle is stated, the swimmers swim through a cycle to accrue the rest

100 Free (1 cycle)
3 x 50 Stroke (1 cycle for each 50)
200 Free (2 cycles or 2:40)
3 x 75 stroke (1 cycle for each 75)
225 Free (2 cycles or 2:40)
100 Free (1 cycle)
100 Free (1 cycle)
Sprint 50 (1 cycle)
125 Free (1 cycle)
Sprint 75 (1 cycle)

125 Free (1 cycle)
3 x 50 Sprint Stroke (1 cycle for each 50)

Rainbow 50s: This method of timing 50s has been quite useful, especially during the taper. Every 10 seconds the first swimmer in successive lanes begins a timed 50. Lane 1 starts on the 0, lane 2 on the 10, etc. On the 60 the second swimmer in lane 1 begins their 50. This method provides each swimmer with an opportunity to swim a quality repeat down the center of a clear lane. Additionally, this method allows the coach an opportunity to monitor all times with one watch or pace clock and an opportunity to check individual stroke techniques due to the staggered send offs.

Polishing Up: We often pay attention in the following ways to those things which make the complete swim.

- Turn Timing
- Timing 25s from turn to turn
- Push offs and pull outs for time or distance
- Starts for time or Distance
- Cross pool pull out practice under the lane markers

Percent Of Effort Swims: We use charts made with specific % of effort for various best times. These charts make setting individually appropriate goals very easy.

Power Point Totals: Divide team up so that each swimmer must do at least 3 individual events - points for team score - do from push off during practice.

Quotable Quotes:

"No great man ever complains of want of opportunity."
    -Ralph Waldo Emerson

"Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed."

    -Booker T. Washington