

USMS National Coaches Clinic Report  
Lori Payne, USMS Certified Level 3 Coach  
College Park, Maryland – October 19-21, 2018

The third USMS National Coaches Clinic was held at the home of the non-existent Maryland Terrapin Swim team pool, a twenty-year-old venue that looks brand new and is in outstanding condition. DROOL.

There were several outstanding presenters:

- **Jack McAfee**, *Ironman Florida* winner and life-long swimmer, spoke of the commitment we all know a triathlete makes to be outstanding in their sport. He said that the majority, about 90%, were uncoached, untrained, & not full-time, truly committed athletes. Many examples were given of injury and poor technique. Years ago, USMS resisted the idea of tri's coming into 'our space'; now, it is just the opposite. The goal is to teach proper technique, train and reset the mind of triathletes, who are notoriously weak swimmers, to be the best they can be in the swim.
- **Gary Hall, Sr.**, Olympic gold medalist, ophthalmologist, and now owner of the very successful Race Club, spoke on technique. He isn't as aware of the older swimmer & their limiting physical conditions as I thought he should have been. He presented great specifics and video that included proper technique. Alternatives needed due to shoulder surgery, neck or back injury, leg and ankle injuries were not addressed. Coaches asked for more specifics to address the injuries and aging of the older swimmer.
- **Joel Stager**, long-time PhD from Indiana University & U of Miami college swimmer, continues to astound us with what the human body is capable of maintaining in ANY sport. He emphasized proper technique, fueling, and injury from trying to do things the same way when we were younger. The older athlete is finally being acknowledged in the medical field, but much is yet to be learned.
- **Bo Ritter**, of Ritter Sports, spoke about avoiding injury. He suggested much more warming up, specifically, dryland. His thoughts were that once you got in the pool, with limited time, that stretching and proper warmup were compromised. That was a lively discussion because dryland also takes time (that people don't have in their schedule). Ritter gave many demonstrations of effective stretching techniques.
- **Bruce Gemmell** was much more fun off deck than on deck. He spoke about training Katie Ledecky from the 200 meter free to the 800 meter free. The majority of her training took place in a short course pool a featured a very diverse weekly workout plan; mixed in very fast intervals, with very little rest holding pace, to very long intervals holding faster pace. There was a lot of descend from within training. Bruce is convinced that the body learns and feels the interval difference and becomes adapted to switching speed. This led to Katie's negative split success.

This was a productive, interactive, quite serious clinic for the involved coach. Thank you, Ozark LMSC, for funding the NCC registration fee which greatly helped me attend it. Members are welcome to contact me for more information.

Lori Payne

# SWIMINAR February 23, 2019 Metro-Rec Plex, O'Fallon, IL

**#1.** During Bo Ritter's NCC presentation and discussion of dryland stretching for warm-up, the point was made to include stretching techniques as a part of the warm-up portion of swim practice and to reach full body extension with a horizontal body line in addition to preparing the muscles for work.

**#2.** Stroke Technique for Freestyle and Backstroke includes:

- Balance with a head-to-toe horizontal body line from head position to leg kick.
- Body/hand/head position with proper hand entry, catch achieves leverage by putting pressure on the water at the front of the stroke & pull is putting pressure from high elbow to fingertip directly back toward feet. Arm-pull width (distance from body) position is like where you put your hands to pull yourself out of the pool at the wall (not too narrow or too wide).
- Breathing should be bi-lateral for both balance & sighting, more effort to swim head-up (water-polo high head v lower with "alligator eyes"). Kick should be fast using the full leg, tightening hamstrings, quads and core; minimal knee bend.
- Practice Backstroke to improve turns around buoys (front to back pivot), flip turn in pool.

**#3.** Interval Training Benefits:

- Learn to use the clock to keep track of interval and vary pace.
- Swimming regularly with effort helps to build a large aerobic engine.
- Practice changing swim speeds to better switch speeds in a race.

**#4.** For Triathletes:

- Swimming comes first & should be the easiest part of the event; improving swimming will help athlete feel better during the other two parts of the race.
- Swimming is non-weight-bearing and the body is horizontal; there's no ground-striking & no hills to climb (unless there are rough waves in open water!).
- Slowest of 3 sports & is the most difficult without prior swimming background (which most professional triathletes have).
- **NOTHING REPLACES SWIMMING!** 10% of your overall training time is not enough. Swimming helps build your aerobic engine and improves the bike and run, not vice versa.
- Proficiency in technique improves efficiency and speed plus conserves energy for bike and run.

## Sample Workout Sets

- Practice interval swimming; here are several different ways to swim 1,000 in a practice.

Note: Examples describe a swimmer whose average 100 is one-minute thirty-seconds (1:30), adjust to your ability

### 10 X 100 at Best Average

Interval: 10 seconds rest

Each 100 swim starts on 1:40

(#1 start = clock@ 0:00) #2=1:40, #3=3:20, #4=5:00, #5=6:40, #6=8:20, #7=10:00, #8=11:40, #9=13:20, #10=15:00

### 10 X 100 - "Descend"

#s 1-3 at 80% effort

#s 4-6 at 85% effort

#s 7-9 at 90% effort

# 10 fastest at 95% effort

Start 100s every 1:40; pace finish #1-3 @ 1:30 1:29, 1:28, #4-6 @ 1:28, 1:27, 1:26; #7-9 @ 1:26, 1:25, 1:24; #10 @ 1:20

### 10 X 100 - "Straight Pace" with 10 to 15 seconds rest

10-sec rest: Start 100s every 1:40, pace to finish each one at 1:30 with :10 seconds rest between each

15-sec rest: Start 100s every 1:45, pace to finish each one at 1:30 with :15 seconds rest between each

"Timed" 1000 – divide your time by 10 for average 100s time/pace

### *These are 1,500 Sample Sets*

5 X 300 - Descend #s 1-3, Hold #s 4 & 5

Start 300s every 4:45; #1-3 finish @ 4:30, 4:28, 4:25 and #4&5 finish @ 4:25

5 X 300 - Fastest interval possible (holding 1:30/100 pace)

Start each 300 every 5:00 finishing at 4:30 or better for each 300

THANK YOU FOR ATTENDING!

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