

DAY/DATE: MONDAY/JANUARY 14, 2013

FOCUS: DISTANCE FREE/PACE

REC	200 swim 200 pull 200 kick
EN-1 TO EN-2	2nd repeat faster than <ul style="list-style-type: none">• 2 x 400 @ 6:40• 2 x 300 @ 5:00• 2 x 200 @ 3:20• 2 x 100 @ 1:40
EN-1	12 x 25 @ r=5 <ul style="list-style-type: none">• 25 scull/25 glide

DAY/DATE: TUESDAY/JANUARY 15, 2013

FOCUS: IM

REC	300 swim
EN-2	<p data-bbox="439 740 1036 797">4 x through (1 round</p> <ul data-bbox="518 839 1036 1516" style="list-style-type: none"><li data-bbox="518 839 1036 896">• 2 x 25 kick @ 45<li data-bbox="518 931 1036 988">• 2 x 50 [25 drill/2<li data-bbox="518 1024 1036 1347">• 2 x 100 swim @<ul data-bbox="621 1108 1036 1347" style="list-style-type: none"><li data-bbox="621 1108 1036 1165">• round 1: 25 t<li data-bbox="621 1170 1036 1227">• round 2: 25<li data-bbox="621 1232 1036 1288">• round 3: 25<li data-bbox="621 1293 1036 1350">• round 4: 100<li data-bbox="518 1386 1036 1516">• 2 x 100 pull @ 1:<ul data-bbox="621 1463 1036 1516" style="list-style-type: none"><li data-bbox="621 1463 1036 1516">• freestyle bre

DAY/DATE: WEDNESDAY/JANUARY 16, 2013

FOCUS: MID-DISTANCE FREE/PACE

REC	300 swim
EN-1	8 x 25 scull with fre
EN-1 TO EN-3	Swim as one continu <ul style="list-style-type: none">• 1 x 300 pull @ 5• moderate effort• 2 x 150 swim @• negative split e• 4 x 75 kick @ 2:• push 2nd 25 of e• 6 x 50 swim @ 1• descend times 1• 4 x 75 kick @ 2:

Thursday Swim Clin

**Recently, I was asked, "what
Here was my response:**

Good question! Milt Nelms is living in Australia, last I heard in the early 1990's when he collaborated on the (see his book, *Axis Theory of Swimming*). You are an effective "translator" of the Boomer. One of Boomer's ideas for backstroke are swum on a vertical axis and breaststroke are swum on a horizontal axis. I developed this set during the 1970s at Willamalane Swim Club in Tulsa. One of the goals of the swim is to continuously transition from vertical to horizontal axis in one set. You can get more information by watching "The Boomer" series of videos taped in 2000.

Putting this theory into pra

When I'm teaching this conc

movements; all parts are for movement along the line.

Common Stroke Flaws:

Hands that enter across the over the body's center line the line in a counter balance too deeply to the water after off the line: the body bounces head being forced down and

Drills to reinforce the long

- 10-beat freestyle
- 10-beat backstroke
- 10-beat corkscrew
- single-arm freestyle
- single-arm backstroke
- rotational kicking

DAY/DATE: FRIDAY/JANUARY 18, 2013

FOCUS: SPRINT-BASED

REC	400 choice, 8 x 25 b
EN-1 TO EN-3	4 x 100 swim @ 2:00 <ul style="list-style-type: none">• push 4th 25• push 3rd 25• push 2nd 25• push 1st and 4th
REC	400 pull: breathe e
	4 x through: <ul style="list-style-type: none">• 4 x 50 swim @ 1• maximum speed