

# Training Tips from the Coaches

Having successful practice sessions depends largely on how each swimmer chooses to view the meaning and purpose of the activity. The word “training” refers to the conditioning process that takes place during the course of a swim season which helps to prepare the swimmer for the BIG MEET or goal. (Much like studying for a big test). To help you STUDY for the big meet, the Potomac Marlins coaching staff has assembled a list of practice tips that may help aid in maintaining your focus during the long swim season,

- Understand that your training consists of several equally important parts; **“In water” practice, Dryland training, Stretching, Nutrition, Rest, and Visualization** (mental training)
- Strive for consistency rather than one great practice per week or one great swim per set.
- Focus on stroke technique as much as possible especially during the first several weeks of each macrocycle and during taper.
- Keep hydrated during each practice. Bring water bottle with favorite sports drink or water.
- Understand each set thoroughly and its purpose.
- Focus on practicing good starts and turns in every practice session. Don’t miss opportunities to practice the details.
- Always get your times on every repeat during practice. This is the only way you have of judging your performance.
- Challenge yourself and/or your teammates in practice in order to improve your performance. Find ways to make practice fun.
- Focus on each set and its purpose and not on how long practice will last.
- Establish “SUPER SETS” where you commit to performing beyond your perceived limits.
- Do not be distracted by other swimmers in your lane.
- Invent mental games to help you focus on each particular set. (Imagine your in the Olympics, being chased by a shark, body surfing a tidal wave, etc.)
- Set practice goals every night and make every attempt to reach them.
- Swim at the front of your lane if possible. Don’t settle for swimming behind someone who you are faster than.

## **PRACITCE THE WAY YOU WANT TO SWIM IN MEETS**

- \* Always push off the wall when beginning sets in order to practice streamlining.
- \* Always swim hard to wall at end of each repeat to practice finishes.
- \* Always perform the correct turns in practice.
- \* Do not use turns for resting areas in practices.
- \* Do not stand on bottom of pool at any time in the middle of repeats.
- \* Kick hard off all turns.

- \* Practice breathing patterns and race strategies.