



Swim Across America / Baltimore

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Beginner Swim Program

June 3-September 16

Practices will be held every Thursday evening from 7-8 PM at Meadowbrook



## 16 WEEK BEGINNER PROGRAM

Welcome to the Michael Phelps Swim School [MPSS] Beginner Program. First, let us congratulate you on making the decision to participate in the first Swim Across America – Baltimore!

This packet/program is designed to keep you motivated and focused on your personal swim fitness goals using fun drills and adding new focuses throughout the sixteen weeks. The variety should keep swimming interesting and give you the tools you need to accomplish your goal of swimming an uninterrupted mile on Sunday, September 19, 2010.

Participation in SAA using the MPSS program will guide you through practices and work-outs that benefit you personally on a physical level and everyone on a medical and emotional level.

### HOW IT WORKS

By participating in this 16 week program you are taking steps towards finding a new and comfortable experience in the water. The teaching style and techniques have evolved over many years and its not like back in the day! It is my hope that you will experience a new feel for the water thus catch the fever that so many of us share swimming for our physical and mental health as well as camaraderie.

Choosing to swim the 1 mile swim (either in a pool or open water) for the Swim Across America Johns Hopkins Cancer Research Fund is an admirable and attainable goal! The process of conditioning and learning efficient swimming skills will take motivation (which you have already shown by being here) and perseverance!

There will be one coach-supervised practice a week. At this time skills and drills will be introduced and reviewed. It is a time for a skills check

and to reunite with fellow swimmers to compare training notes.

Each week the coach will give you that day's workout and additional workouts for 3 more days of the week.

In order to make legitimate progress you must get in the water and swim at least 3 times a week. You also must take rest. Proper hydration and good eating habits will also help your overall fitness.

Each workout has a:

- **WARM-UP:** to raise your heart rate gradually and loosen up your muscles and joints.
- **MAIN SET:** this is the core of the work-out. There will be different focuses, drills, and interval swims. You will be asked to push yourself out of your comfort zone in order to attain a desirable fitness level to enable you to swim the mile.
- **COOL DOWN:** to let you bring your heart rate down and cool off and stretch out.

No one is required to follow the workout verbatim. It is designed so you can take longer or shorter rests between sets and knock off or add on additional swims to a set. You may choose to do all free all the time or you can mix it up. This should not be scary but fun! I hope you find great satisfaction in accomplishing a new goal every swim day. And better yet, when you have reached your goal you will continue to swim and enjoy the water for the health of it!



## How To Read A Workout

**Intervals:** An interval is the time allotted to rest between a specific distance and stroke or the time allotted to swim and rest before starting the next set.

**Pace:** Pace is the ability to maintain a level of exertion and speed that will allow you to complete the desired distance.

### General Swimming Definitions And Abbreviations:

**SW** = Swim

**K** = Kick

**P** = Pull

**FB** = Front Balance (gentle kick face down in water, balanced on front, ears submerged)

**BB** = Back Balance (gentle kick while balanced on back, ears submerged)

**BBR** = Body Balance Roll (rolling from BB to FB, and FB to BB while maintaining balance, body position and not lifting head out of water)

**SBK** = Side Balance Kick (kicking gently while maintaining balance on side glide position)

**3&G** = 3 Strokes (free) then hold a SBK (side balance kick) until balance is maintained then 3 stroke and glide to opposite side

**5&G** = Same as 3&G but 5 strokes before SBK (you can take a breath during the 5 strokes)

**BA** = Back stroke

**BILATERAL BREATHING** = ability to take a breath on either side (usually but not confined to every 3 strokes)

**BRD** = Kick board

**BR** = Breast stroke

**BUILD** = increase intensity of a set distance incrementally throughout the distance in a continuous swim or increase intensity during a given swim with rest intervals

**CHOICE** = you choose which of the 4 competitive strokes you want to swim

**25/50/75/100** = this is a series of distances: 25 yards/meters is 1 length of the pool; 50 is 2 lengths; 75 is 3 lengths...I think you get it now.....How many lengths is 200? 400? 800? 1650 yds? (1 mile )

**DESC** = Descending (to swim each distance in a given set with a faster time)

**DOWNHILL** = Position you want to reach and lean in order to get the body moving forward with least drag; head is down, ears submerged, nose points to bottom of pool.

**DPS (STROKE COUNT)** = Distance per stroke

**DRAG** = anything that impedes forward progress- head up, dropped knees, lack of body rotation, hips dropped, arms reaching toward bottom

**DR** = DRILL

**FINGER DRAG** = to drag your finger tips along the surface of the water near body during recover using a high elbow and vertical forearm

**FRONT QUAD** = to swim so that both arms pass each other in the front quadrant or the top quarter of your body

**FOCUS** = the skill you will consciously work on through out a set or work-out

**FR** = FREE style, aka- front crawl

**FR IM** = IM substituting free for fly

**HAND SWAP** = to have your front gliding hand hold its position in the front quad until the recovering hand passes it

**IM** = individual medley (FLY/BA/BR/FR)

**LOFO** = Last One Fast One- Swim last part of given set as fast as you can!

**POPEYE** = when taking a breath rolling so that only 1 eye comes out of water/other eye, ear and cheek stay submerged

**STREAMLINE** = arms extended over head next to ears, body long and straight; most efficient ready position to start all strokes

**R** = Rest (ie: R: 30 = take a 30 second rest before continuing)

**VK** = Vertical kick

### General Swimming Equipment:

Suit

Cap

Goggles

Paddles

Pull Buoy

Kick board

Water bottle

Clock or timer

Earplugs

Fins



## "4 B's" For Successful Swimming

The Michael Phelps Swim School is built on understanding the properties of water. We believe that stroke development and comfort level in the water are based on an understanding of , what we call, the "4 B's For Successful Swimming".

These are:

- Body Position
- Buoyancy
- Balance
- Breath Control

The following may help you begin to understand how our bodies become most efficient in the water:

### 1. BODY POSITION

This refers to how you hold or move the body through the water. We focus on the most efficient way with the least amount of resistance.

#### Streamlining

- Arms extended over the head, squeezing the ears. When children are just starting to learn a streamlined position you may have them extend their arms just behind the ears which will help the child hold the proper head position. As they progress have the arms squeeze the ears for better positioning.
- Hands will be held with palms down, hands on top of each other pointing towards the other end of the pool.
- Legs extended behind, straight and together.
- Head in water, face down, ears submerged, nose pointing towards the bottom of the pool.

#### Floating

- Front float: Same as streamline but arms need not be extended and legs will be looser and more relaxed

- Back float: Arms need not be over the head and the legs will be looser and more relaxed

#### Skill Check for Body Position – Common Errors and Corrections

- Head lifted and/or ears out of the water
- Knees dropping, bending at hips or waist, pedal pushing
- Legs apart: big toes should touch; legs crossed

### 2. BUOYANCY

This refers to the ability to float or rise in a fluid... Relative lightness. We have defined three different types of buoyancy as:

- Positive Buoyant:  
Swimmer stays at the surface of the water
- Neutral Buoyant:  
Swimmer hangs suspended in the water
- Negative Buoyant:  
Swimmer sinks to the bottom

In general, individual body types and the amount of oxygen in the lungs affect buoyancy. It is important to use the lung buoyancy as the fulcrum to keep the whole body on the surface ...kicking legs up or stretch head and arms forward.

#### What to watch for in swimmers

- Did the swimmer inhale before submerging?
- Does the swimmer huff or exhale before submerging?
- Does the swimmer hold the breath in their cheeks?
- Is the inhale through the mouth going deep into the lungs or is it constricted by tightness in the neck and throat?



## "4 B's" For Successful Swimming

### 3. BALANCE

This refers to the use of Buoyancy and Body Position to maintain streamline position throughout the stroke and rotating from front balance to back balance, back balance to front balance. By pressing or leaning the upper body into the water the lower body will be able to rise.

The body's most buoyant areas are

- The head including the face and ears
- The sternum and chest including the lungs

What to watch for in swimmers:

- Does the swimmer inhale through the mouth or nose?
- Did the swimmer inhale before putting her face in the water?
- Does the swimmer hold the air in their cheeks? The air has already been exhaled.
- Is the inhale through the mouth going deep into the lungs or constricted by tightness in the neck and throat?
- Can the instructor see bubbles surfacing while the swimmer is swimming?

### 4. BREATH CONTROL

Breath control is just what it says...controlling the breathing as one swims. We promote a continued breathing pattern, which will be developed at an early stage. The beginner swimmer will be taught to "time their breaths" so they are inhaling above the water and exhaling when their face is in the water.

A person is only truly swimming once they are able to take smooth rhythmic breaths at regular intervals. Someone who holds their breath for long stretches then has to STOP, tread, doggy paddle, grab for the side for a breath is not relaxed or efficient in the water.

Breaths should be taken before they are needed. A gentle purge of air (ribbon of bubbles) should be exhaled from the nose and mouth prior to the breath. A quick inhale pulled into the lungs should be taken before the head returns to the water.



## Self-Assessment

Each participant should determine his or her reasonable entry level into the 16-week program. Consider the following information when determining how far, amount of rest needed, and level of exertion. As you progress through the 16 weeks some of these factors can and will improve.

- 1) Age
- 2) Weight
- 3) Resting heart rate
- 4) My last swim
- 5) My swimming background
- 6) Other aerobic activities I do
- 7) Cardiovascular conditions
- 8) Old or recent injuries
- 9) Chronic or current health conditions
- 10) Smoker

Depending on where you are on this list will determine your beginning distance and rest intervals. As a true beginner you will want to swim slowly, take longer rests more often and start with shorter distances.

As a non sedentary, in good health beginner you may initially take longer rest intervals, start out at a slow to moderate pace and build up to a longer swim time.

As a healthy active beginner with current swimming experience you may be able to swim at a moderate pace longer distances using optimum rest for a 45minute swim.

PRACTICE~RELAX~REVIEW~SKILL CHECK~

PRACTICE~RELAX~BUILD~SKILL CHECK~PRACTICE~FOCUS~REVIEW~BUILD~

SWIM 1 MILE



## 16 Week Workouts With Additional Challenges

Before you begin consider this:

YOU SHOULD BE ABLE TO SWIM AT LEAST 4 LENGTHS OF THE POOL (100), WITH REST. You will need to be able to submerge.

YOU SHOULD HAVE NO MAJOR MEDICAL CONDITIONS THAT WOULD HINDER YOUR PROGRESS OR PUT YOUR CURRENT HEALTH IN JEOPARDY.

Technique, muscular endurance, and aerobic endurance go hand in hand. A swimmer must slow down, relax and focus on specific skills to make adjustments and train him to execute the skill. As the swimmer tires the skills fall apart. Conditioning continues even if skills are off. As conditioning improves the more the technique improves.

*No matter what your skill level is you need to continue to swim to increase your endurance.* At different phases of your progress you will be more fit and able to master a new skill with greater ease. Many new skills may be introduced. As you review and practice you must choose a "focus" for a distance as part of your workout. You may incorporate multiple focuses in one swim session. As your body position, balance and buoyancy with good relaxed breath control improve so will each swim become more efficient and productive!

*Skill Improvement and endurance overlap. Practice, patience, positive attitude and weekly skill checks from your coach will keep you on track to reach your swimming goal, swimming the mile in the SAA event on September 19, 2010!!*

It is not easy to learn new tricks or skills. It is mentally and physically challenging. Swim slowly to practice and master certain techniques. As you get tired and the skill falls apart STOP. Swim another stroke, kick, or rest. Try again. Don't practice old habits.

The first few weeks of this program are designed to teach or review stroke technique while learning to read workouts and increasing endurance. As you progress interval training will begin and before you know it the mile will be easy!





#### ABOUT SWIM ACROSS AMERICA

Swim Across America is a grassroots organization with a National presence. They hold dozens of community oriented open-water swims from coast to coast, each used to fundraise for local beneficiaries supporting cancer research, prevention and treatment. The organization is characterized by the desire to make a meaningful impact in the fight against cancer through a love for swimming.

SAA began in 1987 with one event in Nantucket, MA. They have grown to hold dozens of events from coast to coast and have raised over \$28 million since inception.

# Go from Mile 0 to Cancer Research Hero!



#### ABOUT MICHAEL PHELPS SWIM SCHOOL

Michael Phelps Swim School is a Baltimore based, learn-to-swim program, for ALL ages and abilities. Swim classes include personal safety, stroke development, water sports and games, personal growth, and rescue skills. The top priority of the MP swim school curriculum is to insure that each participant has an opportunity to become comfortable, confident, and safe, in and around the water.

MPSS has partnered with SAA to develop a free, 16-week training program for beginner-level swimmers interested in participating in the event. "The Michael Phelps Swim School and I are honored to be a part of the Swim Across America event here in Baltimore to help promote the sport of swimming and raise money for a great cause," said Phelps. "The beginners program will be a great way to create opportunities for more people to get in the water and participate, regardless of their current ability and comfort level."

This program is designed to be a progressive, 16-week training plan, free to registrants of the bay or pool swim. It will feature organized group work-outs that are designed to help participants reach their goal of swimming one mile, regardless of ability level.

Enclosed in the MPSS Beginner Swim Packet you will find all you need to get from the couch to a beneficial One Mile Swim in 16 weeks!



## Week 1

GROUP WORKOUT: 30-45 MINS FOCUS: BREATHING; BOUYANCY; BALANCE; FRONT QUAD  
Don't be in a hurry to swim great distances. Don't beat yourself up. Take it slow relax, relearn, review!

### WARM-UP:

4 X 25 SWIM CHOICE R:30 MAX

BREATH CONTROL: BOB ON SIDE OF WALL 20 REPS

(relax, inhale in mouth, go under-exhale out mouth and nose for 8 counts)

:15 VK X 4 R:15

MAIN SET: R: 20-30 AFTER EACH 25

25 FB W/ K

25 BB W/ K

2 X 25 BBR (Front balance to back balance, back balance to front balance)

(focus: blowing out your nose, keeping body aligned, head pressed into water as you rotate)

2 X 25 SGB SIDE GLIDE BALANCE RIGHT

25 SGB LEFT

4 X 25 3&G (3 strokes and hold side glide balance)

2 X 25 5&G

TOTAL 450

### OPTIONAL

4-8 X 25 FREE R :20-30 odds HAND SWAP drill

2 or 4 X 50 as 25 Free, 25 BB kick R: 20-30

### COOL DOWN:

4 x 25 CHOICE

TOTAL 900

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### DAY 2 (Week 1)

REVIEW ALL ABOVE DRILLS AS PART OF WARM-UP

AND ADD:

4 X 25 SWIM FREE (2X) R:20 @ 25 and additional 1:00 after 4 (focus: front quad)

### DAY 3 (Week 1)

3 X 50 SWIM 25/KICK OR CHOICE 25 R:30 @ 50 and additional 1:00 after 3

2 X 25 moderate- fast R 1:00

### DAY 4: (Week1)

4 X 50 SWIM FREE (2X) R :45 @ 50 and additional 1:00 after 2

FREE LADDER:

25 F 3&G R :20

50 (25 S/25 3&G) R :30

75 (25 S/25 3&G/25 S) R :45

50 S R:30

25 K R :20

25 CHOICE

## Week 2

### GROUP WORKOUT

FOCUS: STROKE COUNT (DPS); DOWNHILL; BODY ROLL; FORWARD SURGE

#### WARM-UP:

4X25 SW CHOICE R :20

2X25 K W/ BRD

1X25 SGB ½ LENGTH RIGHT-ROLL- ½ LENGTH LEFT

1X25 SGB BODY ROLL

2X25 3&G

2X25 5&G

(250)

#### MAINSET:

4X50 FR as: 25 LONG GLIDE  
25 DPS (count strokes) R : 20-30 between each 50

R :45

4X50 as: 25 FR DPS  
25 BACK (roll shoulder to chin) R :20-30

R :30

4X50 as: 25 FR (long glide, downhill) R:20-30  
25 K- BACK STREAMLINE

R :20

100 P (Pull) use buoy no paddles; downhill, body roll, forward surge, hand swap

#### COOL DOWN:

2X50 EASY CHOICE

2X50 K

TOTAL 1150

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#### DAY 2 (Week 2)

REPEAT WARM-UP AND ADD

1X100 as: 25 FR/25 3&G/25 FR/ 25&G R :30-40

#### MAINSET

1X100 CONTINUOUS FR R: 30-45 AFTER EACH DISTANCE

1X125 alternate 25 S/25 K/25 S/25 K/25/SW

20 BOBS

1X100 as: 75 FR/25 BACK

1X125 alternate S//K/S/K/S

1X100 CONTINUOUS FR

#### COOL DOWN

8X25 CHOICE EASY

TOTAL=1100

DAY 3 (Week 2)

REPEAT WARM-UP AND ADD

3X100 odd 100s are all FR. Even 100 is as above: 25 FR/25 3&G/25FR/ 25&G

MAINSET

4X125 Odds: all FR. Evens: FR/Choice x 25s

2X150 #1 R :05-:10 @ 25s #2 R :10 @ 50s

COOL DOWN

4X25 CHOICE

TOTAL=1450



DAY 4 (Week 2)

REPEAT THE ABOVE WORK-OUT. Focus on your weaknesses. Relax. Stop when it doesn't feel right!

