

The 100 Butterfly Event:

1. Andy Duarte (12) 100 y Butterfly best time in 1:08.20, best 50 y. in 29.70

Parts of the 100	Real time he swam in that race	Different from the best	Percentage of speed
First 50	30.79 sec	1.09 sec	96.46 %
Second 50	37.41 sec	7.71 sec	79.39

2. Kezia suteja, in 2017, best 100-yard Fly in 1:03.21, and best 50 in 28.80

Parts of the 100	Real time he swam in that race	Different from the best	Percentage of speed
First 50	29.87 sec	1.07 sec.	96.42 %
Second 50	33.34 sec	4.54 sec.	86.38 %

3. Former swimmer, his best 100 m Fly in 56.91 and best 50 in 26.90

Parts of the 100	Real time he swam in that race	Different from the best	Percentage of speed
First 50	27.25 sec	0.35 sec	98.72 %
Second 50	29.66 sec	2.76.sec	90.69 %

4. Eric Miou former swimmer, best 100 y Fly in 50.23, and best 50 in 22.9

Parts of the 100	Real time he swam in that race	Different from the best	Percentage of speed
First 50	23.91 sec	1.01 sec	95.78 %
Second 50	26.32 sec	3.42 sec	87.01 %

5. Mazin Shoukry, my nephew, Grand Canyon University, 2020

Best 100 yard butterfly in 47.42, best 50 yard butterfly in 21.61

Parts of the 100	Real time he swam in that race	Different from the best	Percentage of speed
First 50	21.79 sec	0.18 sec	99.17 %
Second 50	25.63 sec	4.02 sec	84.32 %

Analyzing the 100 Backstroke in swimming race:

- In Backstroke events, most swimmer able to swim first 50 with very high speed almost equal to 96-99% from their best time in 50, or from 0.2 to 1.0 second slower than best 50. That is always happen according to the start in back from inside the water, so there is no big different between first and second 50, they both start from pushing the wall.
- Most swimmers able to swim second 50 very close time from first 50, some swimmers they do second 50 just 1 second or less, slower than first 50. But usually second 50 in backstroke between 90-96 % from best time, or about 1.5-3.0 seconds from best 50.
- It is very important to all strokes, but more important for backstrokes, the turns and underwater kick

Advices to swim coaches to improve the 100 Backstroke swimmers:

- All coaches have to do more repeats of the 50s (8x50, 12x50, 3(4x5) etc. with 10 second rest and speed average 90% or 2-3 seconds from the best times.
- Important turns and underwater kicks, find out how many strokes for each swimmer from the backstroke flag to performing the turns, each one different according to the levels, heights, experiences, and ages.
- In general, steady heads, fast arms, great kicks, plus strong starts, turns and finishes, then stamina are the keys for great swimming.

Analyzing the 100 Butterfly in swimming race:

- Most swimmers able to swim the first 50 in very high speed like 0.2 -1.5 sec That mean 95-99% from the best.
- But the second 50 usually in 80-88 % from the best, meaning swim the second 50 slower 3-6 seconds from the best time.
- Don't start the race with 99% speed in first, and try to save something more for second 50.

- Here, an example from the best swimmer on earth Michael Phelps, when he broke the 50 second limit in 100 meter fly in Rome 2009, he didn't swim first 50 in 99% from his best but he was saving some energy to do the legendary second 50 in that race and to be first and only one to break the 50 second in 100 meter butterfly.

Advice to swim coaches to improve the 100 Butterfly swimmers:

- Be sure to build endurance for second 50, by doing a lot of 25s fly in short rest interval.
- Be sure to teach your swimmers to move arms all the way forward and backward, close to the water and very fast.
- Be sure to teach swimmers to swim a lot of 25s and 50s from the middle to perform more fast turns in practice.
- Strong and fast kicking is a vital kicking in each stroke special the dolphin kicks in butterfly events, and here I have to advise all coaches to watch Ryan Lochte swimming underwater 50-meter dolphin kicks on the back in 25 second only!
- In each practice, coaches better doing a lot of repeats for 50s butterfly in 90% speed each repeat to build the stamina you are looking for your butterfly swimmers.
- Use some of 4-8x100 (50free/50fly) try to swim the fly each time 90% speed or more.
- Use 2x50 Fly (first50 with dive 95%) then 5-10 sec rest then second 50 in 90% or fast if they can. Repeat the set after proper rest (3-5 min).
- In your swim practice, the more the swimmer swim butterfly fast and short distances with short rest interval, the better stamina they will get, and the fast speed they can perform at the race.

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The 100 Breaststroke Events

Ayman, Egyptian swimmer, best 100 M Br in 1:08.64, and best 50 in 31.79

Parts of the 100	Real time he swam in that race	Different from the best	Percentage of speed
First 50	32.40 sec	0.61 sec	98.12 %
Second 50	36.24 sec	4.41 sec	87.72 %

Grace Miou, NCAC her best 100 Y Br in 1:07.30, her best 50 in 30.50

Parts of the 100	Real time he swam in that race	Different from the best	Percentage of speed
First 50	31.90 sec	1.40 sec	95.61 %
Second 50	35.40 sec	4.90 sec	86.16 %

David Jiang, NCAC his best 100 BR in 58.54, his best 50 Br in 27.57

Parts of the 100	Real time he swam in that race	Different from the best	Percentage of speed
First 50	28.20	0.63 sec	97.77 %
Second 50	30.34	2.77 sec	90.87% 90.88

Caeleb Dressel, 2018 his best 100 Y Br in 50.03, abest 50 Br around 23.30

Parts of the 100	Real time he swam in that race	Different from the best	Percentage of speed
First 50	23.42	Around 0.12 sec	Around 99.49 %
Second 50	26.61	Around 3.31 sec	Around 87-88 %

Analyzing the 100 Breaststroke in swimming race:

- Most swimmers in -different levels- swim the first 50 very fast between 95-99% speed that means, first 50 usually between 0.5 to 1.05 second from best time (95-97 %)
 - Second 50 between 2.5-5.0 second from the best time (86-90 %) speed.
 - As in any stroke, coaches have to work on repeats different distances like (25s, 50, 75, 100, 125) with high level of speed such as 85-90%, and short rest intervals in between, in order to build certain stamina that all swimmers need it in their real race times.
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Organize speed in 200 yards or meters events

200 Bk, 200 Br, 200 Fly, and 200 IM

- I will just give you how most swimmers in each events of those ones, swim each 50, and each 100 in the race, with some advises after each event analyzing.

200 Backstroke according to the time of swimmer's best 50:

- First 50 range between 0.50 and 2 second slower than best time in 50.
- Second and third 50 range between 3-5 seconds slower than best 50.
- Last 50 for most swimmers is slower than second 50 but mostly faster than third 50.
- Well trained swimmer able to manage their three last 50s almost in same times.
- If any swimmer starts the first 50 very fast, 95% or more, they will get very tired by third and last 50.
- Percentage of speed in first 50 usually 94-95% then the average of next three 50s is between 79-88% for most swimmers, but some unique swimmers be able to maintain the speed and percentage around 88-90 % or a little above 90 % in last 50.

- It is important to all coaches and backstroke swimmers to manage the speed of all 50s in their repeats in practices to be same or challenge the real goal times for each swimmer at the real race.

200 Backstroke according to the time of swimmer's best 100:

- First 100 range between 0.50 to 2.50 seconds slower than best 100.
Average percentage between 95-98 %
- Second 100 usually arranged between 5-7 seconds slower than best 100.
With average percentage of 87-90 %.
- Although turns are important in each distant and each stroke, but logically, the more distance you swim, the greater number of turns you do. So, better be take good care to improve the turns.
- It is only one start and one finish in each event, but every distant race has number of turns varying from 50 yards (1 turn) to 1650 yard (65 turns)!
- Coaches have to put in their water work-out a lot of sets to improve the ability to swim all 50s in 90% in the race. For example.
- If a swimmer has 25.40 in 50 back, 54.40 in 100 back and 2:04.00 in 200 back, he is ranking top 25 in Metro, that is good.
But if he able to swim 90% in all his 4 fifties (90% of 25.40 is 27.94 sec)
So, His time in first 100 will be $27.94 + 27.94 = 55.88$, and
His time in 200 back will be $55.88 + 55.88 = 1:51.76$ plus 3-6 second slower for the turns, the expected time in 200 Back will be 1:54 to 1:57
And in this case this swimmer if he did 1:51 in 200 back he will be top 10 in whole USA swimmers, and if he will make Junior National (Future) instead of just being top 25 in MR.
Usually, all swimmer can start the race with 92 % then if they maintain the 90%, their best times will be absolutely perfect.

200 Breaststroke according to the time of swimmer's best 50:

- First 50 usually ranged between 0.5 to 2.0 seconds from the best 50.
- Second and third 50s are usually 5-8 seconds slower than the best 50.
- Last 50, many swimmers try to produce more strength and swim 4-6 slower than best 50.

- As percentage; first 50 in 93-98 %, second and third 50 in 80-86%, last 50 in 84-87%.
- Breaststrokers, count on major power kicking, gliding and streamline position, and fast recovery arm action after pulling.
- If breaststroker have great turn, and do similar fast turn after each lap, they can maintain their speed in all 4 fifties.
- Most coaches practice fast dolphin or/and freestyle kicking with breaststroke arms to insure fast arm action.
- Breast stroke swimmers usually swim 50% of the practice in breaststroke, whether swims, kicks, drills, and or arms.

200 Breaststroke according to the time of best 100:

- Usually first 100 breast is very fast comparing to the second 100.
- Average of timing in first 100 is 2-3 seconds slower than best 100. While second 100 between 5-8 seconds from best 100.
- Average of percentage in first 100 is between 94-96 % from the best 100, while second 100 percentage of speed is 82-86 %.
- For sure, the more the swimmers be able to repeat the 25s, 50s, 100s with 90% or more in practice with short rest interval among repeats and sets, the great chances to improve their times and get higher levels faster.
- By analyzing Michael Andrew 50/100/200 breaststroke in 2018 we can find; His best 200 yard in 1:54.06, and his best 100 in 51.18, and best 50 in 23.56
When he swam 200 breaststrokes in 1:54.06;
His times in the 50s around (25.1/ 28.9/29.6 and 30.3)
As percentage for the 50s; 94%, 81.5%, 79.6%, then 77.76%.
His first 100 breast was in 54.00sec, and his second 100 around 60.00 sec.
As percentages for the 100s; 94.8 % and second 100 in 85%.
That means, even world class swimmers if they spend enough times in each practice on breaststroke sets, repeat in higher average with short rests, they absolutely will keep breaking records.

200 Butterfly according to the time of swimmer's best 50:

Swimmer 1) times: 33, 36, 37, 36,	1:09	1:13	best 50; 30,1 best 100 in 1:06
Swimmer 2) times: 28, 31, 34, 33,	1.00	1:07	best 50; 26.9, best 100 in 56.9
Swimmer 3) times: 25, 29, 29, 29,	55.5	59.6	best 50; 23.6, best 100 in 52.3
Swimmer 4) times: 23, 26, 27, 28,	49.8	56.4	best 50; 20.6, best 100 in 45.9

Analyzing the 200 fly according to the best 50

First 50: 2-3 sec from the best, second and third 50: 4-6 sec, last 50: 2-4 sec.

First 100: 3-4 sec from the best, second 100; 7-10 seconds from the best

As percentages for the 50s: first 50 in 92-95%, other 50s in 80-85% For

percentages for the 100: first 100 in 93-95%, second 100 in around 80%

THE 200 Individual Medley

- IM swimmers need to be able to swim the four strokes in very good times. Also, they have to perform all turns fly to fly, fly to back, back to back, back to breast, breast to breast, breast to free, and free to free in case they swim in 25 yard or meter pools.
- Maintaining the average speed in all strokes, all 50s is the first key for improving the times in 200 IM events.
- Most IM swimmers have other major one or more individual strokes.
- Most 200 IM swimmers have a weak stroke comparing to other three strokes, the 4 strokes could be very fast but one of them is not fast enough to be at same level with the others.
- If we look to Michael Phelps, the breast stroke is the weakest stroke comparing to the other individual like fly, free, back, and IM.
- Other swimmers like Michael Andrew has 200 breast and 200 back in higher points than 200 freestyle, and 200 butterfly.

- Other swimmers like Caeleb Dressel has wonderful free, breast, butterfly, but the back stroke comes number 4 stroke, need more work.
 - But usually when the swimmers get older, they focus on one stroke or on few events and leave the other events for other swimmers that they are now faster than them.
 - I am not going to talk about the 400s or long distances, but they all follow the same principals, and each event better to be divided into 2-5 pieces in order to adopt your body in practices on how to swim each part with the right speed and technique.
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The 400 m Free Event

- According to best 100, we break the 400 into 4 one 100;
- First 100 in 3-5 sec from best time of your 100.
- Second and third 100 in 5-8 sec from the best 100.
- Last 100 usually 4-6 sec from the best.
- According to best 200, we break the 400 into 2 of 200;
- First 200, 2.5-4 sec from the best 200.
- Second 200 between 5-7 sec from the best 200.
- 400 swimmers are usually use VO₂ Max, Fast interval training, and Anaerobic Threshold training ways in their practice. It is endurance for repeating the 50s, 100s, and 200s, in about 85%-90% speed. With short rest intervals.
- Examples for swim sets for improving the 400 free:
 - 5 (8x50 free/20sec rest) 4-6 second from the best times, 1-3 min rest after each 8x50.
 - 4(4x100) 5-8 sec from best 100,
 - 3(2x200) 6-10 sec from best 200, and puss them later to try get only 4 – 6 sec from the best.
 - 40 x 50 on 45-60 sec, or 20 x 100 on 1:30-2 min, or 8 x 200 on 3:15-4:00.00
 - It is important to swimmers to swim in same averages each part of the practice, with same numbers of arm strokes, dolphin kick each push off.

Swimming the 400 IM

1. A swimmer has 5:15.26 in 400m IM

Parts of the 400	Best 100 in each stroke	How did they swim in that race	Differences than best 100	% Of best 100
100 Fly	1:05 16	1:08.16	1 sec	95.60
100 Back	1:15.00	1:22.50	7.5 sec	91.46
100 Br	1:25.00	1:33.50	8.5 sec	90.91
100 Free	1:02.00	1:11.10	9.2 sec	87.20

2. A swimmer has 4:56.00 in 400 IM

Parts of the 400	Best 100 in each stroke	How did they swim in that race	Differences than best 100	% Of best 100
100 Fly	1:01.00	1:02.80	1.80 sec	97
100 Back	1:07.00	1:16.00	9.20 sec	88
100 Br	1:15.00	1:31.00	15.00 sec	82
100 Free	57.00	1:06.00	9.0 sec	86

3. A swimmer has 4:12.30 in 400 IM

Parts of the 400	Best 100 in each stroke	How did they swim in that race	Differences than best 100	% Of best 100
100 Fly	54.60	58.28	3.68	93-94
100 Back	57.72	1:04.62	6.90	89
100 Br	1:04.66	1:11.76	7.10	90
100 Free	51.14	57.64	6.50	88-89

4. A swimmer has 3:52.08 in 400 IM

Parts of the 400	Best 100 in each stroke	How did they swim in that race	Differences than best 100	% Of best 100
100 Fly	45.96	51.94	5.98	88.49
100 Back	46.50	58.40	11.90	79.62
100 Br	51.18	1:06.32	15.14	77.17
100 Free	42.56	55.42	12.86	77.03

HOW MOST SWIMMERS SWIM THE 400 IM?

First 100 Fly, in about 2-4 second from the best. 95 to 97 %

The second 100 in BK, 5-7 sec slower than best time. 87-90 %

Third 100 in BR, 6-9 sec from the best, 85-90 %

Fourth and last 100 FR, 6-9 sec from the best, 85-89 or 90 %

Before making any comments here, let's see how Michael Phelps, and Katinka Hosszú, world record holders' men and women swim that event

Michael Phelps:

400 IM Splits – 4:03.84 world record (Sydney 2008)

STROKE	SPLIT	RACE TIME	BEST TIME	DIFFERENCE	PERCENTAGE
• Butterfly:	25.73, 29.19;	54.92	50.87	4.05 SEC	88 %
• Backstroke:	31.37, 30.20;	1:01.57	53.70	7.87 SEC	96 %
• Breaststroke:	34.77, 35.79	1:10.56	1:02.57	7.99 SEC	97 %
• Freestyle:	28.94, 27.85	56.79	47.50	9.29 SEC	96 %

Fares Ksebati, MY SWIM PRO, PUT IT TOGETHER AS:

1. **Have the Right Mindset;** You have to want to do the 400 IM.
2. **Negative Split;** swim each 100 faster than the 100 before.
3. **Easy Speed;** don't start fast, or you will get slow in 150-250.
4. **Train All the Strokes;** swim a lot of 200 each stroke, be good in all.

5. **Train IM Differently; be creative when you put the sets, work on broken 200s like 4x5 each stroke, 4x50 IM, etc.**
6. **Separate IM and Fly Training, don't get so tired by doing both fly and IM together in same practice, split into two practices.**
7. **Focus on Your Weakest Stroke, you need to be strong swimmer in all strokes, focus on the weakest one, fix it, repeat, work hard in all strokes.**

- Negative Split, for Michael Phelps here when he swam the second 50 in his 100 Backstroke is faster than first 50. Same in his 100 free, second 50 was faster than first 50.

Katinka Hosszú:

400 IM Splits – 4:26.36 world record (RIO 2016)

- Butterfly: 28.33, 32.58
- Backstroke: 34.1, **33.38**; Negative Split, second 50 faster than the first
- Breaststroke: 37.23, 38.88;
- Freestyle: 31.18, **30.68**; Negative Split, second 50 faster than the first

- You can see here that one like Michael Phelps, and also Katinka Hosszú (2016 Rio WR) they have a greater ever **Negative Split**. That their strategy almost same, first 100 is under 90% so they both save times for the next three 100, and they both have wonderful 100 fast in each stroke. Special the last 100 for Michael Phelps (96%) and Katinka Hosszu (98%) that is incredible!

Not only **Michael Phelps** in 2008, and **Katinka Hosszu** in 2016, but also **Janet Evans** did the same negative split in her 400 IM in 1988 and won the gold medal with 4: 37.76 Her splits were:

- Butterfly: 30.3 + 33.5 in Fly.
- Backstroke: 34.9 + 34.0 in Back, Negative Split, second 50 faster than the first 50.
- Breaststroke: 40.1 + 41.3 Breaststroke.
- Freestyle: 32.5 + 31.0 in Free, Negative Split, second 50 faster than the first 50 free

As you see, they all have wonderful negative split in 100 back and 100 free, second 50 faster than first 50.

Swim The 800/1000/1500

Coaches always creative to improve the 800 and longer distances swimmers.

One of the best ways is to break the distances into equal small parts such as;

800; (2x400 or 4x200) or even 8x 100 just for change.

1000; (2x500 or 5x200) or even 10x100 just to make the practice different.

1500; (3x500 or 5x300) or 15x100.

They all follow the idea of try to swim all the split parts with almost same speed, start from 75% in each repeat then build up endurance and speed to get to 80% then 85%, and might someday will have a good swimmer who can go over 85% or even 90% in each repeat. So, you are in the right bath to introduce a new champ soon, or might new world record!

Work-Outs in Swimming

Swim Units or How to Write the Swim Practice

10 Work-outs for Team Prep:

We mean by the team prep, the swimmers who just joined your swim team from the Learn to Swim Program, and who a little about swimming, but they all can swim few laps in freestyle and backstroke.

Only give them one or two practices per week for now.

Unit 1,

Goal; Build confidence, more laps, refine 4 strokes, and refine all starts.

- 8 x 25 Free, instructor look at those students, to see their levels then talk to them after each lap, fixing their mistakes in and out the water.
- 8 x 25 Back, instructors watching and fixing their strokes.
- 4 x 25 Breaststroke. Evaluate and fix
- 4 x 25 Butterfly. Evaluate and fix
- 8 x 25 kicking 2x25 each stroke. Evaluate and fix
- 8 x 25 with diving, 2 x25 each stroke. Instructors demonstrate, and fixing.
Total = 800-1000 yard.

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Unit 2,

Goal; More confidence, more laps, and fixing technique the 4 strokes.

- 4 x 50 free refining strokes and side breathing each 4 strokes.
- 4 x 50 back, refining strokes, steady head, 11 o'clock right arm entry, 1 o'clock left arm entry, chain up, thumb first exit, pinkeye first enter, rule body, upbeat / down beat, knees under water, point toes, etc.
- 4 x 50 breast, refining strokes, fix kicking, timing, gliding, arms fast, etc.
- 4 x 25 fly fix the arms, take breath on second or third stroke,
- Kicking and diving for 200-400 yards.
- Total = 900-1100 yards.

Unit 3,

Goal; More laps, more fixing, more IM, and more involving with the team.

- Swim 8 laps any stroke they like.
 - Swim 8 x50 (25 swims, 25 kicks) 2 x50 each stroke IM order.
 - 3 x 50 (Fly/Fr, then Bk/Fr, then Br/Fr)
 - 8 x 25 IM order with dive
 - 4 x 25 free relay, and 4 x 25 IM relay.
 - Total = 1150 yards.
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Unit 4,

Goal; Build confidence, more laps, more IM, and more diving.

- 200 free, 200 kick, 100 IM as warm up.
 - 8 x 50 IM order (2 x 25 not 50 for the butterfly)
 - 4 x 50 kick IM with kick bords, teach them stream line head between arms, kick short and fast, take breath fast, then look down, etc.
 - 6 x 25 with diving. Any stroke.
 - Total = 1250 yards.
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Unit 5,

Goal; Teaching them how to do drills to focus on some skills. More

Distances and more IM.

- 300 free, 200 kick, 8 x 25 IM as worm up.
 - Instructor or their coach get in water doing with them 16 x 25 IM drills
Catch-Up
 - 4 x 50 IM with diving.
 - 4 x 25 IM with diving.
 - 4 x 25 Kicking relay.
 - Total = 1400 yards.
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Unit 6,

Goal; Build endurance, repeats on times, and teach turns.

- 400 free
 - 300 kicking
 - 16 x 25 on 45-60 seconds. IM order.
 - 20 turns, Coach in water teaching turns free, demonstrations and fixing.
 - Total = 1500-1600 yards.
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Unit 7,

Goal; Build endurance and more turning all strokes.

- 400 free
 - 300 kicking (50 Fly/50 Fr, 50 Bk/50 Fr, 50 Br/50 Fr)
 - 300 drills IM (50 Drills Fly/50 Fr, 50 Bk/50 Fr, 50 Br/50 Free)
 - 16 X 25 from the middle to do turns (8 Fr turns, 8 Bk turns) demo + fix
 - 6-8 x 50 with dive 4x50 free with turns, and 4 x 50 back with turns) keep demonstrate, and fix.
 - Total 1700-1800 yards.
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Unit 8,

Goal; Building endurance, and fixing all turns.

- 200 Fr/ 200 BK/ 200 Kick as warm up.
 - 8 x 50 Fr/ with turns, on 1:15.00 if some swimmers over 1:15.
 - 4 x 50 Back with turns. On 1:30.00
 - 8-12 turns, Coach get in water, teach Breast and Fly turns.
 - 8 x 50 IM with diving, do turns, fixing and demo.
 - Total = 1800 yards.
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Unit 9,

Goal; More endurance and more turns for all strokes.

- 400 Fr/ 300 Kicks/ 200 Drills/ 100 IM
 - 40 x 25 from the middle (IM with turns)
 - Total = 2000 yards.
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Unit 10,

Goal; Preparing this group to join a regular swim team (3-5 times a week)

- 300 swim/ 300 kick/ 300 drills
 - 3 (8 x 25) on 45-50 sec (8 Fr/ 8Bk/4 Br/4 Butterfly)
 - 4 x 50 IM on 1:30 from push off the wall with turns.
 - 12 x 25 with diving. IM order.
 - Total= 2000 yards.
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Work - Outs for The Beginners

Beginners in my suggestion are the swimmers who didn't reach yet the Silver level, or they didn't make the cut or qualified times for Silver Championships in any event yet. So, their goal is to reach that silver level in one or more events that they are close to. Before explains and put some examples of work- out to this level and upcoming levels, I would love to show you what that meaning of these levels and qualifying times for Championships for age groups -in reality- in our Metropolitan Swimming (MR) for example:

USA Swimming 2017-2020 National Age Group Motivational Times for Short Course Yards, They have 6 levels to show swimmers where they are LEVELS: B BB A AA AAA and AAAA. They put it for Girls and Boys, They also put each age group as; 9/10, 11/12, 13/14, and 15-18 years old. Let's look at the first three events for example and for the Girls only , just to explain how it works;

Girls

Events

B.	BB.	A.	AA.	AAA.	AAAA	
38.89	35.19	31.39	30.19	28.89	27.69	50 Y Free
1:29.59	1:19.99 --	1:10.49	1:07.29	1:04.19	1:00.99	100 Y Free
3:19.19	2:57.39 --	2:35.59	2:28.29	2:20.99	2:13.69	200 Y Free

<-----Beginners ----->Intermediates <-----> >Advanced >>>>>

So, any girl 9/10 years old swim slower than level B in an event, she will be taking in front of her time STB (slower than B) and if she did whatever time in any event it will be under one of those levels.

So on in each event, each age group, for boys and for girls.

Competition Cuts or Qualification Times in Metropolitan Swimming for Girls 10 and Under in those three events:

Girls	9 & Under Silver	9 & Under J. O.	10 years old Silver	10 years old J. O.
50 free	35.19	32.69	35.19	31.19
100 free	1:18.49	1:11.19	1:18.49	1:08.79
200 free	2:49.59	2:34.39	2:49.59	2:27.59

So, any girl 10 and under in your team didn't make the cut for silver (highlighted times) means that this girl is still in the Beginners level. Or in B and BB level as you can see. (sometimes in slower than B category.) Same thing in all events and all age group for boys and girls , Check the charters at Metropolitan Swimming website, www.metroswimming.org, (under Times). And that means any swimmers girls 10 & under make Silver Level are in between BB and A, then JO level for Girls 10 & Under is in AA level. Then Zone Level for girls 10 and Under is in AAA level.

Also, I will show you here the Zone qualification times for Girls 10 & under

Zone Level for 10 under Girls

50 free	29.99 that means;	AAA level.
100 free	1:05.79	AAA
200 free	2:23.29	AAA

Coaches have to look at each swimmer as individuals, some swimmers are good in free and back, some swimmers are good only in breast, or breast and free, others are good in free and fly, or fly and breast, etc.

Myself, as a coach or a head coach for a group of 30-40 swimmers, I usually said if I have 5-10 individuals in my team that each of them can get 2-6 medals in a swim meet, I might win that meet by those 5-10 swimmers only. Because – in my opinion- good individuals make a good team.

Special if those swimmers are in the same age group.

Anyway, it might many coaches not agree with me in this point, but that is from my own experience. My advice to all new and younger swim coaches is to be fair with all your swimmers, but put an eye on the ones come more, improve fast, and listen to you more. Those swimmers with that quality are eager to learn and usually better than others have more talent, or physically advanced but they don't come more to practice, or always late, or they don't listen to you in general.

Let's put here 20-30 swim practice or units as guide line for coaches how to run your swim practice and what to do step - by- step to build strong individuals and strong team. Another advice, also from my long experiences, if you need to have 10 good swimmers you need to have at least 40-50 swimmers in your team. Usually 20 % to 25 % from your all team that can reach higher level, and those for sure are the ones comes more, working hard, and listen to you. Remember, in most new teams many swimmers can have those three requirements but they are just beginners. They need time and care. Meaning, if you have many of them in your team, you still need them to get to the Silver level to be counting as your best 20-25%. Good luck, it is hard job with more challenge. Can you do it?

Work-out for New Team

Work out for the Beginners

Unit 11,

Goal; To explore your team skills or the group you will be responsible for them, in order to put your next weekly and then your seasonal plan

- 300 Free. Ask all swimmers to do turns if they know how to do it.
- 200 Bk, with turns
- 100 Br
- 4 x 25 Fly
- 8 x 50 kicking any stroke with kick boards.
- 8 x 25 IM with diving.
- Swim any stroke for 10-20 minutes continuously with turns.
- Total = 1500-2000 yards.

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Now you discovered in your new team the following:

- Who is fast, and who is slow?
- Who can swim? What stroke? How good or Disqualified?
- Which swimmers want to work and who is looking for excuse to don't work?
- Who can and can't do turns? And starts?
- Who is understanding what you say and who is not? or who need more explanations?
- What your plan for next work-out? Are you going to split those swimmers into two or more groups? Do you have assistant coaches to help you to do that? Or instructors that can help you with slower kids? Are those coaches or instructors good enough for helping you soon? Or you have to teach them? or advise them how to help? Are you going to get in water to teach your team by doing good demonstrations? When? When and how you will film them to show them their mistakes, then their improving? or you will show them on the internet how the higher-level swimmers do these skills? When you going to do that and how? etc.

It is a lot of good coaching jobs and a lot of responsibilities in order to make good team? And depending on your skills and experiences in teaching in water and coaching in practices and meets, you will get the results you are expected.

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Unit 12,

Goal; Dividing your swimmers according to their level of skills to two or three groups, put work out for each group. Try to let the two or three groups work at same skills but in different difficulty of different level but all swimmers have to be under your supervision all time of the swim practice.

Divide your team into Two groups (beginners and advanced beginners): put the practice for advanced ones in your team and adjust it for the beginners such as:

Group 1. Advanced ones	Group 2. Beginners one
400 free	Swim free until group one done.
8 x50 kicks IM	4 x 50 kicks IM and repeat until group 1 done.
Get in water, fix free style for 20 minutes	For both groups, demo and fix, etc.
8 x 50 free on 1 min	5 x 50 free on 1:30
Get in water fix turn free for 15-20 min	For both groups, but need other coach for group 2 with you.
4 x 50 free with turns on 1 min	Let them do 3 x 50 with turn if they can.
8 x 25 IM with diving (25 swims then walk back)	Do same 25s but might 5 or 6 times not 8 times until group one done.
200 easy breath each 3 strokes to see who can take breath from both side in proper way and which side is better for each swimmer.	Same thing.

Don't worry about the total in this case! You don't need it! You need to put your team on the right bath. You are doing a great job.

Now you get a whole picture of your team, who can and who can't, who is fast, who is okay, and who is very slow? who can do turns? Which turns and in what level? who has good start, who is okay, and who has to learn from scratch? Etc. Now, your goal in first cobble weeks is to build up the team, focus on fixing swimming skills, technique, turns, starts, for your all swimmers, refining the advanced ones, start to look for what events that your fast swimmers can swim better in order to elevate your team reputation by helping some of them to reach the next level of competition. Like Silver, JO, Zone etc.

Unit 13,

Goal; Fixing freestyle technique and, build endurance and sprints and IM.

Warm up; 200 free/200 kick free/ 200 Arm Pull free.

400 Drills freestyle -one lap right arm, one lam left arm.

Coach get in water, demonstrate the one arm action drills, entry, glide, catch, pull, push, exit, and recovery. Slow motions, swimmer by swimmers, out and in water or in shallow water, fixing and repeats for 30-45 minutes.

8 x 50 free on 1:00 min, any swimmers come after the minute has to stop until next repeat.

16 x 25 IM with diving, or from the push-off for the ones can't dive.

Total = 1800 plus 30-45 min drills.

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Unit 14,

Goal; Refine freestyle, fix backstroke, build endurance and sprints and IM.

Warm up; 900 (100 swim/100 kick/100 drills) repeat three times.

400drills Back, (25 right arms, 25 left arms) fixing from outside the water.

Coach get in water fix the backstroke arm action, plus the steady head, chain up, kick fast and short, 11 o'clock for right arm entries, 1 o'clock for left arm entries, straight arm out the water, bending elbow underwater before pushing, etc. Fixing all swimmers one by one.

-8x50 (25free/25back,on1:10) -

-then 12 x 25 IM with diving or push off.

Total = 2000 yard and 30-45 min fixing Backstroke.

Unit 15,

Goal, Fixing Breaststroke kicking

- Warm up 15-20 minutes anything they want to do -without stopping-
 - Coach get in water demonstrate kicking in breast stroke, slow motion, three-five kicking in streamline position, head down, no breathing.
 - Swimmers perform, fixing and repeats. 30-45 min.
 - 200 breast stroke kicking on the back, fixing, demo, and more repeats.
 - 600 swims (25 yards breast with fixing / 25 free.
 - 8 x 25 breaststroke with dive.
 - Total = about 2000-2400 yards including 30-45 minutes fixing techniques.
- =====

Unit 16,

Goal; Work on butterfly technique.

- 200 free/ 200 IM 25 swim, 25 kick/ 200 drills IM (25 right arm/25 left).
- 8 x 25 Dolphin kick without boards, streamline, take breath only when you need to.
- Coach get in water teach timing between arms and leg (kick when you enter your hand and second kick when you pull the water. Better way is no taking breath for 3-4 strokes.
- Teach swimmers timing between arms and breath (left your chin up to take a breath, as soon as you start pulling the water backward, then put your head down as soon as your hand reach out all way backward and ready to exit the water. my way is to hold swimmers and shout; Up, to let them take breath as soon as the arm starts pulling the water backward. Or carry and move them from their waist up and down to let them feel the undulations and how deep the upper body has to go underwater.
- Coach show them; arms close to surface of the water, don't close or open hands too much in the entries, press down with head and chest as soon as your face is down after each breathing, etc.
- Coach get out and do some sprints with less breath and arm actions are very fast. 16 x 25 fly and free.
- Total = 1200 yards swimming and 60 or more minutes fixing butterfly.

Unit 17,

Goal; Start to take times for your swimmers in each 25/50 and 100 each stroke and keep working in improving the 4 strokes and 100/200 IM.

- 400 easy freestyle, then 400 kicking IM (100 each stroke)
 - 8 x 50 drills freestyle (25 right arm/25 left arm)
 - 8 x 50 (25 fly/25 back) then, 8 x 50 (25 back/25 breast)
 - 8 x 50 (25 breast/ 25 free)
 - Timing 50 each stroke, take groups in close speed.
 - Timing 25 each stroke.
 - Total = 2800-2900 yards
- =====

Unit 18,

Goal; Work on IM, fixing from outside of the water

- Warm up: 200 free/ 200 back/ 200 breast/200 IM
 - 4 (6x25 kick IM order) 6 x25 each stroke. 5-10 sec rest.
 - 8 x 100 IM on 2:30.00
 - 200 drills weakest stroke, 100 for right arm, 100 for left arm
 - 16 x 25 IM order. Each 25.
 - Total = 2800 yards.
- =====

Unit 19,

Goal; Work on IM techniques, and build IM endurance

- 600 swim any stroke.
- 4 (4 x25 kick) all strokes.
- 8 x 25 Fly on 45 sec, anyone comes late has to stop.
- 10 x 25 Br on 50 sec, anyone comes late has to stop.
- 12 x 25 Bk on 45.
- 14 x 25 free
- 16 x 25 IM with diving.
- Total = 2900 yard

Unit 20,

Goal; Work on IM technique and IM endurance.

- Warm up; 6 x 150 (50 free/ 50 any kick/ 50 any drills), with fixing.
 - 1 x 200 IM
 - 4 x 100 IM
 - 8 (4x 25 IM order)
 - 400 (50 swim choice/ 50 kick)
 - Every one out, then do race for each 50, groups.
 - Total = 2900 yards.
-
-

Unit 21,

Goal; Work on IM endurance, and teaching how to use the hand paddles.

- Warm up; 400 swim, 400 kick, 400 drills any stroke.
 - Coach give each swimmer paddles and get in water with them, demonstrate how to put the paddles on, how to use it in each stroke, slow and fix and repeat, and so on, swimmers can use Pull- Buoys or without....
 - 5 (8 x 25 each stroke) with paddles., demonstrating, fixing and repeating.
 - Take off the paddles, and get out for diving.
 - Coach divides the team into two groups, then do 8 x 100 IM with diving.
 - Coach after the two groups swam first 100 IM, talk to the whole team about common mistakes and try to fix after each repeat.
 - Total = about 3000 yards.
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Unit 22,

Goal; Work on IM, using fins & IM endurance.

- Warm up; 400 free 2(4 x 50 drills IM order) 25 right arm/25 left arm.
- Swimmers put on fins that fit their sizes, and do this long set
- Pyramids: 4 times of (25 fly/50 bk/100 free/50 back/25 fly)
- Swimmers take off the fins, use kickboards, do 400 kick (100 each stroke)
- 200 IM (2 groups with diving) then,100 IM (2 groups with diving) then 50 free (2 groups with diving) then 4 x 25 IM like race/ groups with diving.
- Total = 2700-2800 yards.

Unit 23,

Goal; Work on IM, refining diving all strokes & IM endurance

- 30 minutes warm up; repeat of 100 free/ 100 kick/100 IM.
- Coach demonstrate the diving from block start, swimmers repeat, coach fixing for one hour then, Last 30 minutes for only diving IM order, walk back, and keep fixing.

Unit 24,

Goal; Work on IM, using Video & IM endurance

- In this unit, I direct new coaches to use the Video cameras or underwater camera if possible it is preferring
- Warm up 1000 yards (200 free/200 kick/200 drills/200 pull/200 IM)
- Coach get in or from outside, **Filming** one by one the free style while swimmers swim 500 yards freestyle continually, then all swimmers stop to see the main mistakes for all of them or the common mistakes.
- 20 x 50 on 1 min, while coach keep filming in or out of the water.
- 12 x 25 IM order with diving. Challenging among swimmers who are close in time to each other.
- Total = 2800 yards.

Unit 25,

Goal; Work on IM, and general endurance

- First 15-30 minutes, coach shows the swimmers video to their mistakes, or and for high level swimmer as educating them for better performing.
- Then swimmers do 400 free and 400 kicking IM order
- 200 free/ 100 IM/ 4 x50 First Choice then, 200 kick
- 200 IM/ 100 Choice/ 4 x5 free then, 200 drills
- 200 choice/ 100 free/ 4 x 50 IM
- 4 x 25 IM with diving. Like a race
- Relay 4 x 25 challenging time.
- Total= 2900 yards.

Unit 26,

Goal; Start building Special Endurance, meaning that it is time to work on improving the main strokes and main events for advanced swimmers in your team.

- Your swimmers now in better shape, and they knew their best time in 100/50 and which strokes and distances are they good in.
- Let's start building their minds to know how to improve their time in the events they like, or the events that coaches advise them to swim.
- 1000 warm up (300 swim/300 kick/400 drills each stroke)
- 2 x 50, 10 sec rest groups (first 50 with diving/ second from push off).
- If the swimmers have big gaps between first and second 50, it is time to explain to them what they supposed to do in each repeat in order to improve the 100.
- 2 (4 x 50) choice on 1:15, give them more rest and ask them try to close the gap between first and second 50 in the race or when you timing them, by swim in same average each 50 in about 4-6 seconds from their best times.
- 400 kick
- 2 (2x50) on 1:00 any stroke.
- 400 drills
- 5 (4 x 25) on 45 sec all strokes and IM too
- Total = 2900 yards.

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Unit 27,

Goal: Try to make one practice as a swim clinic in one or two strokes all swimmers and coaches in water, coaches' demonstration, swimmers repeats, coaches fixing, and keep going. It is better to use underwater camera to show them their mistakes and how to fix it.

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Unit 28,

Goal; Building Special Endurance for 200 IM event

- 900 w-up (300 swim/300 pull/300 kicks) then, 4 x 100 Drills IM, 100 each stroke (50right arm/50 left arm)
 - 4 x 50 IM on 1 min (try to swim 5-7 seconds from the best).
 - 2 x 100 IM on 2 min (first 100 {50 fly/50Bk} second 100 {50Br/50Fr)
 - 400 kick IM each 100
 - 3 (8 x 25) IM on 30 sec. with 2 min rest after each 8 x 25.
 - 3 x 100 (first 100{50fly/50Bk}, #2) 100 {50BK/50BR}, #3) 100{50BR/50Fr)
 - 4 x 25 IM with diving. Groups very fast.
 - Total = 3100 Yards.
-
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Unit 29,

Goal; Building Special Endurance 200 IM event

- 400 free/ 300 kicks IM each 25 without kick boards/200 drills IM each 50
 - 5 (2x100 IM each 25). On 2 minutes, then 300 kick IM each 25 no kickboard
 - 4 (4x50 IM order) on 1 min for the 50s- and 2-min rest after each 4x50.
 - 200 drills IM, then, 4 x 25 IM with diving. Groups very fast.
 - Total = 3300 Yards.
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Unit 30,

Goal timing 200 IM for the whole team

- 900 Warm-up (100 Free/100 kick/100 IM)
 - 4 x 100 IM on 2:30 each one faster.
 - 12 x 25 IM Turns (from the middle of the pool Fl/to Bk, Bk/to Br, Br/to Free)
 - 8 x 25 IM with diving
 - All swimmers out side get some rest, listen to the coach for instructions about how to swim the 200 IM, coach divided them into groups (according to; Number of swimmers, number of lanes, and try to make groups in same levels or close)
 - Total = 2000 yards.
-
-

Work out for the Intermediates

Intermediates in my suggestion categories are the swimmers who are between Silver level and Junior Olympics level. Those swimmers usually between the top times of BB And the level of AA. In my work-out for this category, I am concentrating about 3 things:

- Reach the cut time for Silver and/or Junior Olympics in mostly all the 50s and 100s in all strokes and 100 IM.
- Build the general and specific Endurance for 200 IM and their 100 choices.
- Fix Starts, Turns, Finishing for their choices.

And we don't forget here, the important of stretching before each swim practice and the dry-land exercises that could be separated from practice in water, or mixed of both swimming and dry-land at the same time in one practice.

In my next 10 units I will put the mixing swimming and dry-land at the same unit just to give you more ideas about some ways to do this combination.

10 units with Mixing dry-land Exercises with Swimming: (2 hours for each unit)

Unit (31)

- 5- minutes Swinging arms forward, backward, right arm, left arm both arms, swings to the side and to cross over the chest
- 5- minutes Swings the legs, right leg then left, forward and backward, to the side.
- 5- minutes repeat of {5 push up, 5 jump up, 5 squats}.
- Then, Swim 400 free/ 300 kick choice/ 300 drills first choice right/left
- Main set # 1) 4 (200 IM 80% + 4 x 50 choice 3-5 sec from best time) 100 kick in between.
- 300 arms with hand paddles 25 free/ 25 choice.
- Main set # 2) 2 x 50 choice (first 50 with diving 95%/20 sec rest/ second 50 from push off try to swim 3-5 second from first 50)
- 100 easy

Total = 15 min Dry-Land and 3100 yards swimming.

Unit (32)

- 5 minutes arm Stretching
- Pyramid dry-land 1/2/3/4/5/4/3/2/1 of (push-ups, set-ups, jump-ups)
- Swim 9 x 100 (75 free/25 fly 10 sec rest)
- 8 x 50 kick choice, with 5 pull ups the block start in water after each 50.
- Main set # 1) 2 x (100 IM 80% on 2 min/ 4 x 50 free on 1 min/and 100 choice 90%)
- 400 IM order (25 right arm drill/25 kick/25 left arm drill/25 kick) 5 pull ups after each 50 (in water pull the block start)
- Main set # 2) 12 x 25 on 40 sec (25 fly/ 25 first choice 2-3 seconds from the best time)
- 8 x 25 with diving IM order. Very fast.

Total = 10 min. Dry-Land + 80 pull ups of the block start + 3000 yards swimming.

Unit (33)

- 10 minutes Stretching.
- Warm-up: 100 Free/ 200Kick/ 300 Drills/ 200 Arm pull/ 100 IM
- Main Set 1; 2(200 free 80%/ 4 x 50 first choice 90%/ 8 x 25 IM 90-95%) (200 free on 3:30/ 4 x 50 on 1:00/ 8 x 25 on 40 sec).
- 16 x 25 Drills- first choice- with 5 push-ups outside of shallow side of the pool, and 5 pull-ups on the block start in the deep side.
- Main set 2; 4 x 75 first choice with diving, groups (one group swim very fast 75 with diving, while other 1 or 2 groups doing squats outside, then switch.
- 4 x 25 with diving any stroke, very fast, less breathing in free and fly.

Total = 10 min stretching, 40 push-ups, 35 pull-ups, 80 squats + 2900 yards swim.

Unit (34)

- 5 min swings arms
- 10 min of repeat (5 push-ups/5 set-ups/5 squat/5 jump-ups)
- Swim 1000 (50 swim/50kick/50pull/50drills) any stroke.

- Main Set 1; divide your team into 2-3 groups, 4(2x50 choice 90-95%) first 50 with diving, 10 sec rest then second 50 from push-off. One group swim, others are doing (5 push-ups/5 set-ups/5 squat) Switch groups.
- 600 (50 swim/50kick/50pull/50drills) any stroke.
- 16 x 25 one end of the pool turns first choice; another end turns free)
- Main Set 2; divide team to 2-3 groups, 2(75 with diving and 25 from push-off 10 seconds rest). A group swim, others doing 20 jump-ups) Switch.
- 200 drills. Then 4 x 25 with diving 100% speed choice any stroke, groups.

Total = 15-25 min Dry-Land work-out, and 2900 yards swimming.

Unit (35)

- 10 min Stretching
- 600 Free with hand paddles, 400 drills (25 right arm and 25 left arm/ free)
- Divide the team into 2-3 groups, one group swim, others doing outside work-out with Medicine Balls. 4 x 100 choice each one fast on 1:45.00
- 600 IM with hand paddles, 400 drills (25 right arm/ 25 left arm/ first choice)
- All team 8 x 50 choices Negative Split going 80 % coming back 90%.
- 4 x 25 with diving, walk back

Total = 15-30 min Dry-Land and 2900 yards swimming.

Unit (36)

- 15-20 min stretching and Negative Flexibility with assistance.
- 800 free with hand paddles.
- 8 x 50 kicking hard 10 sec rest
- Divide the team into 2 groups fast swimmers and slower ones. Group doing Cord Band Resistance outside the water and other group doing 20 x 25 (going Fly/ coming back First choice 95% speed on 30-35 second for fast swimmers, and on 45-50 sec for slower swimmers.
- 8 x 50 Drills First choices.
- 8 x 100 In and Out (doing turns very fast, then swim average in between) 10 second rest after each one 100.
- 1 x 50 with diving groups 100 % speed. First choice.

Total = 30-35 minutes work-out Stretching + Cord Bands + 2950 yards swimming.

Unit (37)

- 10 min Stretching.
- 400 free/300 IM each 25/200 Kick any stroke/100 drills right arm/left arm
- 3 x400 (50 choice fast/50 free average) on 6-7 minutes.
- 400 easy swimming with 10 push ups in one side and 5 pull-ups on the other side of the pool.
- 4 x100 Negative split (try to swim second 50 3-4 second from the best.

Total= 10 min Stretching, 80 Push-Ups, and 75 Pull-Ups 3000 yards swimming.

Unit (38)

- 400 swim/ 400 kick/ 400 drills
- 9 x 100 IM (swim your 25 First Choice 95-100% fast, other stroke average.
- 200 Yards carry the Medicine Ball and do kicking on your back.
- 200 each 2 swimmers face each other and through the Medicine Ball to each other while doing kicking and moving forward.
- 8 x 50 (two groups with diving first choice) at least 90% speed for each 50.

Total = 2900 Yards Swimming including strength swimming with Medicine Balls.

Unit (39)

- 10 minutes Stretching
- 1500 free with Hand Paddles breath in fourth stroke.
- 10 x 100 choice Negative split. On 2 minutes
- 400 kicking first choice, 5 Push-ups each 25
- Timing 50 Yards choice with diving.

Total = 10 min Stretching + 75 push-ups + 2950 yards swimming.

Unit (40)

- 20 min Stretching then 10 x 100 (25 free/25 fly/25 choice/25 fly) 10 sec rest
- Divide the team into 2 groups 10 x100 any strokes) 85-90 %.
Group swim and other group doing Dumbbells outside the water.
- 200 drills choices
- Divide the team into 2 groups 10 x 50 any strokes with diving) 90-95 %.
Group swim and other group doing Dumbbells outside the water.
- 200 kick any choice.
- Divide the team into 2 groups 10 x 25 first choices with diving) 95-100 %.
Group swimming and group walk back.

Total = 20 min Stretching + 20 min Dumbbells + 3150 yards swimming.

Work out on Machine

In my next 10 units, I will put here 30-45 minutes dry-land and machines before going to swim for 2 hours.



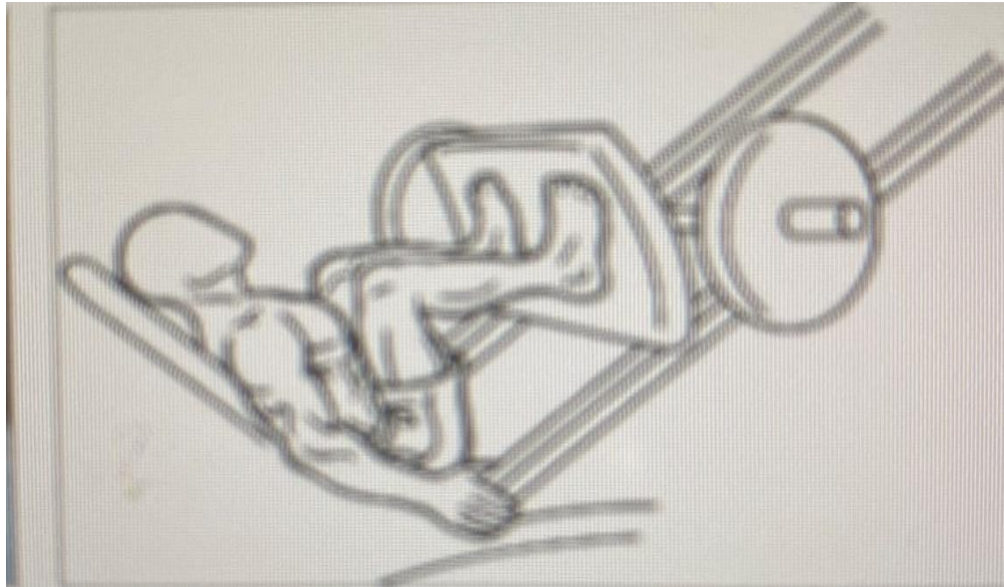
On the Bow-Flex

Unit (41)

- On the Bow-Flex Machine, (3-4 swimmers at the time one working while the others doing dry-land body resistance, and switch;
 - 5 min. Arm Stretching and Swings before the work-out.
 - 3-4 swimmers at the time (1 works on machine, while others Stretching and do some Set-Ups and Flexibility).
 - 5x20 straight arms pull down with light weights (switch).
 - 5x20 freestyle arm actions (switch).
 - 5x20 breaststroke arm actions (switch).
 - 5x20 backstroke arm actions (switch).
 - 5x20 butterfly arm actions (switch).
 - Swimmers, go change for swimming:
 - 600 (75 swimming and 25 kicking).
 - 400 Drills IM (50 right arm/50 left arm IM order).
 - 8x50 kicking first choice 10 sec rest.
 - Main Set 1) 8x100 negative splits. (50 free average/50 choice very fast. 10 seconds rest.
 - 600 (100 free/100 choice) 50 pull kick boards between legs/50 kick with the kick board.
 - Main Set 2) 4x (2x50) 10 sec rest, groups, first 50 with diving/second 50 from push-off, try to get your best time in each 100.
 - 200 yards swim easy or Cool down.
 - Total = 30-45 min machine and dry-land then 3200 yards swim.
-

Unit (42)

The Leg Press



5 swimmers taking turns, one doing 40 legs press while other swimmers doing 5 x 20 Set-Ups exercises. And switch for 5 times each swimmer. Then, they all do together 10 x 5 push ups before they go change for swimming.

- 400 free/ 400 drills/ 200 kick.
 - 6 x 100 arm pull, 50 free/50 choice.
 - Main Set 1) 4x200 choice (50 slow/50 very fast) on 30 sec rest.
 - 16x25 from the middle for practicing turns, from both ends.
 - 200 kicks.
 - Main Set 2) 6 x 50 choice, with diving 2-3 groups as fast as you can.
 - Total = 30-40 min Leg press machine and Push-Ups then 3300 yards swim.
-

Unit (43)

Use the Cord Band Resistance



10-12 swimmers can work at the same time, if more swimmers we split them into 2 groups, group do cord band, while others doing flexibility.

- 40 times pull backwards, straight arms from upper body bending
 - 40 times each strokes arm action (160 total)
 - 40 times turn around and doing triceps pull forward from standing.
 - 2 x 30 times first choice arm pull / switch groups.
 - Swimmers go to the pool for swimming, 900 (100 swim/100kick/100IM).
 - 800 (50 drills/50 swim fast any stroke).
 - Main Set 1) 4 (4x50) on 1 min, first choice each one tries to swim 3-5 sec from the best.
 - 600 kicking.
 - 12 x 25 with diving IM order very fast. Groups.
 - Total = 30-45 min cord bands and flexibility, then 3400 yards swim.
-

Unit (44)

Using Medicine Balls



- 5 minutes stretching before working on the medicine balls.
 - Each 2 swimmers share a medicine ball through the ball up and catch 10 times, then switch four times.
 - 40 times pass the ball to each other by through like basketball.
 - 40 times left the ball from the floor in front of your body then through it above your head to your partner behind you, then switch.
 - Swimmer 1) standing catching the medicine ball and through it to the Swimmer 2), who is setting on floor facing each other to catch the ball then lay down and do a set-up holding the medicine ball then through it to swimmer 1) 10 times then switch for 4 sets (total 40 times each).
 - Swimmer 1) holding the medicine ball in front to the chest, then bending both legs then jump up and passing the medicine ball to swimmer 2) to do same, switch for 40 times each,
 - Swimmers change and swim 400 free/400 drills/ 400 kick any stroke.
 - 8x100 IM fast in your 25 first choice 20 seconds rest.
 - Main Set 1) 2 (3 x 100 first choices Each one faster than one before, rest 30 seconds after each 50 and 2 minutes between the 2 sets.
 - 600 (50 kick/50 pull/50 drills) IM order each 150.
 - 12 x 25 with diving 4 free/ 4 IM order/ 4 first choice. 100% speed.
 - Total = 30-45 minutes work out with medicine balls and 3500 yards swim.
-

Unit (45)

Using the Dumbbells



Swimmers spread out around the pool, each swimmer has a dumbbell in the right hand (according to the age and/or the body size, swimmers use appropriate weight with the guidance from the coach, also, they can use the weight plates if there are not enough dumbbells

- 5 minutes swings and stretching before using the dumbbells.
- 5 x 20 Biceps, from standing arms close to the body, bending elbows upwards, 20 times right arm, 20 times left arm.
- 5 x 20 Deltoid, from standing one hand with dumbbell close to the head, elbow sideward, straight this arm above the head, 20 times each arm 5 sets.
- 5 x 20 Triceps, From same position but elbow in front of the body, straight this arm forward, 20 times each arm, 5 sets.
- 5 x 20 triceps. Same position but holding the dumbbell by both hands behind the head, elbow in front of the body. Straight arms and bending.
- 5 x 20 bend and straight arms. From open legs, half bending knees, one hand has the dumbbell in front of the body between the legs, this arm straight, other hand standing on the thigh, bend and straight the arm with the dumbbell 20 times each arm, 5 sets.
- Hold dumbbell by both hands in front of the chest bending elbow, while carrying the weights, swimmers jumping with open and close legs for 40

times, then switch jumping to move the legs to front and back 40 times, then with cross legs 40 times.

- Get in water, 400 free/ 300 kicks/ 200 drills IM, 100 IM swim.
 - 1000 swimming free average speed, and last 25 each 100 swim first choice very fast.
 - 9 x 100 (100 free 80% one 1:45/ 100 choice 90% on 2:00, then 100 80% on 2 minutes, three times)
 - 2 x 50 choice, groups, race-pace, 5 sec rest in between, the first with diving, the second from push off.
 - 8 x 25 IM order, walk back 100% speed.
 - Total = 45 min work out with dumbbells and 3200 yards swim.
-

Unit (46)

Using Vasa Trainer



- You simply after 5-10 minutes stretching do the 4 strokes arm actions
- 5 x 20 (each stroke) 5x20 Fly/5x20 Bk/5x20 Br/5x20 Fr.
- If you have few swimmers, one doing 20 repeats on the machine, while others stretching, flexibility, set ups, or doing push-ups, etc. Then switch.
- Swim 900 (300 free/ 300 kicking/ 300 drills)
- (200 IM/ 4 x 25 choice/ 2 x 100 Fr) swim the choice 100 % - 10 sec rest.
- (200 choice 85 %/ 4 x 25 free 90 %/ 2 x 100 IM 85 %)
- (200 free 85-90 % 4 x 25 IM 90 %/ 2 x 100 choice 90 %)
- 200 kicks after each set from last three ones.
- 8 x 25 with turns first choice very fast.
- 8 x 25 with diving 100 speed, 4-8 first choices.

Total = 30-45 minutes on vasa trainer and 3400 yards swim.

Unit (47)

Mixed Bow-Flex Machine and Cord Bands Exercises

- While one swimmer on the machine to repeat 20-30 times butterfly arm action, other swimmers do 30 times cord band same stroke. Then switch until all swimmers do 4 sets of 30 times on the Bow-Flex.
- Same thing but Bk/ then Br/ Free, then triceps. 30 repeats for each exercise, then 20 repeats, then 10 repeats, and every time coach try to make it a little harder by adding 5 pounds more weight.
- Swim 800 free with turns very fast your choice.
- 600 drills free with turns very fast your choice
- 400 kick first choice with no kick boards, doing turns very fast.
- 8 x 100 negative split first choice (80 % first 50, 90-95 % second 50).
- 8 x 50 with diving in and out first choice (start with 15 yards very fast, turn with 2 strokes before and after turn very fast, then last 10 yards as fast as you can, three groups, group swim, while other 2 groups get rest outside.
- 400 IM pull, switch stroke each 25 yards).
- 4 x 25 100% speed your first choices, walk back.

Total = 45 minutes Bow Flex machine and cord bands, then 3500 yards swim.

Unit (48)

Mixed Leg Press machine with Set-Ups, Jump Starts, Push-Ups and Medicine Balls

- Divide the swimmers into 5 groups, each group has 2-3 swimmers.
- Group 1 doing 30 repeats on leg press machine one by one, while group 2 passing a medicine ball to each other in a circle, group 3 doing set of pyramid push-ups 1/2/3/4/5/4/3/2/1, group 4 doing jump start, and group 5 doing pyramid of set-ups same time as group 3 1/2/3/4/5/4/3/2/1/ 10-20 seconds rest for all groups, then switch clock wise among the 5 groups until all done on the leg press 30 repeats each swimmer with appropriate weight resistance.
- 1000 yards swim

- 2 x 50 groups with diving first 50 and push-off second 50 5-10 seconds rest.
- 800 drills
- 75 + 25 (first 75 with diving / 10 second rest then 25 with push-off try to swim as your best 100)
- 600 kicks
- 25/50/25 first choice, first 25 with diving, 5-10 sec rest try to beat your best time in your 100.
- 400 yards pull
- 25 + 75 (first 25 with diving, beat your best 100)
- 200 free easy (take breath each 3 strokes first 50, second 50 take breath each 5 strokes, third 50 breath each 7 strokes, last 50 breath each 2 strokes.
- 4 x 25 5 second rest in between all from push off, try to beat your best 100.

Total = 45 minutes dry-land work-out and 3500 yards swim

Unit (49)

Mixed Vasa Trainer and Squat or more exercises

- Same idea, you divide your swimmers according to how many you have at the same work-out. if you have 8 swimmers or less, you can make just 2 groups 2-4 in each group. If you have big number like 20 at the same time, you can make 5 groups as following:
- Group one on vasa trainer, one by one doing butterfly arm action, group 2 doing squat, group 3 doing set-ups, group 4 doing jump-up like starts in swimming, and group 5 doing running in the place, 45 second work, 15 second rest, all swimmers work at same time and all rest and switch at same time, keep switching until all swimmers do 45 second work all strokes on vasa trainer, plus all other work-out.
- Swim 400 free/ 400 kick/ 4 x100 IM swimming with hand paddles.
- 4 x 100 swim your choices, each 100 faster than one before on 2:30.00.
- 200 drills.
- 4 x 100 swim your choices, on more rest interval, try to swim as fast as you can. First 100 on 1:45, second 100 on 2:15, third one 100 on 2:45, then last 100.

- 200 pulls
- 4 x100 negative split 80 % first 50, 90-95 % second 50.
- 200 easy with turns fast.
- 8 x 25 with diving 100 %
- 200 easy.

Total = 45 minutes mixed work-out dry-land exercises and 3400 yards swim

Unit (50)

Mixed any machine or equipment that you have for dry-land exercises

- According to how many swimmers you have at one time? How old they are? How many assistant coaches you have? and what machines, equipment, or tools you have in your facility? Then you can design your dry-land exercise. Just pick up some of my last 9 units or add from your experiences or from what you can get, then create a nice 30 to 45 minutes sets for your team with being careful when you use weights it has to be matching with the swimmers' body weights, their level of strength, the number of repeats, the length of the rest interval, and the direct supervision all times to avoid any injuries or any kind of problems because of gathering many of them at one time in one place.
 - Swimming, warm-up 800-1200 yards or meter.
 - Put your first main set about 400-800 yards or meter.
 - After each main set, do some (200-600) kicks, arms, drills, pull, etc.
 - Another main set (shorter or harder if the first main set was longer or easier). Vice versa.
 - Another easy, drills, kicks, pull, turns, starts, finishes, in between.
 - Some sprints for shorter distances and faster.
 - Be careful with the total, don't pass certain amount so, your swimmers never get hurt.
 - Good luck.
-

10 Units for 200 IM swimmers for Intermediates level

Unit (51)

- 400 free easy.
 - 400 drills IM order.
 - 8 x 100 on 2:00 (#1,3,5&7 IM each 25 stroke/ #2 Fly, #4 Bk, #6 Br, #8 Free).
 - 400 kick IM order each 100, no kickboards, turns all strokes.
 - 4 x 100 Free on 1:45 (7-9 seconds from best 100) for each swimmer.
 - 3 x 100 Breaststroke on 2:15 (7-9 sec. from the best 100).
 - 3 x 100 Backstroke on 2:00 (7-9 sec. from the best 100).
 - 4 x 50 Butterfly on 1:00 try to swim 3-4 second from best 50 Fly.
 - 200 drills weakest stroke.
 - 4 x 50 IM on 2:00 as fast as you can from push-off two groups.
 - 2 x 25 (10 sec rest) 25 Fly with dive/ 25 free with finish fast. (groups).
 - 2 x 25 from push-off (25 Bk/25 Br) 10 sec rest, do your best.
 - 100 easy cool down
 - Total = 3900 yard or meter.
-

Unit (52)

- 800 free
- 400 (50 pull/ 50 kick) IM order each 100 yards or meters one stroke.
- 2 (6 x 50 on 1:00) 50 Fly / 50 Free/ 50 Bk / 50 Fr / 50 Br/ 50 Fr, 4-7 seconds from the best 50 each stroke.
- 8 x 50 kick with turns IM order.
- 16 x 25 with turns (4 turns each stroke).
- 3 x 50 (Bk, Br, then Free) on 2:00 with diving, 2-5 second from the best.
- 1 x 50 butterfly with diving, groups (one swimmer at a time in each lane) 100 % speed.
- 16 x 25 IM order on 35 second, try to swim 2-4 seconds from the best.
- 8 x 50 kick with turns IM order.
- 4 x 50 weakest stroke on 1:15 with fixing any mistakes.
- 100 yards or meter cool down.
- Total = 3900.

Unit (53)

- **This unit is to focus on Butterfly and Backstroke only.**
 - Warm – up; 400 free/ 400 kick IM/ 200 drills fly.
 - 400 (25 free 80 % / 25 butterfly 90 % breath each other stroke.
 - 400 (25 free 80% /25 backstroke 90%.
 - 4 x 100 on 2:30 (50 fly 80% / 50 back 90 %)
 - 300 (freestyle arm pulls).
 - 8 x 25 with turn butterfly to backstroke.
 - 16 x 25 Fly 90-95% /Fr 80 % / Bk 90-95% / Fr 80 %) on 35 seconds.
 - 400 kick IM order each 100.
 - 2 x 50 groups (first 50 Fly with diving/ 10 sec rest/ second 50 Bk) 90-95%.
 - 200 cool down.
 - Total = 3800
-
-

Unit (54)

- **This unit is to focus on Backstroke and Breaststroke only.**
 - Warm – up; 400 free/ 200 drills (100BK/100BR) 400kick IM order each 100.
 - 400 swim 50 Bk/ 50 Br with fast turns (BK to BK, BK to BR, BR to BR).
 - 8 x 100 IM (each 25) fly and free 80 % speed, while Bk and Br 90 % speed.
 - 600 (100 Drills BK/100 Drills BR/100 Kick BK/100 Kick BR/ 100 Pull BK/ 100 Pull Br.
 - 8 x 100 on 2:00 (50 Bk / 50 Br) 4-6 seconds from best 100 in the race inside the 200 IM
 - 8 x 25 with diving IM order.
 - 100 yards or meters cool down.
 - Total = 3900.
-
-

Unit (55)

- **This unit is to focus on Breaststroke and Free only.**
- 600 Warm - up (100 swim / 100 drills / 100 kick) (300 Fr / 300 Br).
- 400 (kicks without kickboards (25 Br/25 Fr with turns Br to free each turn).
- 8 x 100 (75 breast / 25 free) 80-90 % speed/ with finish free hard on 1:45.
- 400 arm pulls, 50 free / 50 breast.

- 3 x 200 IM on 3:30 (Fly and Bk 80 %, Br and Free 90 %).
 - 8 x 50 IM order on 1:00 (Fly and Bk 80 - 85 %, Br and Free 90 - 95 %).
 - 200 kick Breaststroke with Kick boards.
 - 16 x 25 IM order from push – off on 45 seconds, fly and back average speed but breast and free 95 %.
 - 100 easy swim, breath each 7 strokes.
 - Total = 3900.
-

Unit (56)

- 600 free, 400 kick IM, 200 drills IM right arm/ left arm each 25.
 - 2 x 400 IM 70 % speed, on 7:00.
 - 4 x 200 IM 80 % speed, on 4:00.
 - 6 x 100 IM 85 % speed, on 2:30.
 - 8 x 50 IM order 90 % speed on 1:30.
 - 8 x 25 IM (3 x 25 each stroke) {groups with diving 95 % -100 %}.
 - 100 easy
 - Total = 4100
-

Unit (57)

- Warm-up 200 free / 200 kick / 200 drills / 200 pull / 200 IM each 25.
 - 6 x 100 IM each 25 on 1:45 (80-85 %). Then 100 free, breath each 5 strokes.
 - 5 x 100 free on 1:30 (80 - 90 %). Then 100 free, breath each 6 strokes.
 - 4 x 100 Bk on 1:45 (80 - 90 %). Then 100 free, breath each 7 strokes.
 - 3 x 100 Br on 2:00 (80 - 90 %). Then 100 free, breath each 8 strokes.
 - 2 x 100 butterfly on 1:45 (80 - 90 %). Then 100 free easy.
 - 1 x 100 IM with diving groups 100 %.
 - 4 x 50 IM with diving 100 % groups
 - 4 x 25 IM with diving 100 % groups/ walk back.
 - Total = 3900
-

Unit (58)

- Warm – up 600 free, 400 kicks, 200 pull.
- 4 x 100 IM (100 each stroke) swimmers take 10 seconds on pace- clock, after each 100 then subtract 30 second at the end and calculate their times.

- 200 pull with hand paddles.
 - 4 x 100 IM (100 each stroke) swimmers take 20 seconds on pace- clock, after each 100 then subtract 60 second at the end and calculate their times, it has to be faster than first 4 x 100. Then 200 kicks
 - 4 x 100 IM (100 each stroke) swimmers take 30 seconds on pace- clock, after each 100 then subtract 90 second at the end and calculate their times it has to be faster than second 4 x 100. Then 200 easy
 - 4 sets of (2 x 25 Fly, 2 x 25 Bk, 2 x 25 Br, 2 x 25 Free)
 - One-minute rest after each 2 x 25. The total time of each 2 x 25 has to be same or faster than best 50 in the 200 IM race for each swimmer.
 - 200 cool down.
 - Total = 4000
-

Unit (59)

- Warm- up 1000 (100 swims, 100 kicks).
 - 20 x 100 IM order on 3 minutes. Each 100 is (2 x 50) 10 second rest, First 50 in 85 - 90 % and second 50 has to be faster than first 50. About 91-95 %. Negative Split practice.
 - 1000 (100 swims, 100 drills).
 - Total = 4000
-

Unit (60)

- Warm - up (400 swim / 400 drills / 400 kick / 400 pull) any stroke.
- 40 x 50 IM (10 x 50 each stroke) on 1:00. 50 average, then next 50 faster.
- 400 swims down
- Total = 4000

10 Units for Sprinter Swimmers (50 and 100 Events) for Intermediates Level

My favorite way to coach Sprinter is to cover the main events for all my sprinter swimmers in my practice, usually I make one or two sprint practices @ the Boys Club of NY, in Flushing, that pool has 4 lanes only, the length is 20 yards! I use this pool-since 2006 until Corona Virus hits us lately in March 2020- Each Saturday night and some times on Sunday nights for 60-90 minutes practice only. In those units, I divided my swimmers according to their speed into 3 groups

Group 1, the youngest and slowest, I put them in lane 1.

Group 2, the lazy ones or who not really interested to swim fast enough, in lane 4

Group 3, the promising ones, I put them in lanes 2 and 3 in the middle, divided them into few waves, first one in each lane in fast two swimmers, then the following fast, etc. Usually 4-6 maximum in the lane. Because the pool is just 20 yards. So, 2.5 laps = 50 yards, 5 laps = 100 yards, and 2.75 laps = 50 meter, and 5.5 laps = 100 meters.

Unit 61.

First warm-up: 8 laps free/ 8 laps drills IM order (20 yards right arm/20 yards left arm)/ 8 laps kick with turns no kick boards at all.

Second warm-up: 8 x 1 IM each lap (fast with less breath and kick hard) rest only until last one in the lane touch the wall. then 4 x 2 laps one lap swim and one lap kick hard IM order, rest until last swimmer in the lane touches the wall. Then few short main sets like;

- 4 x 50 free from push-off on 45 second 2-4 seconds from the best 50 then 4 laps kick choice.
- 2 x 50 first choice groups (2 swimmers at a time) one in each lane, swim first 50 in 95-100% speed then 5-10 sec. rest then second 50 as fast as they can. Then see what was that 100? It has to be same or faster than each swimmers' best time. I switch groups fast to not wasting time at all.
- 8 x 1 lap with dive 100 %. Usually IM or choices. Groups and walk back.
- 4 x 2 laps free/ 3 x 2 laps back/ 3 x 2laps breast/ 2 x 2 laps Flay, rest on the last swimmer touch the wall. Then 4-8 laps drill your choice.

- 5 x 1 the first lap with diving and touch by the feet -turn-, next 2nd, third, fourth laps with turns, then last lap with finishing, rest on 20-25 second. Put it together, it has to be faster 1-3 second from the best 100.
 - 8 x 1 lap with diving 100% challenging each other, who can beat their best times in that lap. Groups.
 - Total = around 2000 to 2100 yards.
-

Unit 62.

Warm-up 10 laps free/ 8 laps IM each 20 yards stroke/6 laps kicks/ 4 laps drill IM.

- 4 x 100 free (each 100 faster), rest on the last swimmer to touch the wall.
 - Then 8 laps kicking any stroke.
 - 4 x 50 first choice each one fast. Rest on the last swimmer touch the wall then 6 laps kicking any stroke.
 - 4 x 50 first choice with diving groups as fast as possible.
 - 4 x 20 yards under water swimming, no breath.
 - 3 x 200 any stroke on 3:30 concentrate on turns.
 - 8 x 1 lap 100-105 %.
 - Total = 2400-2500 yards.
-

Unit 63.

Warm-up 4 laps Free/ 4 Bk / 4 Br/ 4 IM/ 4 x 1 Fly then 8 X 1 Kicking first choice.

- 5 x 100 free each one fast from push-off then they all gets out to timing a 100 choice, groups 100 % groups.
 - 200 drills any stroke
 - 8 x 50 first choice stroke on 50 seconds. Then they all gets out and timing 50 first choice, groups 100 % groups.
 - 200 drills any stroke.
 - 8 x turn as fast as they can from both side at same time in two groups.
 - 4 x 1 lap with diving.
 - Total = 2250 yards.
-

Unit 64.

Warm-up 4 x 100 (swim/drills/ kick/arms) and 4 x 1 IM.

- 3 (4 x 50) IM (2.5 laps each stroke then swim to the wall in front then gets out and timing 50 each stroke with diving groups).
 - 2 x 8 laps (one swim/one kick IM order).
 - 100 Broken (one lap with diving, 3 laps very fast/ one lap with finishing very fast). Groups, put them together to beat your best time.
 - 8 x turns groups (one turn choice on one side, and one turn free other side).
 - 6 x 50 on 1 minute 90% any stroke.
 - 4 x 50 on 1:30 speed 95 %.
 - 2 x 50 on 2 min. 95 - 100 %. Then Timing 1 x 50 groups. As fast as possible.
 - Timing 4 x 20 groups.
 - Total = 2580 yards.
-

Unit 65

Warm-up 12 laps free/ 10 laps kick/ 8 laps drills).

- 200 first choice (80-85 %) or 20 seconds slower than best 200 in the race.
 - 2 x 100 choice on 1:30 (90 %) total = 10 second or faster than best 200.
 - 4 x 50 choice (95 %) 10-15 seconds rest equal or faster than best 200.
 - 10 x one lap on 20 seconds, very fast, (total 200 has to be faster 5-10 second from the best 200
 - 8 laps arms with kick boards between legs/ then 8 laps kick.
 - 2 x 50 yards 80-85 % speed, total 5-7 sec slower than best 100.
 - 20/60/20 yards 10 sec rest, total 100= equal to best 100.
 - 5 x 20, On 15-20 sec, total =faster than best 100 2-4 seconds.
 - 4 laps drills/ 4 laps easy swim.
 - 8 x one lap with diving 100 % speed.
 - Total = about 2340 yards.
-

Unit 66

- Warm-up 8 laps swim/ 8 drills right arm/ left arm IM order, 8 laps kicks.
 - 16 x one lap IM order, less breath in fly and free.
 - 4 x 50 first choice on 45 seconds, the first 50 with dive, swimmers put times together, total the 200 equals to best times if they can.
 - Swim 3 x 200 first 80-85 %, second 85-90 %, third from diving, groups 95-100 % or faster, Groups.
 - 8 x 1 lap choice, with diving, and touch on the feet (turns) then walk back.
 - 4 laps swim/4 drills/ and 4 kicking.
 - 2 x 50 first choice 10 seconds rest, first 50 with diving. Total = best 100 or faster. Groups.
 - 8 x 1 from push – off any stroke on 25 seconds
 - Timing 20 or 40 or 50 with diving, any stroke until times up.
 - Total = 2300 yards.
-

Unit 67

- Warm-up 8 laps free/8 IM/8Drills IM right arm, left arm/8 one pull, one kick
 - 4 x 2.5 laps butterfly on 45 sec, then timing 50 fly from diving, groups.
 - 4 x 2.5 laps backstroke on 45 sec, then timing 50 back from diving, groups.
 - 4 x 2.5 laps breast on 55 sec, then 50 yards breast with diving, groups.
 - 4 x 2.5 laps freestyle on 40 sec, then timing 50 free from diving, groups.
 - 6 laps swim easy, 6 laps drills/ 6 laps one arm pull, one kick.
 - 2 x 50 (groups), first 50 with diving 5 - 10 second rest, then 50, put it together see how fast 100 first choice.
 - 4 laps swim, 4 drills, 4 kick arms.
 - 4 x 1 lap 100 % speed.
 - Total = 2420 yards.
-

Unit 68

- 6 x 4 laps (free / kick / Bk / arm / Br / drills)
- 8 X 1 Butterfly, less breathing, arms fast.
- 200 IM (8 laps), 100 Free/ 50 First Choice, 20 Butterfly.

- 200 Choice, 100 IM 4 laps / 50 Free, 20 Bk.
 - 200 Free, 100 Choice/ 4 x 20 Br.
 - 100 IM 4 laps, 50 Free/ 4 x 20 Free.
 - 100 Free Broken (40/40/20 yards) 5-10 seconds rest.) first 40 with diving.
 - 8 laps (one lap drill, one lap kick) any stroke.
 - 100 Choice Broken (40/40/20 yards) 5-10 seconds rest.) first 40 with diving.
 - 4 X 1 LAPS 105%
 - Total = 2360 yards.
-

Unit 69

- 12 laps free, 8 laps drills, 4 laps kick.
 - 4 x 4 IM on 1:30 then timing 50 yards Fly with diving, groups. Then 4 kick.
 - 4 x 4 IM on 1:30 then timing 50 yards back with diving, groups. Then 4 arms.
 - 4 x 4 IM on 1:30 then timing 50 yards breaststroke with diving, groups. Then 4 underwater swimming.
 - 4 x 4 IM on 1:30 then timing 50 yards Fly with diving, groups. Then 4 laps drills.
 - 2 x 50 first choice 5 - 10 sec rest, first 50 with diving.
 - 4 x 1 lap with diving 100 %.
 - Total = 2460 yards.
-

Unit 70

- Warm – up: 8 laps swim free/ 8 laps drills, 8 x 1 fly.
- 6 (4 laps IM 90 % then, 50 choice 95 % then, 2 (20 yards 100% speed).
- 4 x 1 lap under water, 4 x 1 lap arms fly, 4 x 1 laps kick on back fly.
- 16 x 20 going with starts 100 % fast first choice, get the time then swim easy free to the block starts.
- Timing 50 free and 50 choices groups with diving.
- Total = 2480 yards.

Higher level Swimming work – out

Unit 71.

Sprinter swimmers in 25 Yards pool (By, Mark Shubert) Beginning of the swim season, for freestyle swimmers;

- 600, easy swim. Focus on technique.
- 16 x 50 kick with kickboard (3x50 Fast, one 50 easy) on 1:10.
- 5x 200 pull, using buoys each one faster.
- 12 x 100 free on 1:30
- 8 x 50 free on 1:10 first 25 very fast.
- 300 easy swim.

Total = 4300 yards

Unit 72.

Sprinter swimmers in 25Yards pool (Mark Shubert) Middle of the swim season, for freestyle swimmers;

- 8 x 100 (#1 & 2 on 1:40, #3 & 4 on 1:35, #5 & 6 on 1:30, # 7 & 8 on 1:25).
 - 4 x 75 kick on 1:40, last 50, then
 - 4 x 75 kick 1:35, last 50 very fast, then
 - 4 x 75 kick on 1:30 each 75 very fast.
 - 500 pull, 25fast/25slow, 50fast/ 50slow, 75 fast/75 slow/ 100 fast/100 slow
 - 9 x 100 first 3x100 fast on 1:30, second 3 x100 as (2x50 each 100) 5 second rest, last 3 x100 as (4x25)5 second rest.
 - 8 x 100 drills- pull with paddles25 right arm/ 25 left arm.
 - Total = 3900 yards.
-

Unit 73.

Sprinters in competition season

- 400 drills.
- 12 x50 on 1:15 (first 50 in 80%, second 50 in 85%, third 50 in 90 % or faster, repeat for 4 times.
- 5 x 100 free on 1:30 last 25 very fast.
- 4 (2x50) free, first 50 with diving, second 50 with push off, each 100 on 2 minutes and 90-100 % speed.
- 8 x 25 on 1 min. first 4 x 25 very fast starts, second 4 x 25 very fast finishing.
- Total = 2500 yards.

Work – out for High level 200 IM swimmers:

Unit 74.

- Warm up: 6 x 200 IM as following: first 3 x 200 IM order (Fly/Bk/Br/Free) second 3x 200 IM opposite order (free/ breast/ back/ fly)
- 9 x 100 Kick as following: 3x100 fly, 3x 100 Bk on 2 min/ 3 x 100 Br on 1:55.
- 12 x 250 IM as following first 3 x250 as (50 fly/ 50 Bk/ 50 Br/ and 100 free)
- Second 3 x 250 as 50 fly/ 50 back/ 100 Br/ 50Free
- Third 2 x 25 as 50 fly/ 100 bk/ 50 breast/ 50 free
- Last 2x250 as 100fly/ 50 back/ 50 breast/ and 50 free
- 20 x 75 bull, as following, 10 x 75 weakest stroke on 1:15 then 10 x 75 strong stroke on 1:10.
- 24 x 25 (6 x 25 each stroke) 25 easy, 25 first 12.5 fast & 12.5 easy, 25 very fast.
- 4 x 100 easy (100 Yards each stroke)
- Some turns each stroke.
- Total = 7,800 yards

=====

World class work out

Michael Phelps training can be categorized into three parts:

Unit 75). Part 1

-6 sets of (50 free, 50 side kick, 50 fly drill, 50 pull buoy, 50 IM, 50 IM)

-20 X 100 on 1:15=

-6 sets of (25 fly-50 free- 25 fly)

-500 strokes (50 kicks – 50 drill)

-2000 timed kick stroke

done free with a board and held per 500 (5:48.9-5:47.5-5:46.0-5:39.6)

-4 X 100 IM drill continuously.

-10 sets of 200 on 3:00 odd = free /moderate

-10 sets of 200 on 3:00 even = fly/ fast

-4 speed sets of 24 X 25 fly on 30 minute (1-ez drill, 1-no breath, 1-sprint)

+500 abdominal exercises and static stretching

Total = 11,900 M.

Unit 76). Part 2

-800 mixer on 10.30

-4 X 150 kick on 2:30 (50 stroke – 50 free- 50 stroke)

-400 pull with buoy on 5:00 (breathe 3-5-7-9 by 100)

-200 stroke on 3:00

-10 X 50 on 45 minutes (2-25kick/25drill 2-25free/25stroke 1-stroke)

-4x50 on 1:30

-1x50 1:20

-1x50 1:10

-1x50 1:00

-1x50: 50 minutes

-1x50 40 minutes

-1x50 30 minutes

-Long swim down (100-200-300 pull (lung-busters by quarters)

-400 choice kick

-300-200-100 IM drills

Total = 4600 M.

Total Swimming in a day is 16,500 M

Part 3

Speed & Endurance Training:

Vertical kicking

Underwater kicking

Sculling

Training gear in water

training paddles

snorkels

kick boards

SLED PUSH

SLED REVERSE FLYE

Weightlifting regimen:

3 sets of Standing Dumbbell Press of 10-16 reps

3 sets of Dumbbell Front Raise of 10-16 reps

3 sets of Dumbbell Lateral Shoulder Raise of 10-16 reps

Compound exercises for flexibility training for Better Swimming

Q. Did you know now why Michael Phelps is Michael Phelps?

A. Great Talents, Great Willing, Huge Work-Out, and Great Coach.

Ryan Lochte Workout Routine:

Unit 77). Monday, Wednesday and Friday (Day 1,3 and 5)

- 3-4 sets of dead lifts of 10-12 reps.
- 3-4 sets of farmer's walks of 10-12 reps.
- 3-4 sets of squats of 10-12 reps.
- 3-4 sets of rope swings of 10 reps.
- 3-4 sets of bent over rows of 10 reps.

Sessions of weight lifting during day

Unit 78). Interval training in pool

- Repeats of 100 meter swims.
- Repeats of 200 meter swims.
- Repeats of 400 meter swims.
- 3-4 sets of kettle bells of 8-10 reps.
- 3-4 sets of cross fit of 8-10 reps.
- 3-4 sets of tire flips.
- 3-4 sets of keg tosses of 10 reps.

Lifting of metal logs in a session for twice a week

Unit 79).

- 5000-10000 strokes per 2 hours of workout.
- 20 sets of sandbag squat.

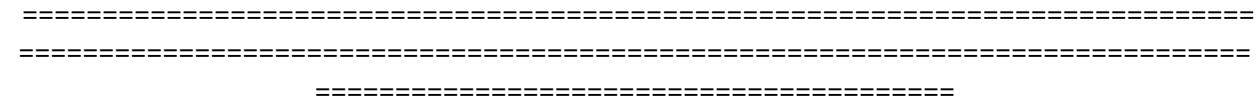
Tuesday, Thursday and Saturday (Day 2, 4 and 6)

Unit 80).

- 4 sets of squats of 10-12 reps.
- 5-6 sets of rope swings of 10 reps.
- 5-6 sets of bent over rows of 10 reps.
- 5-6 sets of tire flips.

- 5-6 sets of keg tosses of 10 reps.
- 5-6 sets of kettle bells of 8-10 reps.
- 3-4 sets of cross fit of 8-10 reps.
- 3-4 sets of dead lifts of 10-12 reps.
- 5-6 sets of farmer's walks of 10-12 reps.
- 2-3 sets of bent over rows of 12 reps.

- 2-3 sets of chests press on back along a weight plate of 10-12 reps.
- 30 sets of burpees



Janet Evans' World Class Workout

Unit 81).

Example of one of the main sets only).

- 1 x 500 @ 6:15
- 2 x 400 @ 5:00
- 3 x 300 @ 3:45
- 4 x 200 @ 2:30
- 5 x 100 @ 1:15

She has time standard to swim on, in each repeat, for each distance.

MY SPRINT UNITS FOR HIGHER LEVEL SWIMMERS

Unit 82).

W-UP: 900 (100 swim/100 drills/100 kick) Free/IM/Choice.

4x (100 free 90%, 30 sec rest then 2x50 free faster than each 100) 95%-100%.

Rest 45 sec after each 100 and 2x50.

4x (100 free 90%, 20 sec rest then 4x25 free faster than each 100) 95%-100%.

Rest 45 sec after each 100 and 2x50.

8x50 drills first choice, concentrate on the catch and glide. 20 sec rest

4x (100 choice 90%, 30 sec rest then 2x50 on a minute 95%) then 45 second rest and repeat until finish the 4x100+2x50.

4x (100 choice 90% 20 sec rest then 4x25 on 30 sec 95%) then 45 second rest and repeat until finish the 4x100+2x50.

200 cool down.

Total = 4700. Yards or meters.

Unit 83).

-W-up 400 swim/300 drills/200 kick/100IM.

200 free 10 sec slower than your best, then 2x100 free = your best, then 4x50 free = 3-5 second faster than your best 200, then 8 x 25 faster 10-15 sec from the best.

-400 kick in and out (no kickboards, and doing turns fast).

4 x 300 drills catch up focus on arm action underwater.

4x (100 free + 4x25 free) race-pace short rest, then 200 easy

4x 100 choice + 4x25 choice fast) race-pace training, then 200 easy swimming.

Total = 5400 yards or meters.

Unit 84).

-5x200 W-up (swim/kick/drills/kick/arm pull)

-400 free 80%, 2x200 free 85%, 4x100 free 90%, 4x50 free 95%, 30 seconds rest in between. Then 4x25 Free with diving 100%. Enough rest in between.

-400 50 kick/50 arm pull IM order

-400 IM 80%, 2x200 IM 85%, 4x100 IM 90%, 4x50 IM 95%, 30 seconds rest in between. Then 4x25 IM with diving 100%. Enough rest in between.

-300 first choice 50 drills right arm/50 drills left arm.

-300 first choice 80%, 1 x200 choice 85%, 2 x100 choice 90%, 2 x50 choice 95%, 30 seconds rest in between. Then 4x25 with diving 100%. Enough rest in between.

- 200 cool down

Total = 5800 yards or meters.

Swim Drills

The need for Swim Drills;

At each one of my 90 minutes swim practice for any level, I put 200-400 yards drills, and if I have 2 hours for my swim practice in any day, for any level, I put 400-800 yards or meters drills.

Although most swim coaches use some Drills for fixing some mistakes of the technique, I usually use the drills as a tool to reach my specific goal plus fixing the mistakes of the techniques. Let's say:

If a swimmer enters the water with a hand very close to the head (a Mistake).

Usually, the coach asks him/her to do catch-up as a drill to force this hand to enter the water away from the head. (fixing the mistake by a swim drill)

I agree with them, but my goal is not only fix style but also make the arms moving very fast at the same time. So, I use the same drills with and less breath and kicking very hard to let the arms move faster and the time for the race will getting faster, So I get to my goal faster than I just fix one mistake or to make the style looks good!

I also asking the swimmers to count how many strokes each lap with one arm catch-up? Then try to force them to do more strokes to feel the speed of their arms without miss up the good arm action underwater.

So, I usually put the goal first then find out what drills I can use to achieve this goal. That's what I really do from the mid-eighties until now.

In my first book in 1988 in Saudi Arabia, I put one page of each stroke drills; which including 10 drills for the Freestyle, 15 drills for the Backstroke, 13 drills for the Breaststroke and 17 drills for the Butterfly.

In the year of 2000, I added more drills in my third book was published in Egypt. I put 24 drills for the Freestyle, 27 drills for the Backstroke, 23 drills for the Breaststroke, and 22 drills for the butterfly, total of 96 drills 20 years ago.

I just read while I am writing this book two books for drills written by **Blythe Lucero**, one in 2007 by the name of; The 100 Best Swimming Drills and the other

book published in 2013 by the name of 100 More Swimming Drills. They are very good books for drills as a reference.

In my next few pages, I will put some drills to fix mistakes and to help to get the goal done fast.

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Examples for Swimming Drills for Freestyle

Goal: Moving the Arms Faster in freestyle;

Drill 1). Swimmers, one by one, Swim 15 yards freestyle, in the middle of the lane, over the black tiles, move arms very fast, no taking any breath, look at your hands underwater, do not let them cross the bottom line, or pulling the water outward, or elbows are bending while exiting the water, or during recovery, feel arms reaching all the way forward for every arm entry, and at the end of pushing the water before the exit. Then swim easy to the wall in front. Coach fix any one doing wrong, and repeat same drill for 10 x 25.

Drill 2). Swim 10 arm strokes freestyle, very fast, without breath, 5 arm actions by right arm, and 5 arm action by left arm, one arm moving while other arm close to the body. Follow all instructions in drill # 1. And swim easy to the wall. Coach fix and repeat same drill for 10 x 25.

Drill 3). Swim 8 x 25 same drill but 4 right arms and 4 left arms taking breath in fourth strokes only. One arm forwards all times. Coach keep fixing.

Drill 4). Swimmers one by one each 5 second, dive and swim one time a 25 full freestyle without any breath and count how many arm strokes during the 25 yards. Repeat the same drills 8 x 25 but this time ask swimmers to try to add one or more arm stroke than first time.

- You notice here that I didn't use the regular catch up drills because the arms in that drill will move slower than what I am looking for.
 - Coaches; be sure each arm enter in water all the way forward, catch the water very fast, and pull fast, then push the water all the way backward fast, and elbows have to bend while pulling underwater. Also kicking have to be fast and short all the 25s.
-

Goal: Taking the Breath Faster in Freestyle

Drill 5). Swim freestyle 25 yards, take breath from one side each four strokes. Swimmers; be sure that as soon as you start catching and pull the water in fourth stroke, start move your head to that side to take fast breath and look down again underwater at the same time this arm exiting from the water. Be sure the inhale has to be very fast, and the exhale underwater during the three other strokes in fast moving too.

Drill 6). From push-off the wall, arms close to the body, face looking under your head, swimmers kick very fast and short freestyle kicks, take breath from one side by rolling right shoulder up and take breath fast from that side then be sure to keep the left cheek in water and the chain very close to the chest.

Drill 7). Swim freestyle but taking breath each four strokes from the left side only. If you see one or even some swimmers taking breath too late in one side, but the other side fast, in my opinion, you don't have to force those swimmers to take breath from both side, just improve the speed of the breath that your swimmers are doing faster.

Goal: Fixing the Hand' Entries in Freestyle.

Most swimmers enter one or both hands either out of the shoulder line or in front of the head, and very close to the head or far from the head. So, we will put few drills to fix those mistakes and also move the arms fast.

Drill 8). Use hand paddles, and fins, ask swimmers to swim over the black line in the middle of each lane, more rolling the shoulders in both sides, take breath in number 6 strokes only, let your chain up a little to see forward, swim slow motion arms with fast kicks, try to let your arms get in the water close but not over, the black line in the middle of each lane, then take breath fast, repeat for 8 x 25 with fixing.

Drill 9). Each swimmer holds a buoy in one hand while this arm forward, and swim catch up with the other arm take breath in each 4 or 6 strokes, ask each swimmer to try not to touch the buoy or to enter far away from the buoy. Kick fast with or without fins.

Drill 10). Swim catch up fast arms 4 x 50 freestyle, one right arm/ one left arm, 2 right/ 2 left, 3/3/ 4/4 etc. until finish each 50, be sure all arm entries are not too close or too out.

Drill 11). Swim regular 4 x 50 freestyle with hand paddles breath each 6 strokes. Be sure to concentrate for 5 strokes appropriate entries and pull underwater not crossing or far from the body line underwater.

Drill 12). Water Polo Swim, keep your head up above the water looking straight. This will make the hips to sink so you have to engage your core and do a strong kick to keep your hips up, move your arms shorter and faster.

Goal: Fixing the arms that not finishing the pull and pushing correctly (not all the way backward)

Drill 13). Swim 4 x 25 free and force your both hands to touch your hips before exiting the water.

Drill 14). Swim 25 yards with one arm, while other arm relaxing close to the body, in each stroke do the entry, catching, pulling, pushing very fast then touch your hips and role your body and do 10 kicking while your hands touching the hips. Repeat for 8 x 25 (25 yards right arm, 25 left arm).

Drill 15). Swim 8 x 25 yards with right breath only, and 25 yards free with left breathing only, each stroke touch your hips and count to 4 (4 seconds rest) with good kicking.be sure to role your shoulder more and take breath fast.

Goal: Fixing the dropped elbows in entry in freestyle

Drill 16). Role your shoulder more each stroke both sides, take breath each 6 or 8 strokes, move your arms fast, let the thumb touching your body during the exiting and recovery from the hips until the arm pit, that will make the elbow high so, the arms will force to enter with the hands then by forearms.

Drill 17). Swim fast, let your thumb get in water first, move your arms fast, straight or bending elbow, does not matter, when the thumb gets in water first, It will automatically, will avoid the elbows to dropped.

Drill 18). Dog swimming with keeping the hands under water, just let elbows over the water.

Goal: Fixing the open fingers during swimming

Drill 19). Swim 200 – 400 yards or meters with the bending fingers (fist).

Drill 20). Swim 100-200 yards or meters with hand paddles, or swim gloves.

Examples for Swimming Drills for Backstroke

Goal: Fixing the crossing entry or 12 o'clock

Drill 21). Swim backstroke with right arm only while left arm resting close to your body, let your hand get into the water in 11 o'clock (not close to your head) be sure your elbow straight, and don't let this hand drop any water on your face.

Drill 22). Swim backstroke with left arm but this time let the arm enter the water in 1 o'clock, and let elbow straight.

Drill 23). Swim slow motion backstroke arm action with flippers or fins to kick harder, keep watching your entry, look to the right while right arm enters the water, then look to the left while left arm enters the water.

Drill 24). Swim 25 yards or meter backstroke with right arm, while left arm holding a kickboard behind your head, straight and touching your head, don't let the right hand touch the kickboard, switch arms, repeat for 200 yards or meters.

Drill 25). Swim backstroke and in each stroke, you enter your arm straight without touching the head, then bring same arm back to touch your thigh again with rolling your shoulder and kick for 8 counts, switch with other arm.

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Goal: Fixing underwater Backstroke arm action

Drill 26). Imagine that you are holding a tennis ball in your hands, when you enter the water and reach the deepest point, bend your elbow and through the ball from backward to foreword, then let your hand close to your body before exiting the water by the thumb up.

Drill 27). Use hand paddles, do the same practice.

Drill 28). Swim backstroke and Don't let your hand go too shallow or too deep after each entry.

Drill 29). Swim backstroke and don't let your hands too close or too far from your body.

Drill 30). Swim 25 backstroke with paddles, buoys, no kick at all, count your strokes, the less strokes the better underwater pulling, you have to role your shoulder more.

Drill 31). Swim 50 backstroke with fins and hand paddles, kick your feet very fast, count your arm action, try to swim the 50 in time equal to your best time without fins or paddles, while counting your arm strokes, try to repeat with same time but less strokes.

Drill 32) Demonstrate, or a good backstroke swimmer demonstrates some 25s backstroke slow motion arms, rolling shoulders, kick fast and short, while all swimmers put heads underwater to watch and repeat with fixing.

Goal: Fixing weak Backstroke kicking.

Drill 33). Swim backstroke with small fins and buoys, kick short and fast, don't let the buoys get away from your legs, try to make some splashing with your feet.

Drill 34). Challenge yourself or another swimmer to do underwater dolphin kick for longest distant you can in 10 seconds, then in 15, then in 20 seconds, you can close your nose with nose clips.

Drill 35). Do same drills, but this time over the water, with dolphin, backstroke or freestyle kicks, fast and short with face down with kick boards or without.

Drill 36). Use fins, set on the edge lane, kick for 20 second from setting, then get in water and kick one lap short and fast backstroke with one or both arms up.

Drill 37). Swim 8 x 25 yards from the middle 12.5 yards freestyle very fast, do turn freestyle then bush the wall on your back and stay on the back, kick backstroke in streamline position to the middle. Get some rest the repeat.

Drill 38). Do some sprint relays with kickboards, freestyle kick, then backstroke kick, then dolphin kick for one lap each swimmer.

Drill 39). Do some relays swim with fins freestyle, and backstroke, swimming, then kicking, for 25s or/and 50s.

Drill 40). Take underwater video for those swimmers, then fix their strokes, then filming them again, let them see the mistakes and the improving.

Examples for Swimming Drills for Breaststroke

Goal: Fixing the timing between head and arms

Drill 41). From standing in shallow water shoulder under water, arms in the streamline position, head underwater, as soon as you open your arms outward, start moving your head and shoulder together up to take breath-inhale- then put your face down underwater while your hands come to under your chest or your neck, do the arm action in three different speed, 0 speed in streamline position, then 50-60 % speed while you taking breath (in main arm action) then 90-100% speed for the recovery or for going back to streamline position. Coaches fix the timing, the width of the pull, the limit of the elbow squeezing, and the shape of the hand.

Drill 42). Same drill but from walking and more gliding.

Drill 43). Same drill with freestyle or dolphin then breaststroke kicking.

Drill 44). Same drill with two kicking for each arm action, to force them for more gliding.

Drill 45). Same drill but with one right arm, then one left arm then both arms.

Drill 46). Same drill but increase the arm action gradually, 1 right, one left one both arms, 2/2/2 both arms then 3/3/3/ until the end of 50 yards.

Goal: Fixing the timing between Legs and Arms

Drill 47). Arms / breath / kick /glide. Meaning; from floating move your ARMS and take BREATH while doing the sweep out and the pull, then put head down while you bending knees to KICK while your arms just start the streamline position, then GLIDE, take your time until you get the feeling of the timing between arms and legs, then repeat for 8-16 x 25. With fixing from coaches.

Drill 48). Same drill but try don't take breath for 4 strokes and open your eyes and your mind for the timing between kicking and arm action.

Drill 49). Hold your hands behind your back, swim breast stroke with kick only, by the end of each kick while both feet come together, raise your head, chin, chest up together to take breath, then look down quickly and repeat the kick then breath, for 4 – 8 x 25 yards,

Drill 50). Same drill but do dolphin kick instead of breaststroke kicking.

Drill 51). Swim breaststroke underwater on the back, slow motion to feel the timing between arm action and legs.

Goal: Fixing the head position for breathing

Drill 52) Use fins, swim 25 yards freestyle or dolphin kicks fast, keep your head between your arms in streamline position, but chin slightly up about 2 inches from the chest, don't let the distance between the chin and the chest get closer or farther.

Drill 53). Put a tennis ball under your chin squeeze it between your chin and your neck or chest, swim regular 25 yards breaststroke, don't let the ball get away from your chin.

Drill 54). Swim without breath for 4 -6 strokes, be sure don't move your chin up or down

Drill 55). Make a relay of 4 x 25 breaststroke with head either underwater or don't left chin up, any member of any team raise head up is disqualified, the winner team is the one that all the members keep head in same position.

Goal: Fixing the Breaststroke Kicking.

One of the common mistakes in breaststroke is the kicking! If the instructors teach that kicking in the beginning in right way, it will save a lot of times for swim coaches, and that was one of the reasons, why I wrote this book.

Drill 56). Back Against the wall, swimmers do breaststroke kicking slow motion, face down, bend knees, flex the feet, straight the legs to put the flat feet with all area on the wall and push water to keep them on wall for tree count, then 5 count, then 10 count.

Drill 57). Swimmers lay on their chest on the edge of the pool and legs in water, swimmers do breaststroke kicking while instructor or coach fix the kicking one by one to be flexing before kicking.

Drill 58). Use Breaststroke fins, or flip flop sandals to force them to swim without getting out of their feet, if they are not flexing the feet, the sandals will get off.

Drill 59). Let each two swimmers in same size to work together one holding other swimmer hands and one swimmer kick the wall while head down 3-5 kicks then switch.

Drill 60). Same drill but first swimmer swim breaststroke kick while second swimmer hold feet and both faces down for have a 25 yards lap, then switch.

Butterfly Drills

Goal: Fixing the timing between kicks and arm action

Drill 61). Demonstrate the timing from standing in shallow water, with one arm and one leg first, when your right enters the water do one kick, then when your right arm starts to pull the water do the second kick, same thing bur left side.

Drill 62). Same drill but while face down and swim with one arm but both kick together. They repeat with fixing.

Drill 63). Same drill but no breath for 4-6 strokes slow motion, both arms, and both legs working this time. to show them the timing, and they will repeat and fix.

Goal: Fixing the arm action

Drill 64). for the swimmers with wide arm entry more than shoulder width, let them hold the kick board or buoy in one hand, and swim few strokes with other arm only, without breath, let them touch the kick boards or the buoy in front of the body.

Drill 65). Each two swimmers facing each other in shallow water, one straight arms in front of their shoulder line balms up, other one do the butterfly arm

action, they have to let hands clapping each time, 5-10 arm actions then switch, you can ask them to close arms a little than shoulder width.

Drill 66). Swimmers swim in the middle of the lane above the black line and swim 25 butterfly with less breathing as much as they can, each time they look down, they have to let their hands over the black line or at least very close.

Drill 67). 8 x 25 swim butterfly, 25 with right arm catch up, 25 left arm catch up, arms have to touch each other in the each entry.

Drill 68). Show swimmers high level and world class swimmers' video, then how the arm action from the entry, not too open, not too close, which fingers or part of the hands enter water first, how far the gliding, the catch, the pull, and the bushing, how the hands then the arms exiting from the water, how is the recovery? Then demonstrate in water, each part, then let them do it, fix and keep fixing. Take part of the arm action or the kicking, make some drills on it, let them do it, repeat it, and keep fixing. Never ending.

TIPS For Swimmers.

Coach Eddie Reese Tips for Freestyle: (Warner, Chuck. Eddie Reese: Coaching Swimming, Teaching Life (p.87). Luminaire Press, LLC. Kindle Edition).

- Recover your arm with a high elbow.
- Water level is in the middle of the crown of the head.
- Enter as though you're finishing your last stroke.
- Pull with the fingers pointed toward the bottom as much as possible.
- Keep the elbow higher than the hand.
- Put the head directly back in line with the body after a breath.

Coach Eddie Reese Tips for Backstroke: (Warner, Chuck. Eddie Reese: Coaching Swimming, Teaching Life (p.89). Luminaire Press, LLC. Kindle Edition).

- While the eyes focus on the ceiling (straight up), the shoulders rotate "like they're on a barbecue skewer," running longitudinally through the center of the body.
 - The hands enter at eleven and one o'clock, relative to the center line of the body.
 - The pinky finger cuts into the water like you're cutting through butter with no mess.
 - The hands start slow, accelerate through the pull, and finish fast, recovering quickly.
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Coach Eddie Reese Tips for Breaststroke: (Warner, Chuck. Eddie Reese: Coaching Swimming, Teaching Life (p.90). Luminaire Press, LLC. Kindle Edition).

- Start and finish each stroke looking at the bottom of the pool in a full streamline.
- Watch what the hands do. They can get in the way (unless you circle them forward).

- Wait for your feet to touch prior to pressing the hands outward to begin each stroke.
- Your glide time depends on how strong your kick is.
- When your head is out of the water for a breath, look at the end of the pool.
- When your arms can't move in breaststroke, your legs are going to go soon.

Coach Eddie Reese Tips for Butterfly: (Warner, Chuck. Eddie Reese: Coaching Swimming, Teaching Life (p.91). Luminaire Press, LLC. Kindle Edition).

- Hands enter at shoulder width.
- The breath is taken on alternate strokes, with the chin on the surface.
- The most important thing to look for is what the hips are doing.
- The hips rise as the feet go down.
- The hands snap through.
- The best way for younger kids to learn fly kick is on their backs with the hands at the side.
- If you can't kick fly, you can't swim fly.

General Tips from Great Coach Eddie Resse;

- If you swim slow in practice, you become a good slow swimmer. (p. 111).
- You must have talent, work hard ... and it takes time—and the time is different for everyone. (p. 111).
- All swim meets [races] measure where people are and who you've over trained, so you don't make that same mistake at the end of the year. (p. 112).
- Taper is determined by the length of your season, the difficulty of your practices, and the consistency of your swimmer in those practices. (p. 115).

Mike Murray, Victor Swim Club Western, NY

- The most important aspect to learn as a young swimmer is that you need to learn to enjoy the journey and process of development. Your goals to be successful and your work to that end must not be the only value gained. The belief you have in yourself is the result of finding joy in the toughest moments and reminding yourself why you have chosen this path.
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Michael Gavrilchin -Head Age Group Coach at Phoenix Aquatic Club, NY

- I believe every coach must write a mission statement. In this statement, you must really think about what your motives, vision, values, and mission of your career are. When you create your mission statement, it will be easier for you to grow as a coach and know your path. It might take more than a day to write it; it's not a quick text message to your friend. This one will require deep thinking and the ability to condense everything in few sentences. It will be powerful few sentences, and those sentences will postulate the principles upon which you will live as a coach. I will share mine. As a coach, my purpose is to empower and positively impact as many athletes as possible in my life. To help them to set and achieve their goals. To give them knowledge of swimming and exercise, and to inspire them through tough times. My mission is to help every athlete to develop effective habits and character that will last and serve them for life.
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Tamer Zinhom, Olympic Swimmer, Head Coach Egyptian National Team.

- When the new swimmers enrolling in a swim team and they will start doing competitions, they must get under high intense programs but never take supplements and / or vitamins now in those early ages but only healthy nutrition regimen.
- In many countries, swimmers need to compete more than just winter and summer championships, the more the swimmers get to swim meets, the better they be prepared for the championships.
- In the high levels of competitions, when the swimmers have more experiences, they must be learned already how to respect the times of practice, warmups, and to have more commitments and better ways to receive the information from their coaches.

- In general, it must be very good connection between the swimmers and their coaches, so the coaches can use that power to adopt all swimmers' talents and capacities to gain an Olympic or at least national level swimmers.

Hani M. Eltair, Consultant of Sports Orthopedic Surgery, former Olympic Egyptian Swimmer:

- Eat well, sleep well, train well.
- Give yourself 10min every day to improve your flexibility.
- Breathe deeply 5 min every day.
- Always think positive.
- Give yourself the time to recover.
- Do mental training, visualize your stroke, your tempo.
- Refuel after training.
- 42. Focus on your goals.
- 43. Go out of your comfortable zone.
- Be one with the water.

Mazen Shoukri, National team of Egypt, GCU current swimmer, My nephew.

- Consider rest and recovery as important as the rest of your training.
- Pay attention to what your body is telling you.
- Keep your core strong and tight.

Svetlana Kutyrcheva, former national level swimmer Russia, and swim parent.

My former swimmer at BC college, NY 2002/2003

- Me growing up as a swimmer and looking back now, I think few aspects were very important. And at that time, I thought it was not: warmups in the beginning (dry land).
- Me as a long distance a long warmup in the beginning was very crucial (water) –
- Long hours with dry land cords are so important for muscle memories (hours after hours).

- Important: Lots of land / muscle memory is crucial.
 - Hours of dry land bands. Set after set. For example: back stroke.
 - Lay on you back on elevated surface / table. Two minutes pulls. Rest. Two mins pulls. Follow up with dips and abs with kicks.
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Grace Miou, Junior national level, my former NCAC Swimmer, NY.

- Work hard even when you feel like you don't want to. your results will reflect your dedication.
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Alexandra Malanina, All-American and Russian National Team Swimmer, La Salle University Assistant Coach

On the Recruiting Process:

- Create your own plan to follow that works for you and your family.
 - Select a few schools that you have a good chance of getting into.
 - Prioritize what is important to you, top 3-5 items related to the university and the team.
 - Try to keep your own path and don't let social media posts and friends' commitments to affect your timeline! It's your own journey!
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Magdy Shokry, head Coach NCAC, MR, NY

- My tip for swimmers, try to come more, work harder, set a goal to reach, reach it, make another harder goal, go for it, keep going, because one day you will stop, then you will never say, I wish if I did that and I didn't do that. Enjoy each stage in your life.
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Katie Ledecky, advice for swimmers, USA swimming, 5/5/2000 face book.

- Listen to your coach, communicate with your coach.
 - Set goals, put the plan to set that goal.
 - Never saddle, don't be satisfied, keep setting new goals.
-

John Alaimo, Head Senior Coach, New York Sharks:

- Every single athlete has talent in at least one or many pieces of their athlete profile. It's our job to find those talents and bring those talents forward. The goal for all of us is that through the consistent hard work, thoughtful skill development, education, and life lessons that we impact our athletes enough that they have the confidence to perform at their highest levels in their biggest moments.

TIPS For Swim Coaches;

Magdy Shokry, NCAC Head Coach, NY

- My tips for coaches: don't be stubborn, when you have the pool, the swimmers, assistant coaches, and your swimmers did not make junior national yet, So, something wrong here, go and listen, learn, read, take courses, try new staff, do what you love, and love what you do, give swimmers more specific, because points is not important more than your swimmers, it might important to your team or to yourself.
 - Also, take your kids to swim clinic with good coach. It doesn't have to be run by Olympian, because good coach help hundreds to be higher level swimmers, but Olympians just helped themselves.
-

Mel Marshall's tips for swimming coaches, [Swimming Times magazine](#).

- Work on technique.
- Going from elite swimmer to coach.
- There isn't just one way of coaching.

- Make the best of what you've got.
-

Tips for Newbie Coaches” by ASHLEE WEINGARTEN,
www.swimmingworldmagazine.com/news/5-tips-fornewbie

- Set rules.
 - Stand your ground.
 - Be approachable.
 - Ask questions.
 - Have fun.
-

Professor Ezzeldin Aly, Former Egyptian Olympic Swim Coach My advice for the young coaches Be yourself and continue learning.

Michael Kenny Ngai, Head coach Viper swim team NY,

- Being able to connect with your swimmer is very important for both the coach and the swimmer.
-

TIPS, For Swimming Parents:

Moran Parents (three wonderful my former NCAC swimmers, top 20 in MR and the country):

- Great swimmers need supportive parents, it is very time-consuming sport.
-

John Zhang Parents (my former NCAC swimmer, top 20 in MR and the country):

- When your child is young, work on sprint in all strokes. And once your child is a teenager, you should work more on his strength and endurance.
-

Magdy Shokry, Head Coach NCAC, NSCC (MR, NY).

- My tips for parents: let your kids swim the stroke and distance they are good at it, not everyone has to be perfect in all strokes and all distances, not everyone Michael Phelps
-

TIPS For Swimming Officials.

International Referee Nelson Gonzalez, ST-N3 CJ-N2 SR-N3 DR-N3

- As an official, when of the things that is very import, special as a starter is to be consented fair clear and have patience special with the younger swimmers as a ref for the meet make sure you a meeting before the meet and go over with the coaches about the meet ask questions and Haven answered about the meet. This way everyone is in the same field.
- Also, as an official, always remember that we are there to served them because without the swimmers we will not be there the most import part of swimming meets and clubs.

Chapter 3

Education

Education Through

Studying, Reading, Online, Courses, DVD, & Swim Clinics

If you were a swimmer at any level, and spent amount of years in normal swimmers' lifestyle, (eat-sleep-swim) and you decided to be a swimming coach! So, you have some knowledge about coaching, and you already know that you have to prepare work-outs in and out the water.

You also knew that you have to develop endurance and speed in water, and build and improve strength and flexibility. You knew that swimming an event in a swim meet, is combined of start, turn, finish, technique, and knowledge of swimming roles and regulations. If you have a championship after few months, you have to know how to make your training plan for this specific period, etc.

Studying:

That means to get college degree or master's degree in one of these subjects; Sports Management degree, Physical Education degree, Sports and Recreation Management degree, Sports Science degree, Exercise Physiology, and more from any related studying.

Reading

Books, Magazine, Tablets, online Reports, etc.

The best way to get deep information is to read essential books in science of swimming by best swimming coaches like;

- Eddie Reese, many books in all stroke techniques and Coaching
- Maglischo E.W. Swimming Faster, and Swimming even Faster, 1982 & 1993
- M. Schubert. Competitive Swimming, 1996
- Councilman many books, 1970, to 1978.

- Blythe Lucero, many books in swimming.
- ASCA, World clinic year book, each year.
- Books made by World Class Swimmers, like:
- No Limits: The Will to Succeed, by Michael Phelps.
- Silver Lining, by Elizabeth Beisel,
- Swimming with Faith, and Relentless-Spirit-Unconventional-Raising-Champion, by Missy Franklin.
- 101 FAQs about Coaching: Everything You Need to Know about Coaching to Improve Your Practice and Grow Your Business, by Maggie Joao
- There are many books in the market were written by Professors, Coaches, and Swimmers from all over the world.

- **DVD**

- There are many wonderful DVDs in Swimming, last 25 years:
- Richard Quick the 4 stroke techniques,
- USA Swimming, Swim Fast Series, for all strokes,
- Ian Pope's Series, for all strokes,
- Swimming Faster Series, The 100 Best Swimming Drills,
- The Best Championships Productions Series, hundreds of Drills covering all strokes, etc.
- ASCA, American Swimming Coaches Association, they have it all: Course, Books.

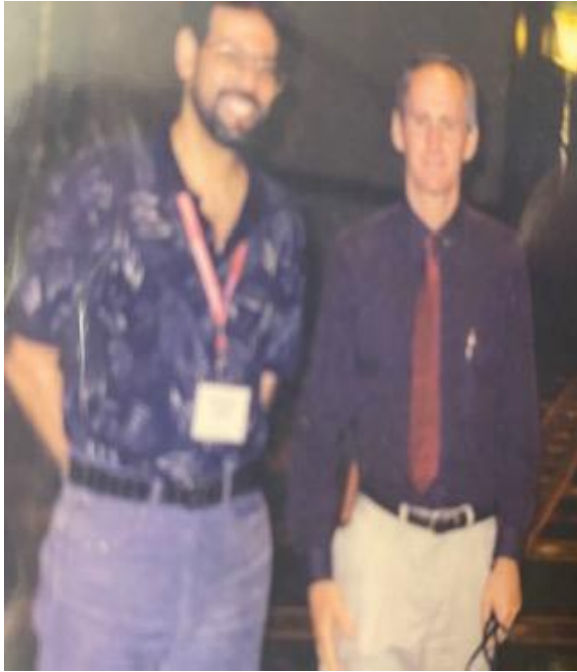
- **Swim Clinics**, for all level of coaches, with always updating and the wonderful Each Year ASCA World Year Clinic.

- United States Central & Eastern States Swim Clinics. www.swimclinc.com,
- Coaches comes from all over the world to get education, meet best coaches, get answers for any questions;

- **Internet and online publications.**

- Swim Swam

- ASCA, ARC, YMCA, ETC.



**With Guy Edson, Technical Director
ASCA, New Orleans, Swim Clinic**



**With Bob Bowman, 10/06/2019
Central & Eastern Clinic, NJ**



**With Eddie Resse, LA, 2001
ASCA, Swim Clinic**



**With the Legendary Richard Quick (RIP)
Swim Clinic 2001**



**With the Legend Coach Mark Schubert and the Olympic Gold Medalist Elizabeth Beisle, 2019, NJ.
Central and East Swim Clinic**



**With Olympic Gold Medalist Cullen Jones
Parks and Recreation, Queens, MR, Swim Clinic**



**With Olympic Gold Medalist, Josh Davis
NJ, 2019, Swim Clinic**



**With my nephew Mazen Shokri,
Egyptian National Team**



**With Olympic Gold Medalist Breeja Larsen
2019 , NJ Swim Clinic**

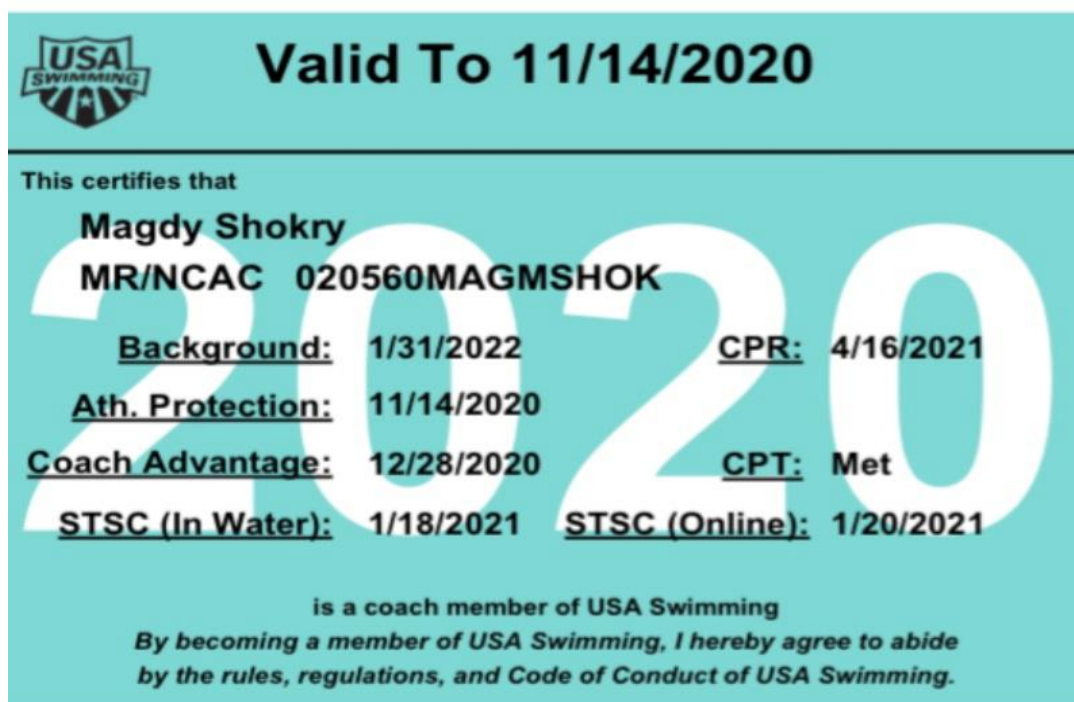


**With three of my Former National Swimmers
Brian McKenna, Alex Lin, David Jiang
Junior National Florida. 2012**



**in Barcelona Olympic Games
Head Swim Coach National Team
of Saudi Arabia, 1992**

Requirements for New Swim Coaches in USA



As you see here, there are Back Ground Check, lifeguard certificate, including CPR, First Aid, AED, Safety training for Swim Coaches, in water check list for STSC, Athletic Protection Training, and Coach advantage courses.

How to be Certified USA Swimming-Coach

- **Membership Application** - Complete and mail a non-athlete membership application to the address printed on the application form. Memberships are processed by each LSC (Local Swimming Committee). Annual fees vary by LSC. Application forms can be found on each LSC website. A map of LSCs and links to their websites can be found at www.usaswimming.org/LSCmap.
- **CPR/AED Certification** - Obtain USA Swimming-approved adult & pediatric CPR/AED certification (must maintain a current certification at all times) – see list of approved courses in the step by step list at the bottom of the www.usaswimming.org/coachmember page. ○

- **Safety Training for Swim Coaches** – see list of approved courses in the step by step list at the bottom of the www.usaswimming.org/coachmember page. (Must maintain a current certification at all times).
- **Concussion Protocol Training** – Coaches should take the concussion training to meet their state requirements. In states where no such law exists, coaches can take the training through the Centers for Disease Control or the National Federation of State High School Associations.
- **Criminal Background Check** - www.usaswimming.org/backgroundcheck (\$39). Anyone who has lived in New York State may have to pay more and the process may be delayed due to NY requirements.
- **Athlete Protection Training (APT) Course** www.usaswimming.org/apt – Current and previous members can access the course at any time. This course is offered at no charge. New members cannot begin the course until their membership applications have been processed by their LSCs. Once the membership application has been processed, the coach will receive an email confirmation and at that time the APT log-in procedure can begin. (An error message will appear during the log in if the new member’s application hasn’t been processed yet. New members need to wait for the email confirmation from their LSCs.)
- **USADA Coach’s Advantage Tutorial** – www.usaswimming.org/learn Current and previous members can access the course at any time. This course is offered at no charge. New members cannot begin the course until their membership applications have been processed by their LSCs. This course is renewed annually.
- **Foundations of Coaching 101** – First year coaches must complete 101 Level Course (\$15). Prior to 2nd year of registration, coaches must complete Foundations of Coaching 201 (\$25) and Rules & Regulations for Coaches (no fee). www.usaswimming.org/FOC Coaches should enclose a copy of the CPR/AED, Safety Training for Swim Coaches and Concussion Protocol Training certifications with their application and payment to their LSC. The LSC will be notified automatically when a coach has passed the background check, online athlete protection training, USADA coach’s advantage tutorial

and the Foundations of Coaching exams. Once all membership requirements have been met, the membership card will be available on Deck Pass. Questions regarding the membership process: membership@usaswimming.org. Questions regarding the Foundations of Coaching courses: clubdevelopment@usaswimming.org. Questions regarding the background check: backgroundcheck@usaswimming.org. Questions regarding the APT and USADA Coach's Advantage: learn@usaswimming.org. A coach can sign up for a Deck Pass account at www.usaswimming.org to be able to verify membership status and check the expiration dates of all of coach membership requirements. Deck Pass also serves as an electronic membership card at meets. Questions: deckpass@usaswimming.org.

Requirements for New Swim Club in USA

- contact your Local Swim Committee (LSC) Registration Chair
- Four forms must be completed as part of your application.
- Requirement Checklist for First-Year Club Membership. (Section 1)
- Facility Use Confirmation Form, for each facility to be used by the team. (Section 1)
- LSC Application Form (available from your LSC Registration Chair)
- clubs are required to submit the following forms.
- Mission Statement (Section 3)
- Club Leadership and Business Management 101 (Section 3)
- First-Year Budget (Section 4)
- Safety Action Plan (Section 5)
- All Head Coach's certifications and qualifications.
- Two leaders of new clubs must complete the Club Leadership/Business Management School (CLBMS) 101 Online Course and submit certificates of completion

TIPS For Education:

Essam Nour Eldin, Expert PE, Egypt.

- Every diligent share, as much as instructors or coaches work hard to update their level of education and research for the better, it will return for them to get better evolution and development.
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-

Hesham Mohammed, Expert PE, Egypt

- Following up on everything new in training science is a good thing, but copy and paste from coach to coach or from club to club will not create a successful coach. You have to put this information in your mind and apply it in your own way even if it looks not perfect in the beginning.
 - What works for some, might not works for others, be yourself.
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-

Coach Magdy Shokry, Head Coach NCAC, NY

- The more swim clinic you attend, the great up to date information you will get, what gives you advantage in your career, and more respect from people around you.

Chapter 4

Communication

Communication With administration



Communication With swimmers



Communication With parents

CHAPTER 4

COMMUNICATION

Communication can have many meanings, however for the purpose of this book, one can say that communication is the act of taking meanings from one group to another through the use of mutual understandable signs, such as symbols, speech or actions (Oxford University Press, 2020). Furthermore, since speech is the fastest method of Communication between groups; in the swimming world communication usage is more frequent between coaches, administrative personal, swimmers and parents. Wither, the communication is giving or receiving ideas, signals or information, it is indeed broad in which it includes expressing emotions, body language as well as skills in writing and speaking.

Moreover, having a method that is as broad as communication has its pros and cons. The cons in this particular area can be called communication barriers, for it includes having words blocks such as, wrong language usage, unsystematic messages, and information excess, or background barriers such as, culture and demographic differences, and lastly physical barriers such as, too much noise, great distances between the communicators, and inability to listen.

Coach-Athlete Relationship and its Importance

(James Gels, 2017)

Effective coaching alongside with success that comes from many parts such as winning and having good season record are what make a great team, great. One can reach being a successful coach by getting through to the athletes on individual levels, by having a mutual positive personal relationship between each other. As in, balancing a reasoning view where the athletes can feel they can open to their coaches as their mentor, and being keeping the line of respect and authority clear. Additionally, having both empathy and logic can make a strong coach and athlete relationship that not only will help the athletes on personal level to success and grow their moral and ethics but help the overall team performance.

Positive Relationship Skills

Although winning is important, coaches who know that focusing on having an effective relationship with their athletes is worthy regardless of wins and scores because that means that they helped in shaping a positive moral and good ethical

behaviors in their athletes which will help the, to make a better team. Honesty is a skill needed to have an effective strong relationship between coaches and athletes, for being able to connect with them through being understandable, respectful and sincere. Furthermore, acknowledging the fact that being a coach is a full-time job, means that it is important for coaches to know how to attract players, and having such morals, attract more participants.

Moreover, meets and swim practices are not always the place to establish such close relationship, thus, creating that sort of atmosphere outside of the regular program is preferred, one can do such thing in a form of outings, BBQ's or fun activities during the weekends. Having such connection helps in creating that bond between coaches and athletes as well as improving the communication between both.

Negative Relationship Characteristics

Since the coach athlete relationship is a major part of the success of the athlete themselves and/or the team; it is important to note that having such great

responsibility comes with measures that need to be taken into consideration. Such measures are the misuse of power, as in having a coach that sole goal is winning; although pushing the athlete is important for motivation, too much of a thing can cause the opposite in regard to the ethical and moral of the athlete. Furthermore, causing such dilemmas are common, yet they are easily preventable if the coach took care of the athlete and reinforced good ethics in them rather than focusing of just wining; for it is important to note that personal growth is an ability that the coach can control and under bad usage, there won't be any. Thus, lack of interest, detachment, deception and cynicism are the main characteristics that a coach need to avoid having if they want to have a strong and positive relationship with their athletes.

Successful Coach and Team Relationships

Creating a successful athlete, by being a supportive coach ends up by creating a successful and effective team. Legitimate and truthful relationships between athletes and coaches create more trust, that then leads to a better communication and productive and winning attribute. Thus, having a two-way line of communication makes the individual stronger which then leads to a stronger

team; having a sturdier training, athletic progress and personal growth will become the end goal. Furthermore, by doing the previous, victories, success, and goals will be measured through numbers and scores. Which then means that by having a strong relationship between the coach and the team, success is achievable both on a personal and sportive grounds.

7 tips for communicating with master's swimmers

As advised from Swim England

1- Avoid Slang

For using slang may confuse newer swimmers; master or more advance swimmers might know what one's means but new swimmers might feel out of place

2- Clarify the Sets

Different phrases mean different things to swimmers and coaches. As in, those who swam in different places might know one's set by a different name. Thus, one has to be as clear as possible.

3- Do not use Shortcuts

Words can be easily confused; therefore, it is better to explain one's words by telling what the shortcuts means.

4- Match Body Language and Words

One's facial expression and body language should mean the same thing as the words said.

5- Be Honest

If a mistake is done, own it. For it generates more trust between the swimmers and the coaches.

6- Listen to your Swimmers

Discuss the progress of one's swimmers with them. For, being open with them will make the connection stronger.

7- Earn Mutual Respect.

TIPS For Better Communications;

Jimi Orekoya, Center Director, New Settlement Community Center, Bronx, NY

Administration tips: Developing Positive Relationships with Team Parents

- **Smile When You See Parents**

Greet them. Most parents only occasionally interact with coaches so make sure that the majority of your encounters with them are positive and friendly.

- **Learn Parent's Names**

Learn how they like to be addressed (Mr. _____? Señora? By their first name?) and how to pronounce them correctly. They are not "Katie's mom" or "Jose's Dad".

- **Declare Your Intention for the Team**

Set goals for the team members let parents know your intentions and ensure that they are incorporated into the process of achieving them.

- **Communicate Often and in Various Forms.**

Provide information about what's going on in your class (weekly would be ideal): what students are learning, what they've accomplished, what you're excited about, what they're excited about, and the learning and growth you're seeing. Suggest things that they might ask their child about.

- **Start with the Positive.**

Give positive praise first when calling parents or meeting with them to discuss a concern. Find something about the child. Share it. Then share your concern.

- **Find a Translator.**

If you can't speak their language, seek a translator for at least one parent conference and/or phone call. Reach out to those parents as well; do whatever you can to connect.

- **Your Language is Powerful.**

It communicates an awareness that there are many different kinds of families. Be careful not to assume a mother is, or isn't married, or even that if she is married, she's married to a man. Learn to ask open-ended questions and understand that sometimes parents/guardians might not want to share some information.

- **Listen to Parents and Ask Questions to Develop Rapport**

Really listen. They know a whole lot about their kid. Ask parents questions like "What kinds of things does he enjoy doing outside of school? Who are the special people in her life -- family or family friends? What do you think are her best characteristics?" Demonstrate an interest in knowing who the child is an individual.

- **Have Ambassadors.**

Ask past team members or parents speak on your behalf and have them serve as ambassadors for the team in the public. Team Alumni create a continual comradery being the season.

- **Invite Parents to Share**

Distribute a survey at the beginning of the year (if parents don't read/write in English, students can interview them and relay their answers). Find out what parents know about and what skills they have. Invite them in especially if it connects the curriculum and content. Let them share with you their cultural traditions, interests, passions, skills, knowledge.

- **Be Willing to Explain Your Coaching Decisions**

Take the time to do this outside of team practice and help parents learn about aspects of your system if they're not familiar with it. Help them understand what you're doing and why. Give opportunities for parents to participate in a practice or host a parent vs kids event where families can experience what you are teaching the team members.

- **Invite Parents to Supporting the Team.**

Invite parent input, give them information that will help them form an opinion, and listen to their conclusions. Parents can and will be your biggest supporters in fundraising, making team purchases, and other areas if given an opportunity.

- **Always thank Parents.**

Both individually and publicly thank parents for their support, perhaps in your weekly newsletter or group chats. Recognize what they do to help the team and how it's impacting members.

- **Continually update the family and the community on successes.**

Let parents know what their child is doing well, what athletic skills, social skills or knowledge they have mastered.

- **Invite Parents to Celebrate and Break Bread Together.**

Communities are strengthened when people come together in celebration. Start and end the year with a potluck at the very least. Share food and stories about the team successes, challenges and how parents can assist the team in growing. People bond over food.

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Magdy Shokry, the author of this book, has 41 years extensive experience in swimming. Coaching in three countries as a head swim coach for many teams and colleges in Egypt, USA, and National team of Saudi Arabia. He went to Barcelona Olympic Games in 1992 and many Arab and Asian Championships. Shokry swims for his college “1979-1982” and Graduated from College of PE, Helwan University in Egypt. He got his Master’s degree in coaching swimming in 1986. Then went to Coach Saudi Arabia until 1993. Shokry has experience in teaching swimming 13 years in 2 universities in Egypt 1982-1987 and 1993-2000. His unique ways for teaching and coaching swimming helped him to build his successful career. Coach Magdy wrote three Arabic swimming books in Saudi Arabia and Egypt between 1988 and 2000. He also authored “Let Games Teach You How to Swim” in 2002. He worked as aquatic director for the Boys Club of NY and created his first USA swim team named ABBE when his swimmers started to rank not only for MR in New York but also top 20 in the Country. Coach Magdy got his ASCA level three before 2010, then in 2012 got his ASCA level 4 age group coach. in 2008 also, Coach Magdy established his own Swimming School in Flushing, Queens- Family Swimming Center-teaching hundreds of children and adults each year. Then in 2011 he established his own swim team NCAC “Nile Crocodile Aquatic Club”. His swimmers had over 50 swim records for Metropolitan Swimming and PSAL. Since 1984 until now Magdy uses his very successful Race-Pace training sets to help his sprinter swimmers to break records in all 50, 100 and 200 events in Egypt, Saudi Arabia, and his LSC, MR.

Coach Shokry moved from Queens last year and now working as a head swim coach for the New Settlement Community Center in Bronx, NY, and lately he established NSCC – USA swim team for the center. Coach Magdy also runs 4-12 USA swim meets each year for MR. Last three years he hosting the Bronze Swimming Championships Central for his local swimming committee, MR.

Coach Magdy lives now in Mount Vernon, NY with one of his 6 children, Sara who helping him as an official USA swimming as a meet crew.