INTRODUCTION

Before you decide to do any workouts, water or dry land, **understand that any sport you are currently involved with at school should be your first priority!** You should **NOT** be doing water and dry land swimming workouts without first clearing what you are doing with your current sport's coach.

We also expect that when you are swimming in your season with the high school team that swimming will be your top priority when it comes to sports. We assume that your other school sports coaches will expect the same. Your team mates depend on you and you should give your all and your commitment to that team. And we do encourage you to participate in as many school activities as your parents and your grades will allow.

But, if you are NOT currently involved in a school sport or if you are currently doing any cross-training, strength training, or dry land to improve your swimming, adding Off Season Swimming Training will help during the swimming season!

Without a doubt, **your success DURING the swimming season depends upon your effort and dedication OUT OF season**. **Again, this out of season training information is intended for the athletes that are NOT currently participating in other school sports.** And remember, **SUMMER SEASON SWIMMING is the best off season training you can do.**

OFF SEASON OVERVIEW

Off season swimming for our purposes should consist primarily of longer distance swimming and drill work. Nothing will replace good mechanics. All the training a swimmer can handle will work no benefits if the strokes are done incorrectly. Therefore, great care should be taken by the swimmer to learn the correct mechanics of swimming. Below are outlined several stroke mechanics drills to aid you in your quest of the "perfect swimming stroke."

Off season training lends itself to do the things we enjoy doing. Some athletes enjoy pulling and hate kicking. Therefore, they spend a disproportionate amount of time pulling and not enough time kicking in the off season. Be careful not to become too "addicted" to one type of training - such as with fins. This can be detrimental to your improvement.

Remember that in off-season training, without a coach on deck watching you, you need to pay particular attention to your "kinesthetic balance" or your position in the water. This is why sprint and high intensity training is not always a good idea during the off season. Swim longer distances to increase your feel for the water, but also incorporate a healthy dose of drill work - with or without fins - to enhance your muscle memory in anticipation of the upcoming season.

"The success of swimmers can be attributed primarily to their ability to generate propulsive force while reducing their resistance to forward motion."
- Ernest W. Maglischo

OFF SEASON SWIMMING TRAINING

Off season training can be divided into three groups: Swimming, Stretching, and Dry land. The following pages will help with the swimming strokes you wish to train for. Try to balance your schedule so that you will get a good off-season training schedule of swimming, stretching, and dry land or strength training.

For more information on Swimming Strokes and Drills go to ***TOTAL IMMERSION SWIMMING WEBSITE*** to find out the latest on stroke mechanics in a way you can understand. It's GREAT!
Another very good site is ***GO SWIM TV***

STROKE TECHNIQUE AND DRILLS:

Read and understand each section (you don't have to read them all at once). **Write down drills with a workout you take with you when you head to the pool.**