

5 Things You Can't Control In The Pool (And What To Focus On Instead)

We can only control what we do, so what are some things out of our control that we need to give up on and not worry about at meets?

- The Competition – You control your swims...do your best...don't worry about the person next to you.
- Equipment – fancy goggles, cool parka, etc...does not make for a faster swim. Don't worry about that.
- Luck – bad luck or good luck...you cant control...work hard and that's what matters
- The Results – “There are no guarantees in swimming” final outcome is what it is...try your best...that's what matters.
- How others view us – don't worry about what others think...how do you feel you did? What is your coaches feedback on the swim?

Swim swam article - <https://swimswam.com/5-things-cant-control-pool-focus-instead/>

Fitter Faster

Check out the Fitter and Faster online upcoming webinars and talks or check out some of the replays. I attend most of them every week and they have lots of great information and its great stuff to hear from other swimmers/coaches. Upcoming or Replays worth checking out:

- Breaking down the 200 IM (replay)
- Katie Ledecky Interview (replay)
- Janet Evans Interview (replay)
- Ready Room – sports psych and mental prep (this week- check online for times.)
- Breaststroke – breaking it down with Brendan Hansen (this week- check online for times.)
- Yoga for Swimmers (this week- check online for times.)
- Fitter Faster Fuel – Pizza for swimmers – cooking yum (this week- check online for times.)

Link to website - <https://fitterandfaster.com/live/>

Fitness Options:

Daily Dryland #52 – HIIT Cardio Training – from Swimswam

- 5 minutes warm up – get heart rate up...running in place (butt kickers), some active stretching, squats, lunge reach to opposite side, front kick opposite arm and leg in front of you, inch worm, out out in in...in push up position (see video), side step ladders, body circles, quick feet running in place. (Do Each About 30 seconds for warm up).
- Main Set
 - 2 x
 - :30 toe touches, :30 skaters, :30 body squats, :30 mountain climbers, :15 rest
 - 3 x

Contact Information:

Robert MacLeod – Head Coach – headcoach@unclesamswimteam.com (will direct messages to appropriate coaches if needed for your child's group.) Call – 518-286-3678

Administrative Reminders: (None at this time)

- Circuit 1
 - :30 star jumps, :30 fast feet, :30 high knees, :30 power jack (jumping jack and squat), :30 toe touches, :30 rest
- Circuit 2
 - :30 star jumps, :30 hand walk out, :30 body squat, :30 jumping lunges, :30 London Bridge, :30 rest

<https://swimswam.com/daily-dryland-swimming-workouts-52-hiit-cardio-training/>

PLANK CHALLENGE (Try and do it all at once for the day...but if you need to break it up at the beginning that's ok to...write it down and push past it next time. Good body position, head/neck in line no flexing, body is 1 straight line (slanted upward). This can be done on elbows or hands. (30 day guide below) (secs = seconds)

Day1/11/21	Day2/12/22	Day3/13/23	Day4/14/24	Day5/15/25	Day6/16/26	Day7/17/27	Day8/18/28	Day9/19/29	Day10/20/30
20-secs	20-secs	30-secs	30-secs	40-secsM	OFFT	45-secsW	45-sec-th	60-secsF	60-secsSt
60sec-Su	90-secM	REST-Tu	90-sec-W	90-sec-Th	120-sec-F	120-secSt	REST-Su	150secM	150-secT
180secW	180secTH	180-sec-F	210-sec-SA	210-sec-SU	REST M	240 secs Tu	240secW	270secTh	300 secFr

Nutrition

- Make sure we are getting a healthy amount of all types of food for a balance diet.
- Make fruits and vegetables a healthy snack choice.
- Protein to help recover...don't forget after training.

Optional Fun Activity (Email me your photo) (headcoach@unclesamswimteam.com)

New Activity:

Maddie Norton will be headlining this...be online so we can talk about it on Wednesday.

Swimmers Joke or Quote (Brain Teaser)

- In what direction does a chicken swim?
 - Cluck-wise!
- What kind of stroke can you use on toast?
 - BUTTER-fly!
- What did the ocean say to the beach?
 - Nothing. It just waved.

Save The Date

- Swim Team Banquet – Brown's – CANCELED -- ☹️
 - Currently planning specifics
- Spring start up –TBA ~~May 19~~ change based on guidelines.
- Alternative Training Options coming in June

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