

## This weeks online schedule:

- Wednesday – Red/White Group 6-6:30 pm
- Wednesday-Blue/Regional Group 6:30-7:00pm
- Wednesday – Parents Meeting 7:10-7:40pm

## This week AM PROGRAM BEGINS

- Monday-Thursday – 8 am – 930 am (FULL)
- Tue/Thursday – 9:30-10:30am (Few lots left)

## To Consider When Swimming

- Stroke count
  - How many strokes does it take to swim a 25 yard/25 meter swim for you? If you are in a back yard pool or tethered pool you can count your strokes and know that you completed a set distance.
  - Developing on this concept you can then set a time interval to do it in (8 x 50 on 1 minute (hold the stroke count and then rest.) Want it more challenging drop the time interval.
- Slow Down to Speed Up
  - We are taking it slow and starting with the basics and rebuilding the base and hopefully learning or strengthening our good habits in the pool. Now is the time to focus and make corrections.

## Nutrition –

- HYDRATION, HYDRATION, HYDRATION – These hot days and if you are starting to work out again you want to stay hydrate...pack 1 bottle or 2 and keep the fluids coming.
- Make sure we are eating a good dinner or a quick snack in the morning before training if you are swimming in mornings...it is important to fuel then engine, not to run on empty.

## Mental State/Breathing

- This week we have started a simple 15 second breathing technique that we will be doing before the start of practice. We will continue to build on this. Both technique and longevity.
  - This week we are doing 6 seconds breath in – 2 second hold – 7 second exhale

## Things coming up:

- Summer AM – at Troy Country Club – Mon-Thu8-930 is full , Tue/Thur 930-1030 slots available
- Summer PM – coming soon waiting on Schodack Facility

## Contact Information:

Robert MacLeod – Head Coach – [headcoach@unclesamswimteam.com](mailto: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)

# USAM NEWSLETTER

June 21, 2020

**Fitness Options:** - We will start this officially on Wednesday, July 1<sup>st</sup>. Get Ready!!!

## 30-DAY CHALLENGE

@ darebee.com

1 20 high knees 20 climbers <b>3 sets</b>   1 min rest	2 100 flutter kicks in total for the day	3 1min high knees as fast as you can <b>3 sets</b>   1 min rest	4 1min flutter kicks 1 min rest <b>3 sets</b>	5 20 high knees 20 climbers <b>4 sets</b>   1 min rest
6 140 flutter kicks in total for the day	7 1min high knees as fast as you can <b>3 sets</b>   1 min rest	8 1min flutter kicks 1 min rest <b>3 sets</b>	9 30 high knees 30 climbers <b>3 sets</b>   1 min rest	10 180 flutter kicks in total for the day
11 1min high knees as fast as you can <b>3 sets</b>   1 min rest	12 1min flutter kicks 1 min rest <b>3 sets</b>	13 30 high knees 30 climbers <b>4 sets</b>   1 min rest	14 220 flutter kicks in total for the day	15 1min high knees as fast as you can <b>3 sets</b>   1 min rest
16 1min flutter kicks 1 min rest <b>3 sets</b>	17 40 high knees 40 climbers <b>3 sets</b>   1 min rest	18 260 flutter kicks in total for the day	19 1min high knees as fast as you can <b>3 sets</b>   1 min rest	20 1min flutter kicks 1 min rest <b>3 sets</b>
21 40 high knees 40 climbers <b>4 sets</b>   1 min rest	22 300 flutter kicks in total for the day	23 1min high knees as fast as you can <b>3 sets</b>   1 min rest	24 1min flutter kicks 1 min rest <b>3 sets</b>	25 50 high knees 50 climbers <b>3 sets</b>   1 min rest
26 340 flutter kicks in total for the day	27 1min high knees as fast as you can <b>3 sets</b>   1 min rest	28 1min flutter kicks 1 min rest <b>3 sets</b>	29 50 high knees 50 climbers <b>4 sets</b>   1 min rest	30 400 flutter kicks in total for the day

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