

USRP Racers "3-3-3 Challenge" High-School Program

The USRP Racers Swim Team announces a training program, the "3-3-3 Challenge," with guaranteed improvement in times. Try the program for 3 months, identify 3 events, and our training protocol will help swimmers drop a minimum of 3% in each event GUARANTEED.

What does a 3% drop in time equate to?

Example 1. A current 100-yard freestyler with a time of 55.0 will go under 53.35.

Example 2. A current 2:25 200 IMer will go under 2:20.65.

Example 3. A 5:30 500 freestyler will go under 5:20.1.

Why three events?

Potential college swimmers are graded on their best 3 events.

What is required?

A commitment of 3 months, 6 days per week swimming (~1.5 hours per day) and 3 dry-land workouts based on routine developed in conjunction with Elite Fitness (included in the cost). Total cost for three months \$285 (plus \$64 membership in USA Swimming if not already a member).

What is offered?

The USRP Racers coaching staff will work on all aspects of physical, mental, and in-water training with the focus on the goal of improvement in the three chosen events. Starts, turns, and stroke flaws will be corrected and improved. Swimmers train at race pace for both speed and endurance. Coaches aim to make swimming fun.

What is the guarantee?

The team will fully refund the total cost of \$285 if the swimmer does not achieve a minimum of 3% time improvement in each of the three chosen events.

What about swimmers who are only seasonal swimmers prior to high school season or who have been out of swimming for a year or more?

This program is perfect for these swimmers. The current times for the swimmers are used to develop the race pace strategy. In addition, these swimmers should expect improvements larger than 3%.

Does the guarantee apply to swimmers whose times have plateaued or even risen during the past six months to a year?

Yes. The guarantee applies to any high school swimmer.

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