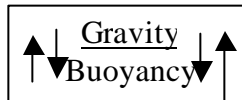


## *Looking for speed, and my many stops along the way.*

- 1) Yardage – Overload to force the body to:
  - A) Relax – through repetition / find most efficient & effortless way.
  - B) Groove strokes / Get in a Flow
  - C) Not very specific
- 2) Weight Room / Dryland exercise that takes away from the water time influenced greatly by the East Germans success (Speed & Size).
  - A) Does release growth hormones\*Careful to gain Power not Size
- 3) Power - understanding that it was  $\text{Power} = \text{Strength/Speed}$ 
  - A) Training the nervous system to fire the muscles at faster rates (quickness).
  - B) Explode for short periods.
- 4) Laws of Physics that create a hydrodynamically designed swimmers body for eliminating drag & persistence in the water (Swimmers Body Alignment).

A) “Sweet Spot”



- B) Balance at The Core (From within – utilizing air spaces & body tension).
  - C) The longer the keel of the vessel, the greater the potential for speed.
    - Distance per stroke is the foundation for speed, then your rate/tempo.
    - \*\*Mini Maxi's) tell you where your most efficient stroking action is.
  - D) Back side of hand – move in that direction
  - E) Water over both sides of the body eliminates 50% of your drag and resistance.  
Body Rotation – 1) Catch & hold water or 2) Kick over.
  - F) Hands stay still and body rotates by your hands (we do not pull water).
  - G) Power (Strength/Speed) comes from your ability to torque your core – (hold tension in your body through breathing by connecting your opposite hip so as to screw/rotate it passed your catch hand. You can also kick it over – a combo is probably best
- 5) Connective Tissue – There is not enough time for thought to go through the brain, and then out to the body parts. Studies show that there is intelligence in the connective tissue, which bypasses the brain and goes directly to the muscle that activates the necessary action (often this is called “flow” or being in the flow state). This is where very little (or no) thought is involved and outstanding performance is effortless.

IMPULSE MACHINE – builds connective tissue strength without affecting the muscles in any great amount. It will build coordination and raise the core temperature.