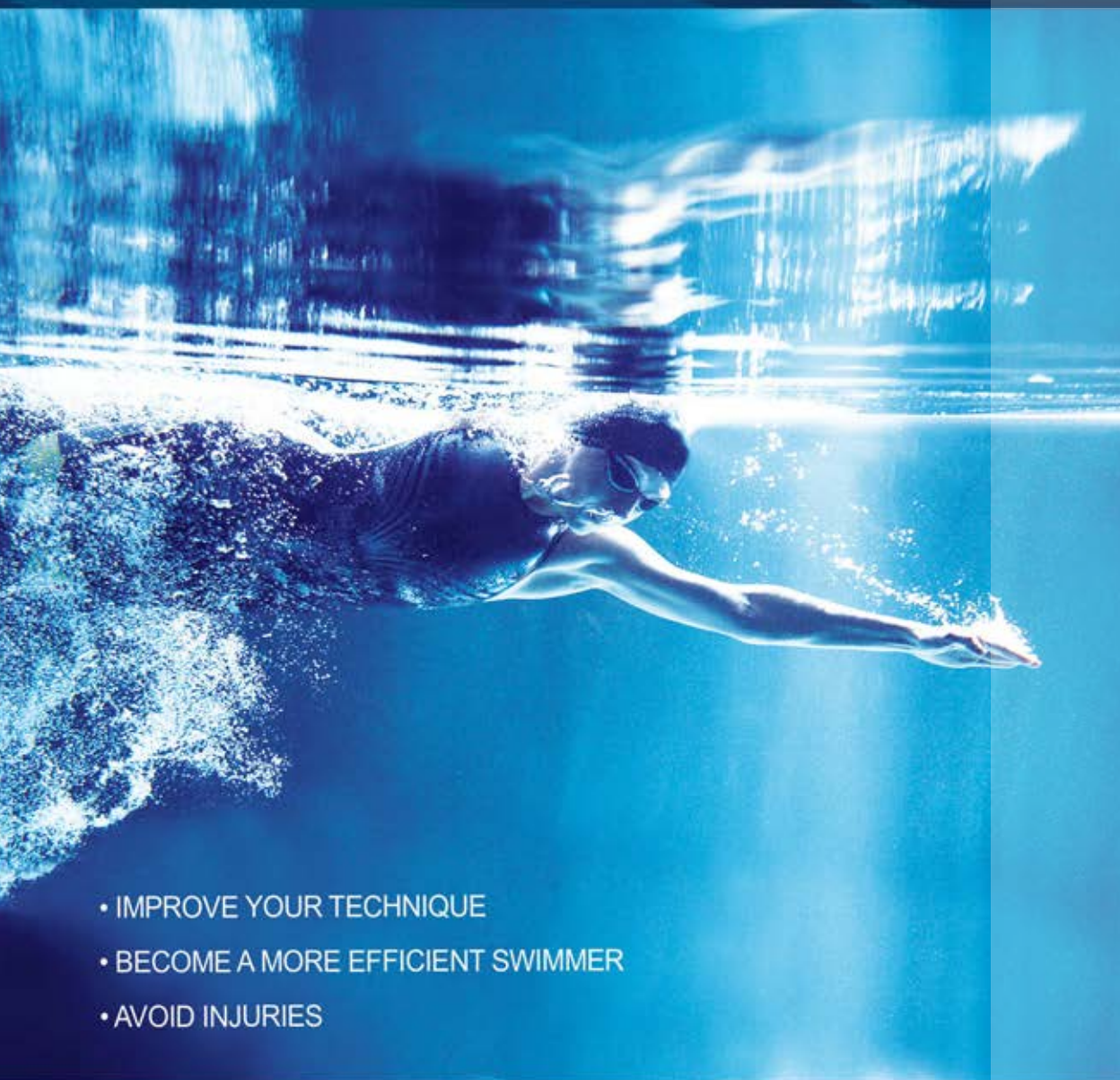


Blythe Lucero

100 MORE SWIMMING DRILLS



- IMPROVE YOUR TECHNIQUE
- BECOME A MORE EFFICIENT SWIMMER
- AVOID INJURIES

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THE AUTHOR



BLYTHE LUCERO has been coaching swimming for more than 25 years. She currently oversees two teams, Berkeley Aquatic Masters and Berkeley Barracudas, where she brings her passion for swimming to the development and training of swimmers of all ages, from novice to world class. Blythe grew up in Berkeley, California, in a large athletic family. She swam competitively in her youth, achieving All-American status in college. In addition to coaching swimming, she trains Water Safety Instructors for the Red Cross.

100 More Swimming Drills follows the successful *Strength Training for Faster Swimming*, *Technique Swim Workouts*, *The 100 Best Swimming Drills* and *Masters Swimming – A Manual*.

100 MORE SWIMMING DRILLS

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100 MORE SWIMMING DRILLS

by Blythe Lucero

Dedicated to PB

Special spirit, special soul

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INTRODUCTION

It was when I was about twelve, that I figured out swimming really agreed with me, and for the next twelve years competitive swimming was a central part of my life. My identity was to a large extent defined by swimming. My schedule revolved around training and swim meets. My daily routine was to rise before dawn and ride my bike, along with my sisters single file through the streets of Berkeley, California, pedaling the slight but steady uphill grade to swim practice at the YMCA where in that 20-yard basement pool we swam a two-hour workout before school, and another one after school.

I worked hard at those practices, accomplishing lots of swimming and thereby achieving a superior level of conditioning. I also developed very efficient strokes, partially by necessity—to make it through those tough practices—but also because of my coaches' focus on honing of the mechanics of swimming. In addition to the countless 200s I would do on a daily basis, there were a variety of technique drills that used to annoy me to no end. Thinking back, I can remember drills that applied to body position, kick, arm stroke and recovery, breathing, leverage and coordination. But at the time, I had no patience for drills... probably because I didn't understand them.

I was one of those "thinking swimmers" with the distinct need to understand the purpose of each set we were assigned, as opposed to the kind of swimmer who simply trusts that the coach knows best. "How exactly is this exercise going to make me a better swimmer?" I recall asking my coach, to which he would simply reply, "Ready, go!"

So I would push off and do the drill of the day, lap after lap, convinced I was wasting precious practice time, but eventually realizing improvements to my stroke



Author Blythe Lucero as a young swimmer focuses on her race to come.

efficiency through all that repetition. I often wonder what would have become of my swimming if I had understood the purpose of each drill before pushing off.

Now that I am coaching swimming, I make a big deal of the mind/body connection. I want each swimmer to understand the goal of every drill before doing it. I spend a lot of time defining the purpose of each exercise, describing the desired outcome so the athlete has a clear mental picture before pushing off the wall. I feel strongly that an athlete whose mind is as involved in the act of swimming as his or her body is, will improve more steadily because he or she is prepared to absorb the full benefit of the drill, and is further prepared to put into use the technique the drill brings forward.

The goal of a drill is not to do it then leave it behind, but to do it and then incorporate it into one's swimming. To best accomplish this, the swimmer has to understand what he or she is trying to achieve in the first place.

In this book the reader will find 100 swimming drills to understand and practice.

This book is a sequel to "The 100 Best Swimming Drills," (Meyer & Meyer Sport, 2006), which has been used by swimmers around the world. This second drill book follows the same format as the first and gives swimmers and coaches even more variety of drills with which to use to improve swimming technique.

This volume contains drills for each of the competitive strokes, and for specific aspects of each of these strokes. Accompanying each drill are diagrams and photos to help the swimmer visualize what the goal of the particular drill is while doing it. Drill feedback charts follow each drill to help work through rough spots.

As you work your way through the drills in this book, the key word is focus. It's all about thinking and swimming. If you find yourself losing focus, take a break. Start again later. If one drill doesn't seem to work for you, try it a few more times, but don't get frustrated and stop completely, just move on to another drill. Maybe go back to that one that you just can't get after you finish all the other drills. Every drill does not make sense to every swimmer. That is why there are a hundred drills!

Above all, have fun becoming a better swimmer.