



Rose Bowl Aquatics

Mamba Mentality of Kobe Bryant:

"to be able to constantly try to be the best version of yourself."

Mirror Usage:

Visual feedback can be extremely valuable, do everything you can in front of a mirror and hold yourself accountable in the process. Some good examples:

- Muscle Memory for technique
- Exercise form / lines / connection (Plank for example)
- Body Awareness testing

"Warm up to Swim" modules

Crawls – work body positions, build core & shoulder strength

Mini-band – resist band, keep body lines, connect and work rhythm of connection between upper and lower body

Walking Rotations – body line and smooth flow to steps; work shoulders keeping proper arm positions

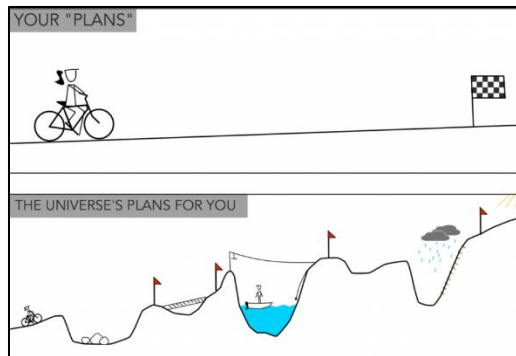
Lunge & Reach – work and hold extensions for each move

Animal – work and hold extensions to moves, slow and controlled

Believe now as much as ever!

Before you do anything, take care of yourselves, mentally and physically. Talk about things with your families, and be sure to never give up hope for a better tomorrow. Our routines are disrupted, we're in the middle of something never experienced before, but we can still keep our eyes focused on our goals and work our process in order to get there.

Use this time to find that drive inside you to reach for more. We see it all the time when individuals go through injuries and they come back stronger than ever. I challenge us now to do this as a TEAM and come back from this even stronger!



- **Video Review** – look for +’s and –’s
 - Your races – if you have them, watch them
 - Youtube – watch others for key pieces to be able to see; don’t look to copy strokes
- **Mental Training** – now is as good a time as any to strengthen your mind
 - Meditation/Breathing – apps like Headspace
 - Visualization – especially useful following video review of races; your mind is more important than the body, keep it ready
- **Muscle Memory** – perfect follow up to video review and mental training
 - Stand in front of mirror and repeat motion you are working on (high elbow catch is perfect example)
- **Flexibility / Mobility** – being able to move through the proper motion is the first step in doing the stroke correctly
 - Q Swim app

It's why we work our Process!

Things will come up from season to season, and while this time is unprecedented for Clubs around the nation and world, I'd like to see how many of you can utilize this time to understand your process, and start to explore more pieces of it, as we have time away from the pool.

If we only focused on our training, this time would be lost, but since we focus on our overall PROCESS, we have an opportunity to come out of this as better athletes and strengths that we may never had focused on in any other circumstance.

- **Health** – perfect time to take care of yourselves
 - Limit screen time, read more
- **Sleep** – don't waste this opportunity to get extra sleep; allow your body to recover and get stronger; look for ways to improve your sleep quality:
 - Sleep environment – dark as possible, cool temp, ambient noise
 - Reduce blue light before bed
 - No screens one hour before bed
 - Sleep trackers – apps, watch, etc.
- **Nutrition** – it's about proper fueling; eat according to your needs, as defined by training levels, etc.
 - Goldilocks approach – not too much and not too little
 - Plan meals/snacks
 - Tracking apps – ex. Cronometer- track your needs, examine your diet
- **Posture** – a huge piece of shoulder inflammation comes from posture related issues (as well as neck, elbow, wrist – it's all connected)
- **Body Awareness** – stand in front of a mirror, close your eyes, put yourself into different positions, open eyes to check your actual position
- **Feel for the water** – if you have access to water use it, even filling the bathtub, putting your arm in and sculling helps



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Training at home:

Core Training:

5 min. Plank Challenge – work towards a solid 5 min plank; holding a perfect line, top of head, through shoulders, hips, and ankles. (The body line awareness and core strength we need. Watch the back and ensure that your shoulders are locked into a proper position.)

Define the core – mix up your core training and remember that it's not only about your abs, it's your entire trunk and for swimming that's especially true.

- Hanging Core
- Ground Core
- Balance Core

Cardio options:

Goal is to keep the heartrate up and be out of breath for extended periods of time, being able to vary effort levels in the process, here are some easy examples:

- Run / Hike
- Jump rope
- Yoga
- Just Dance / dancing (the more body involvement the better)
- Wii Sports
- If you have a heartrate monitor (watch, etc), use it and ensure you keep that heartrate up consistently



- **Yoga** – excellent exercise for swimmers; be in control to advance levels
 - [Free Yoga for Swimmers](http://www.swimmingspecificyoga.com/online-yoga-classes-for-swimmers.html) (<http://www.swimmingspecificyoga.com/online-yoga-classes-for-swimmers.html>)
 - Youtube search
- **Bands** – any number of exercises available, but two focus exercises:
 - Double arm – mimic the catch phase into pull of butterfly (hands move first, high elbows, and push through hips)
 - Rows – shoulders back, bring shoulder blades together, hands to ribs
- **Shoulder Exercises** (IYT's, Internal/External rotation, etc)
- **Strength (Nat, SrGr) – Strength Endurance**
 - Focused on SE work, largely bodyweight work, consistent efforts throughout
- **Recovery** – take care after training
 - Rolling out, stretching, heat, ice, ice bath, massage, compression, resting heartrates

Below are some things you can do at home. It's important to remember that training for training's sake (ie, just to get heartrate up and be tired) doesn't help us nearly as much as training with a purpose. Some key points to keep in mind:

- **Form first** – know how to do the exercise and stay focused on doing it correctly, especially under fatigue
- **Body line** – swimming needs to operate around your body line to create a foundation in an unstable environment, so it's number one in form focus points
- **Core** – if you do anything, strengthen the core and make sure it is always connected to movements.
- **Movement** – your ability to move and control your body out of the water will impact your ability to make changes in the water (all around the core)
- **Balance workouts** – swimming is a full body exercise, make sure you balance workouts to work entire body, pay special attention to balancing work around shoulders and hips

National Group Training Schedule

Add pieces around the following focus points on each day.

Monday – AM – Strength (SE – 1min on, 30 sec off; 3x15 minute rounds, mix up 2 exercises each round), Core (30 min)

PM – Yoga (45 min,), Core (30 min), Recovery (30 min)

Tuesday – AM – Cardio (1 hour, min HR is 150bbm), Core (45 min), Recovery (30 min)

Wednesday – AM – Strength (SE – 45sec on, 15 sec off; 3x18 minute rounds, mix up 3 exercises each round), Core (30 min)

PM – Yoga (45 min), Core (30 min), Recovery (30 min)

Thursday – AM – Cardio (1 hour, min HR is 150bbm), Core (45 min), Recovery (30 min)

Friday – AM – Strength (SE – 30sec on, 30 sec off; 3x16 minute rounds, mix up 4 exercises each round), Core (30min)

PM – Yoga (45 min), Core (30 min), Recovery (30 min)

Saturday – AM – Cardio (1 hour, min HR is 150bbm), Core (30 min), Recovery(30 min)

Sunday – Off