

Oahu Club Masters Swim Action Plan May 25–31, 2020

Coaches Message Joe, John & Kevin

This is our fourth weekly action plan sharing insights, and guidance, to inform, inspire, and keep us connected. Please check the Oahu Club website at theoahuclub.com as it will keep you up to date with information, dry-land workout ideas, and more. Specific details regarding the opening of the Oahu Club last week for tennis, and fitness classes starting on May 25, are on the Oahu Club website.

Unfortunately, there is no news from the State regarding opening pools at this time. As of Wednesday, May 20, a post on Oahu Club Tough mentions the official cancellation of the 2020 North Shore Swim Series. More details are on the Facebook post or check with Waikiki Swim Club. Additionally, on May 21, a notice was sent out from United States Masters Swimming that outlines the cancelling of the Long Course Masters Nationals Scheduled for August 2020 in Richmond Virginia.

Our communication last week was creative, positive and informative. Thank you for your pictures, comments, views, likes, and e-mail suggestions. Last week's communication results: E-mail contacts – over 90 Action Plans were e-mailed, with several more contacts added through the week. Please keep them coming in! On the Oahu Club Tough Facebook page, we currently have 133 members. Your participation resulted in 12 posts, 637 views, 35 comments, and 136 likes. We appreciate your sharing in posts, comments, likes, and ideas! Your engagement and communication is appreciated and keeps us connected and inspired. Please send any additional ideas or comments my way at swimjl@gmail.com.

Workout possibilities: Ocean

I appreciate your feedback and I am incorporating your suggestions into the weekly workout options. Over the last 3 weeks, we covered **Pacing, Drills, Kicking, Breathing, and Core Awareness**, allowing for a productive and meaningful workout with conditioning, feel of the water, and rhythm. Remember to blend your butterfly (even if it is with one arm at a time) backstroke and breaststroke into your swim. This week's core conditioning is "Back and Free Combination swim & Drill and Freestyle - Line of Sight Drill," with an extra pause for extra core and kick.

Backstroke & Freestyle Combination Swim & Drill

This week we continue on the core conditioning with the **stroke combination with freestyle and backstroke**. I have created and above water video – here is the link <https://youtu.be/bab6hSbHN6k> and an underwater video – here is the link: https://youtu.be/kjuF7Jmd_o8 . As demonstrated in the video, I add in extra line of sight for navigation, extra core rotation and conditioning. Remember to keep your recovery shoulders and elbows high and include your hips for core rotation as your source of power. You can vary the segments between 1 to 3 minutes of freestyle, switching to 30 seconds to 1 minute of backstroke. Remember to keep your kick steady and near the surface. Remember, as an alternate to timing, use segments of distance markers as reminders to change your focus and/or effort level. Markers have been identified in Waikiki, Ala Moana, Kailua, Hilton Channel, Kaimana Windsock & Natatorium, etc.

Line of Sight Skill with Extra Core Condition and Kick

As mentioned in the week #2 Action Plan, incorporating the catch-up drill into different strokes, drills, and effort levels will provide additional benefits and a custom workout. **Your line of sight and navigation skills as they are essential for ocean swimming to keep you on course.** Remember to reach forward and start your pull, then lift your head to see forward, scanning the horizon making sure that you are on course, then finish your pull while breathing to the side and looking down. Recover your arm forward reaching forward and pull with your other arm, recover and repeat. Practice your line of sight skill every 3 to 10 strokes or what you are comfortable with. Add in the catch-up arm to your line of sight for extra core control, a more balanced pull and the ability to add more kicks for extra kicking conditioning. . Remember to pause your arms straight forward with each stroke, blending your line of sight skill together for additional core power and conditioning benefits. By adding an extra second or 2 or 3 or more pausing with your arms extended straight forward on the surface, will allow you to gain an extra stretch forward as well as extra kick and core power.

I have provided a video on a windy day at Waimanalo, link here <https://youtu.be/NsJvTbXoOCQ> showing the extra pause before the pull, lifting my head up to see and then to the side to breathe. Your core will feel more and remember to keep your rotation balanced and strong, with your elbows and shoulders high.

Dry Land - Modified Upper Body Exercises

Dry Land workouts have lots of options on exercises and locations. Using stretch cords when you have an anchor to hold the cord will add to your swimming specific pull and conditioning. A popular alternative is to have a routine of modified upper body exercises. Suggestions have come in for locations of dry land workouts and this week's suggestion was Koko Head Botanical Gardens! Here is the video link: <https://youtu.be/4WufvBwQfuU> Remember to check the park hours and enjoy! The video incorporates some abdominal conditioning, modified push-ups, and tricep extensions. Remember to add your own favorite dry land conditioning sets. Please continue to send in your ideas for locations that offer a unique setting for dry land workouts! Enjoy the challenge!

This Week's Online Resources

Continue to check the Oahu Club's official website for the latest video exercise and announcements. This week, I am sharing an article from United States Masters Swimming titled "Reboot of Classic Drills that Will Help Your Freestyle and Backstroke." Here is the link: <https://www.usms.org/fitness-and-training/articles-and-videos/articles/reboot-of-classic-drills-that-will-help-your-freestyle-and-backstroke>

This article from United States Masters Swimming shares specific details on the reasons why these drills are some of the classics. Additionally, This article complements this week's action plan and ocean swimming focus areas and offers a thorough description and benefits of each drill. Enjoy! Remember, if you have a resource that you have found and you would like to share it, please send it to me at swimjl@gmail.com

Our goal is to keep connected and share possibilities. We appreciate you!

All the best and take care!

- Kevin, John & Joe