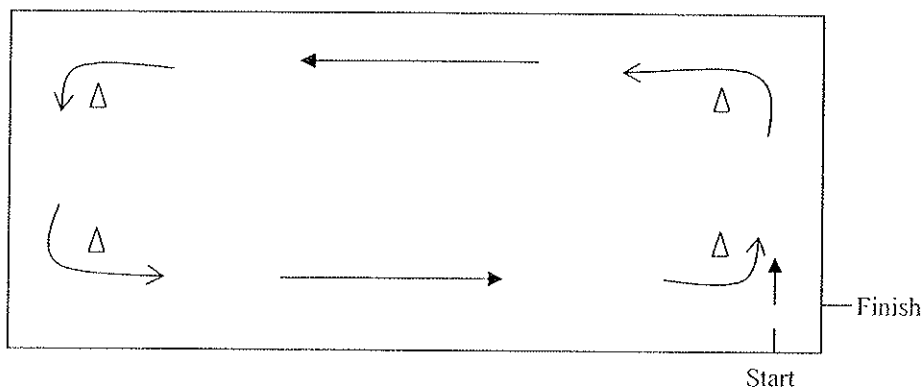


## Drill #1



Take out all lane lines and place targets at 4 corners. Have swimmers swim around the targets for various sets.

Example (50 meter pool)

10x400 (alternate 1 loop Easy/1 loop fast)

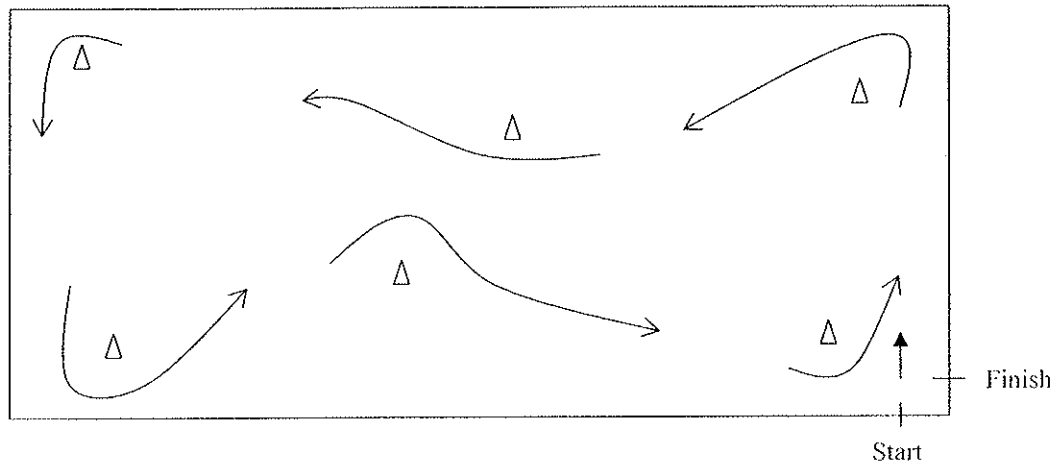
8x200 (Descend 1-4, 5-8)

25x100 (sprint last 50 to finish wall)

3000 (straight with variations)

Variations: Have swimmers start 1 or 2 at a time. On last loop or last 50 meters, throw in a couple fresh swimmers in front to block the path or from behind to deal with a faster closer.

## Drill #2

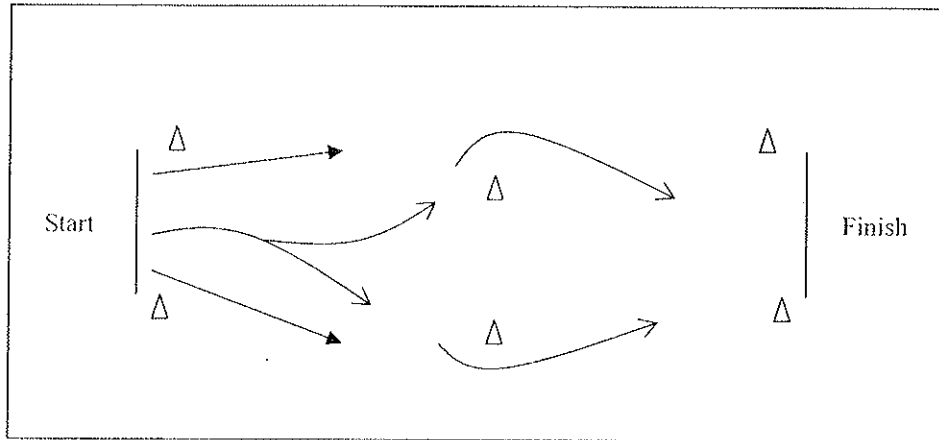


This drill teaches various turns on different shoulders.

Examples:

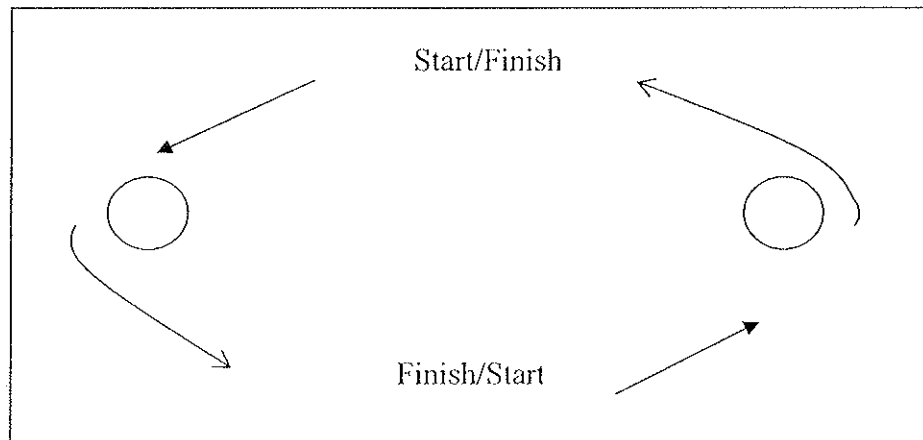
You can break up into segments and then place extra swimmers on sprint segments.

### Drill #3



This drill will teach swimmers to make a choice of “shorter line” to a finish. Obviously, the upper half would choose the upper turn and not take the longer line by going lower. The middle swimmers will find they get left behind by being stuck in the middle. On this course you would not want to be in the middle. If you don’t get to choose then the middle must work harder to have a shot at the finish.

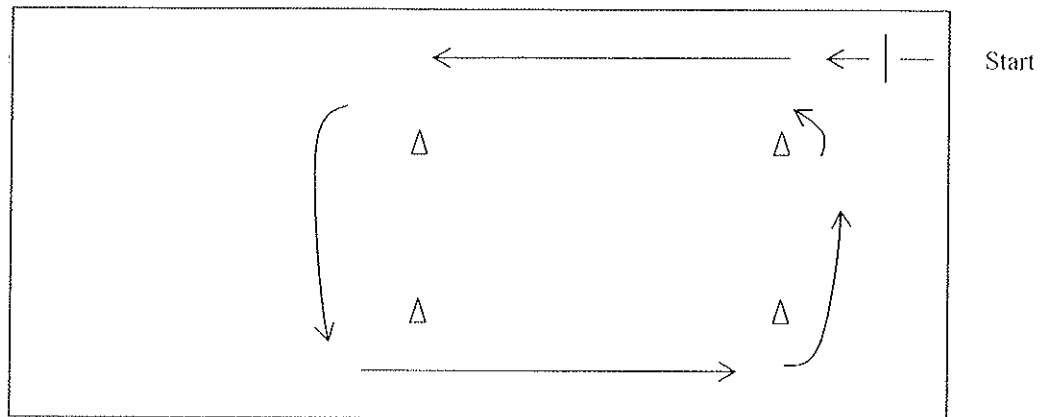
## Drill #4



\*Make a buoy by getting a big bounce ball.  
Place a net over the ball and tie it off.  
Anchor it to the bottom.

This drill will teach positioning going into a buoy. Several repetitions and place swimmers at different start positions each swim.

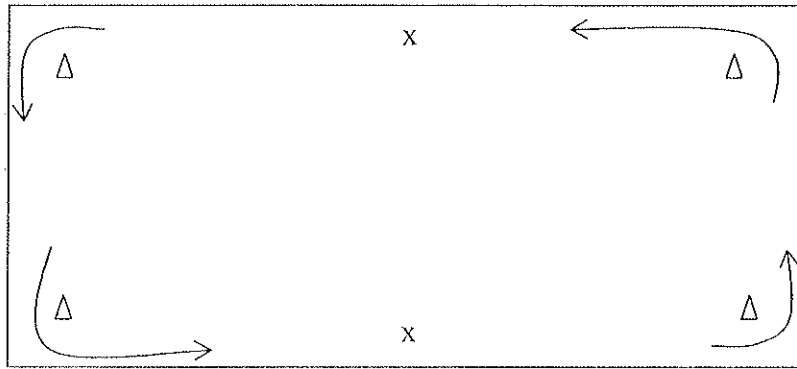
## Drill #5



Swimmers start in single file. They go around the course until the coach tells them to pair up with another swimmer. The swimmer either speeds up or slows down in order to get partnered. When they have completed that, they continue to stay side by side. The coach then partners another swimmer. They swim until partnered.

This teaches swimmers how to be aware of their surroundings. It also teaches pacing.

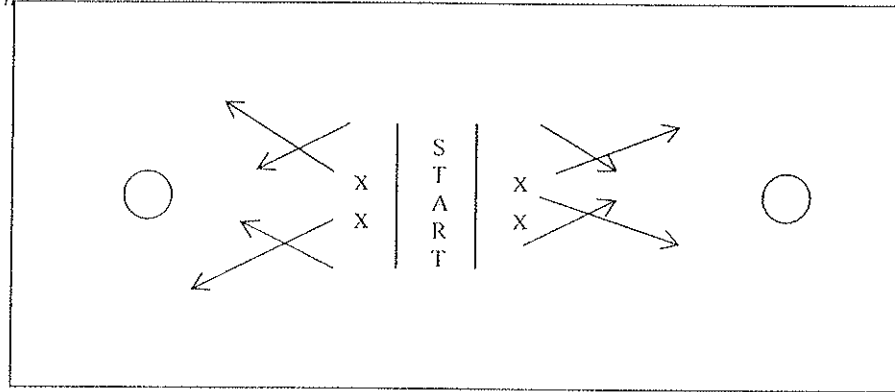
## Drill #6



During a longer swim have the swimmers feed every 2 ½ loop. The coach can use a feed stick and pass off as they swim by. They can also feed from cups.

- A feed stick is a device where you can place the drink in the holder and reach it out to the swimmer.
- When using cups, use paper without wax coating. These disintegrate quickly in the water.
- You can also tie a string on to a water bottle and toss the bottle to the swimmer and retrieve the bottle by pulling it back into you using the string.

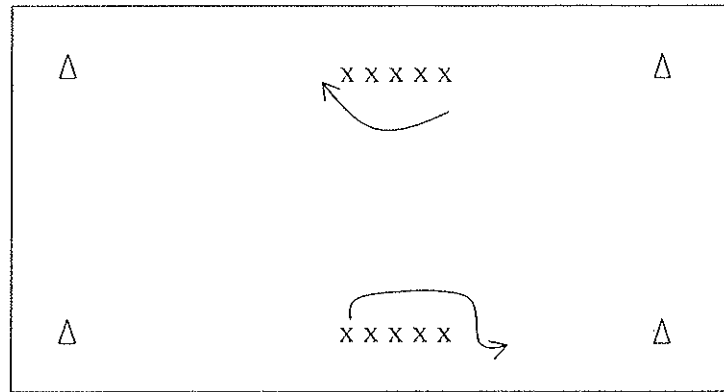
Drill #7



Working on finishes. Coach should designate blockers to impede swimmers from finishing.

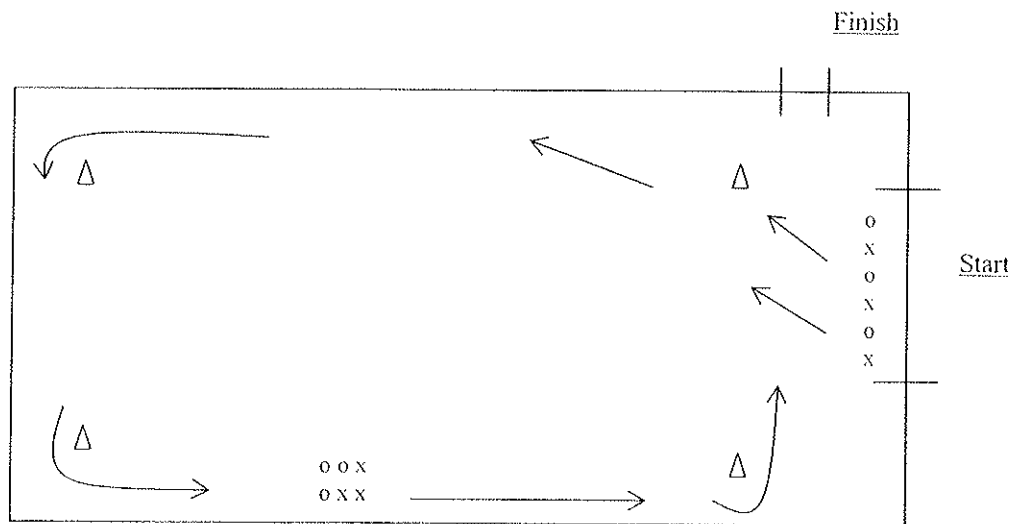
\*Many water polo drills are good for getting around other swimmers.

Drill #8



Relay pacer. Have swimmers swim in single file. The lead swimmer sets a slow to moderate pace. The rear swimmer must pass to the front. Each round, the pacer sets a faster pace.

Drill #9



The object is to have a team of 3. Give each team 5 minutes to work on strategy. Then start them. The winning team has lowest points.

As follows:

1<sup>st</sup> = 1 pt.

2<sup>nd</sup> = 2 pts.

3<sup>rd</sup> = 3 pts. etc.

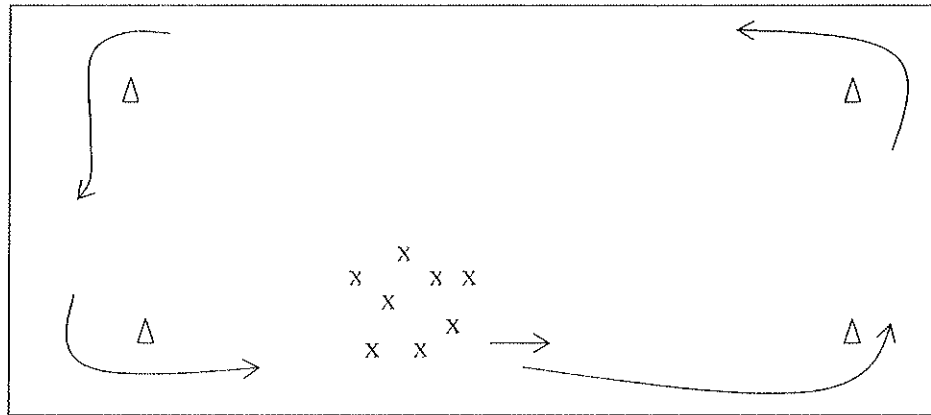
A variation would be team with lowest add up times.

3 races – 1<sup>st</sup> 3 loops

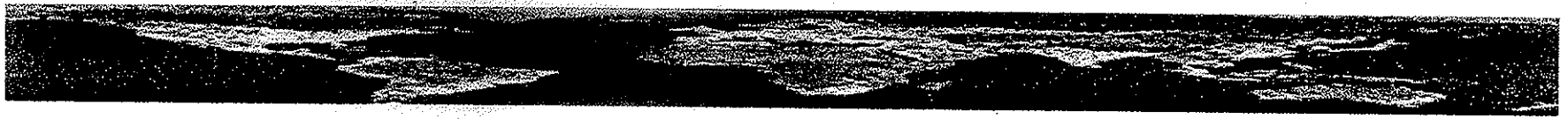
- 2<sup>nd</sup> 2 loops

- 3<sup>rd</sup> 1 loop

Drill #10



Practice feeding with gel packs. Each swimmer carries 2 gel packs in their suits. Each gel pack should have starter tear in the packet for ease of opening during the race. As the swimmers swim by the coach, the coach points to the swimmer, who then feeds. The drill is over when all have finished both packs. Swimmers should try placing gels in waist and thigh part of suit until they establish a preference.



# **Basic Open Water Swimming Workout Drills**

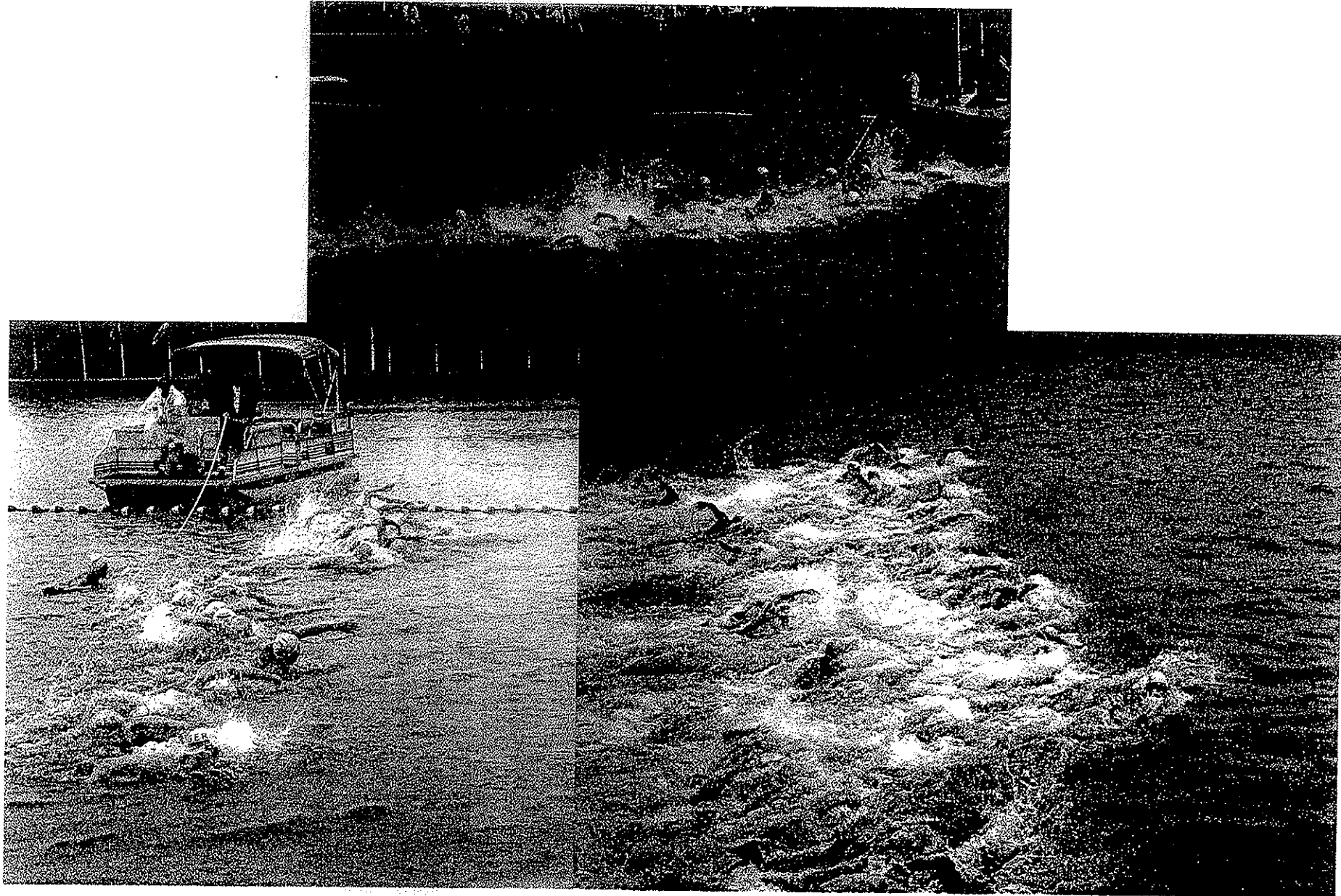
**Steven Munatones for USA Swimming**

6506 Morningside Drive, Huntington Beach, CA 92648; Tel: (714) 536-7129  
[steve@pan-pacific-partners.com](mailto:steve@pan-pacific-partners.com) or [headcoach@reallivesports.com](mailto:headcoach@reallivesports.com)

## Start Drills

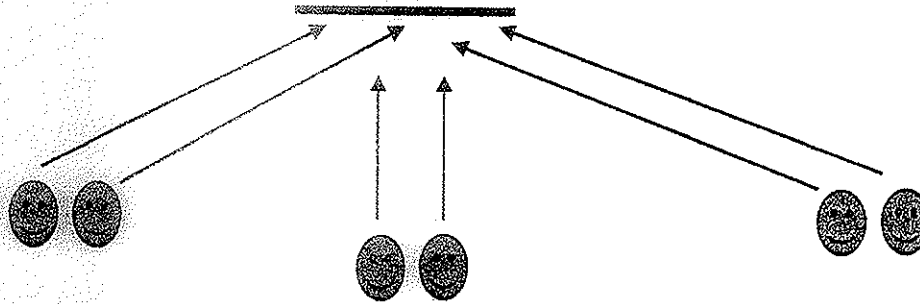
1. Have the swimmers line up with hands on start rope at water level. Count down from 10. Ask the swimmers to sprint to the lead within 50 meters.
2. Ask a “rival” swimmer to purposefully pull on the ankles, feet and arms of your swimmer immediately after the start. Have your swimmer to swim away from this competitor.
3. Ask two rival swimmers to start on the right- and left-side of your swimmer. Have the rival swimmers purposefully pull on the ankles, feet and arm of your swimmer immediately after the start. Ask your swimmer to swim away from these competitors.
4. Swimmers should remember to:
  - Keep their hips up at water level as the 10-second countdown begins.
  - Use a strong scissor kick or water polo eggbeater at the start.
  - Give themselves as much clearance between other swimmers as possible before the gun goes off.
  - Go as soon as any other swimmer starts. Occasionally, the race begins before the starter’s gun is shot (or starter’s flag is dropped).
  - Place the start rope behind them; they should only hold it with one hand.

# Photos of Starts at World Championships



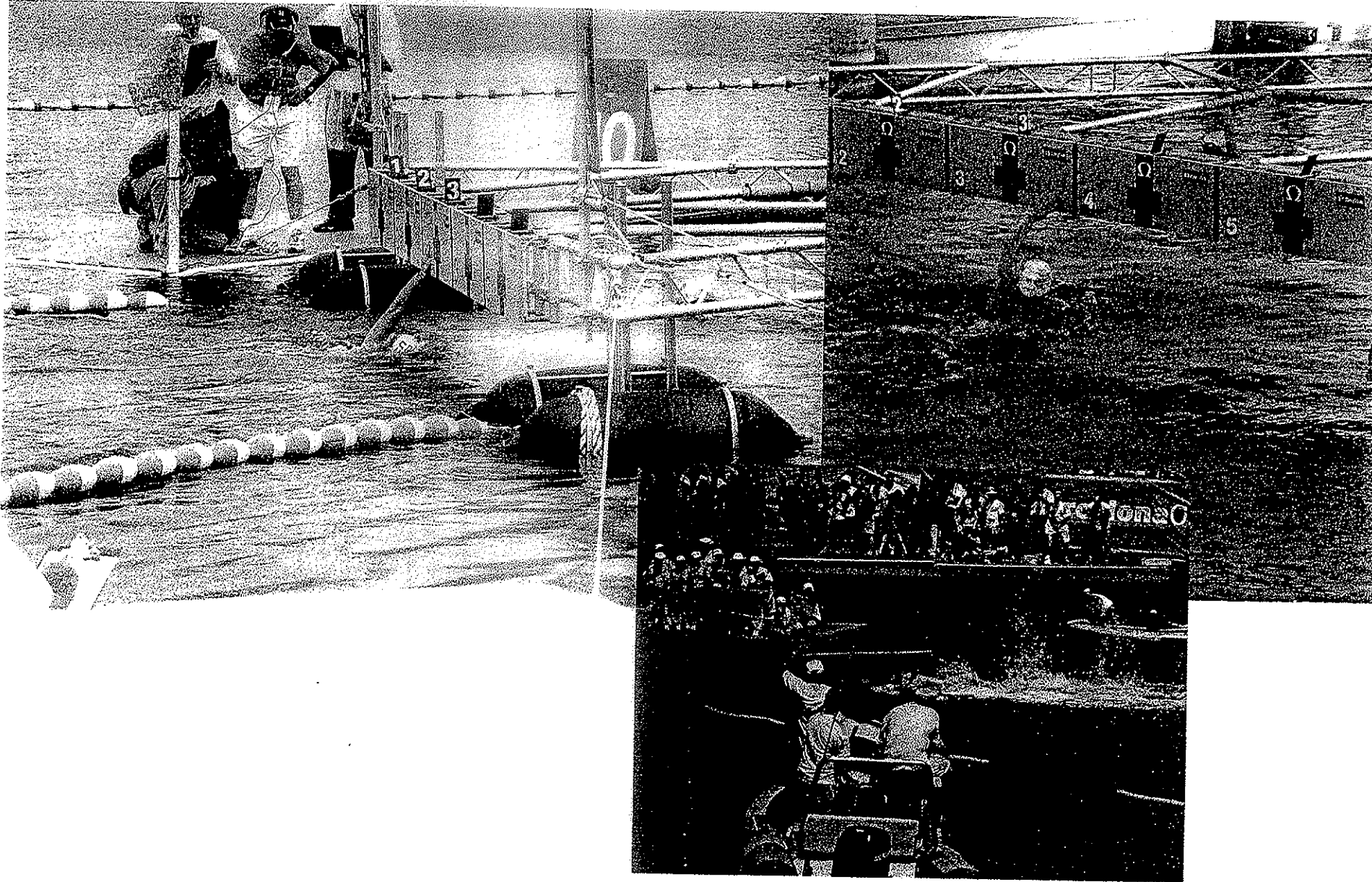
## Finish Drills

1. Have the swimmers sprint in to the finish from 25 meters, 50 meters, 100 meters, 200 meters and 300 meters away. Have swimmers reach up and touch finish pad with a flat palm. Swim back at an easy pace and repeat.
2. Have the swimmers sprint to the finish from different angles.



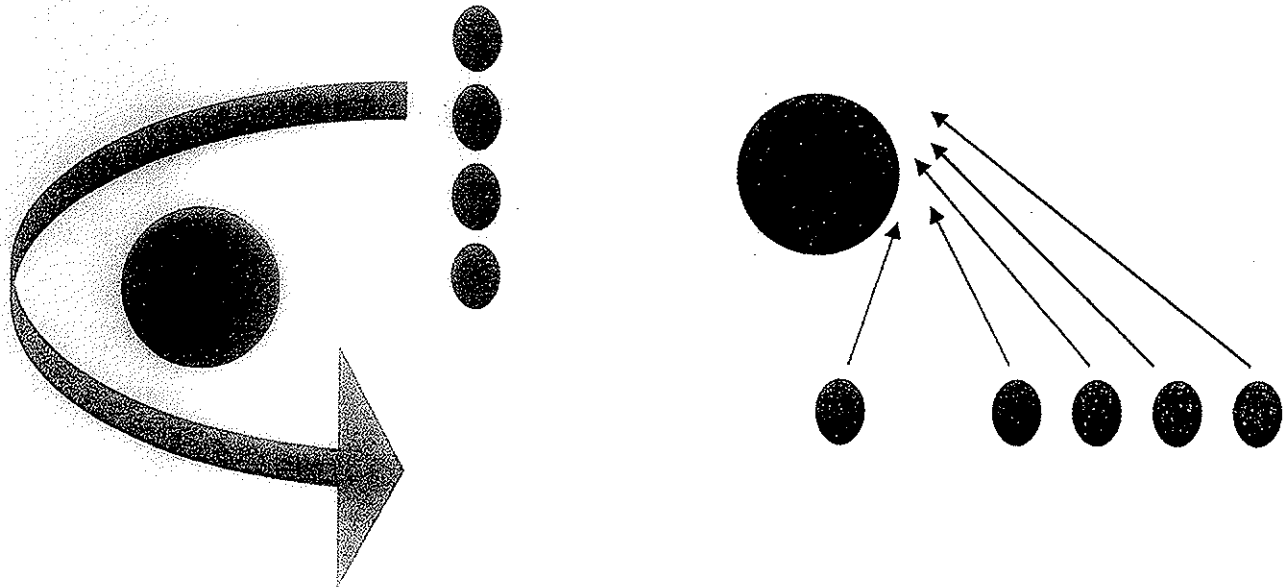
3. Swimmers should remember to:
  - Strongly touch the finish pad. Merely crossing the plane of the touch pad is not an official finish. The touch pad must be activated by one's hand.
  - Time their final stroke so their arm hits the touch pad before their body crosses the plane of the finish.
  - Finish strongly. Many finishes come down to the final stroke. FINA-sanctioned international finishes are video-taped for this reason.
  - Think about the glare of the sun and how it can affect your vision swimming towards the finish.

# Photos of Finishes at World Championships

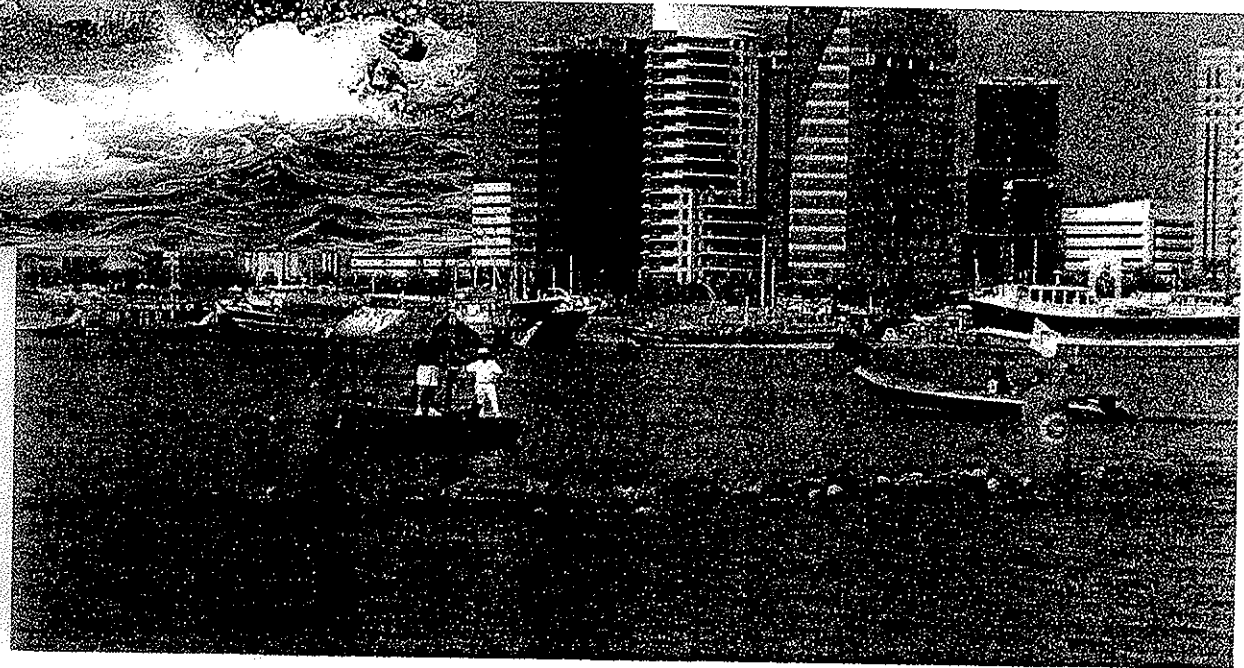
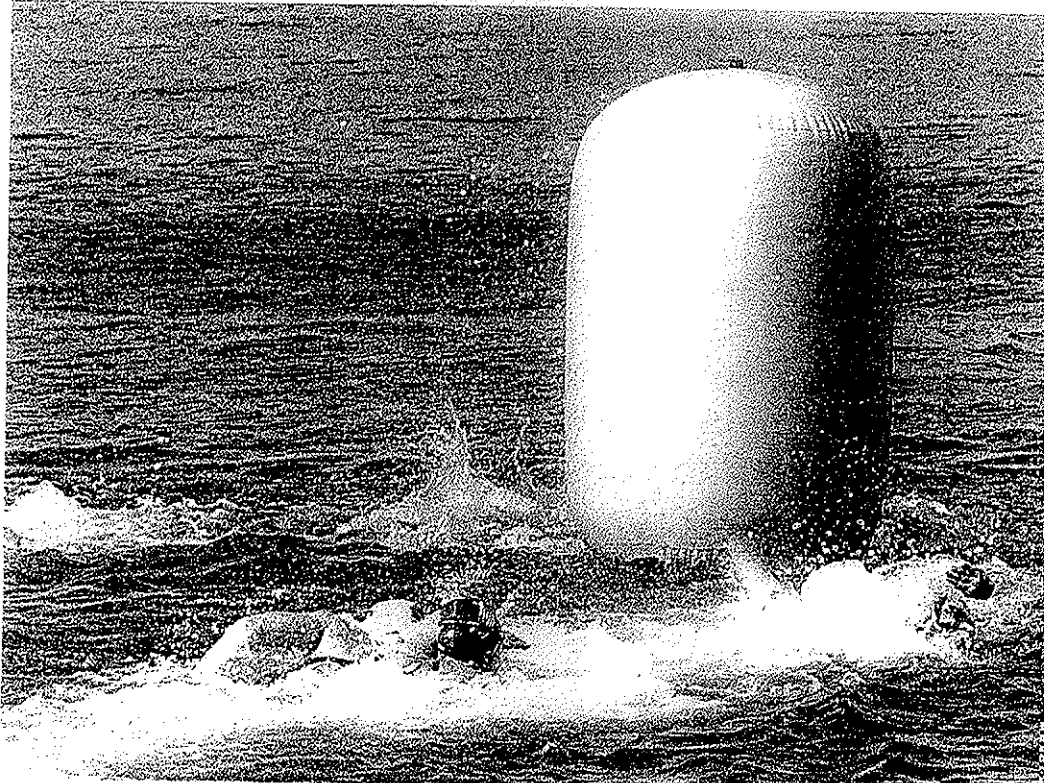


# Navigational and Turn Buoy Positioning Drills

1. Have the swimmers swim 50-100 strokes with their eyes closed. Have the swimmers understand how they naturally swim to either the left or right without the benefit of lane lines or pool lines.
2. Have the swimmers lift their heads to see ahead without a significant drop of their hips or a decrease in speed. They can look more as they head into the turn buoys or when they are getting ready to feed at a feeding dock.
3. Have the swimmer swim around the buoys either (a) protecting their "inside" position (see red swimmers below), or (b) trying to gain an advantageous position, from different angles and distances (see green swimmers below). Learn the "360° spin" turn or "twist move" and use as necessary.

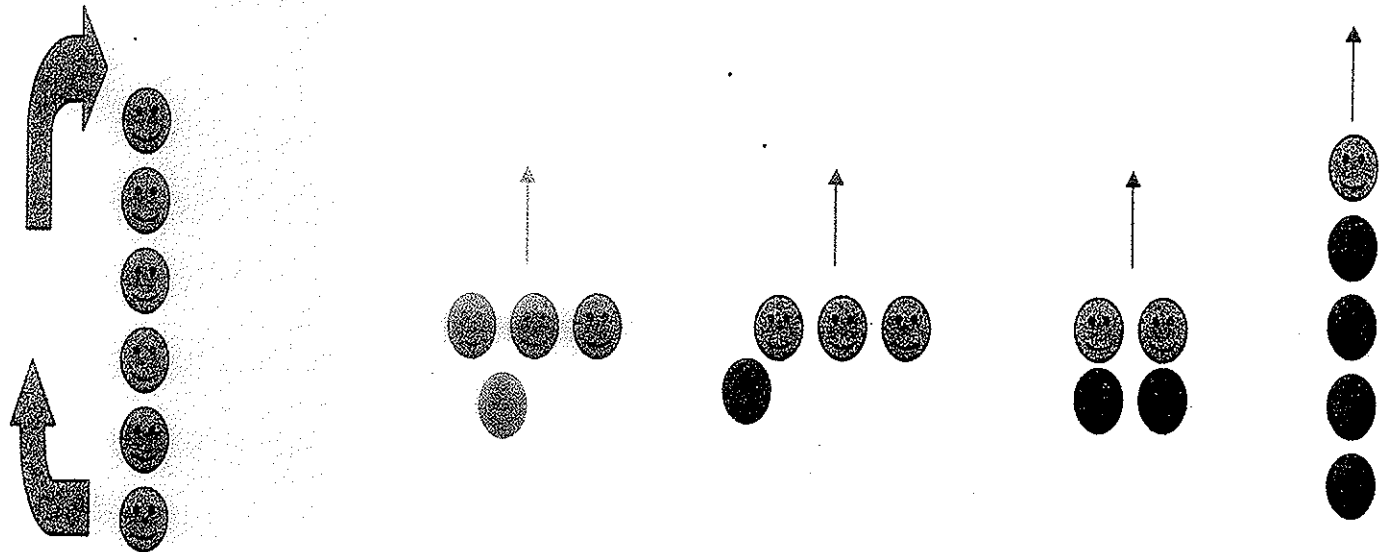


# Photos of Buoy Turns at World Championships

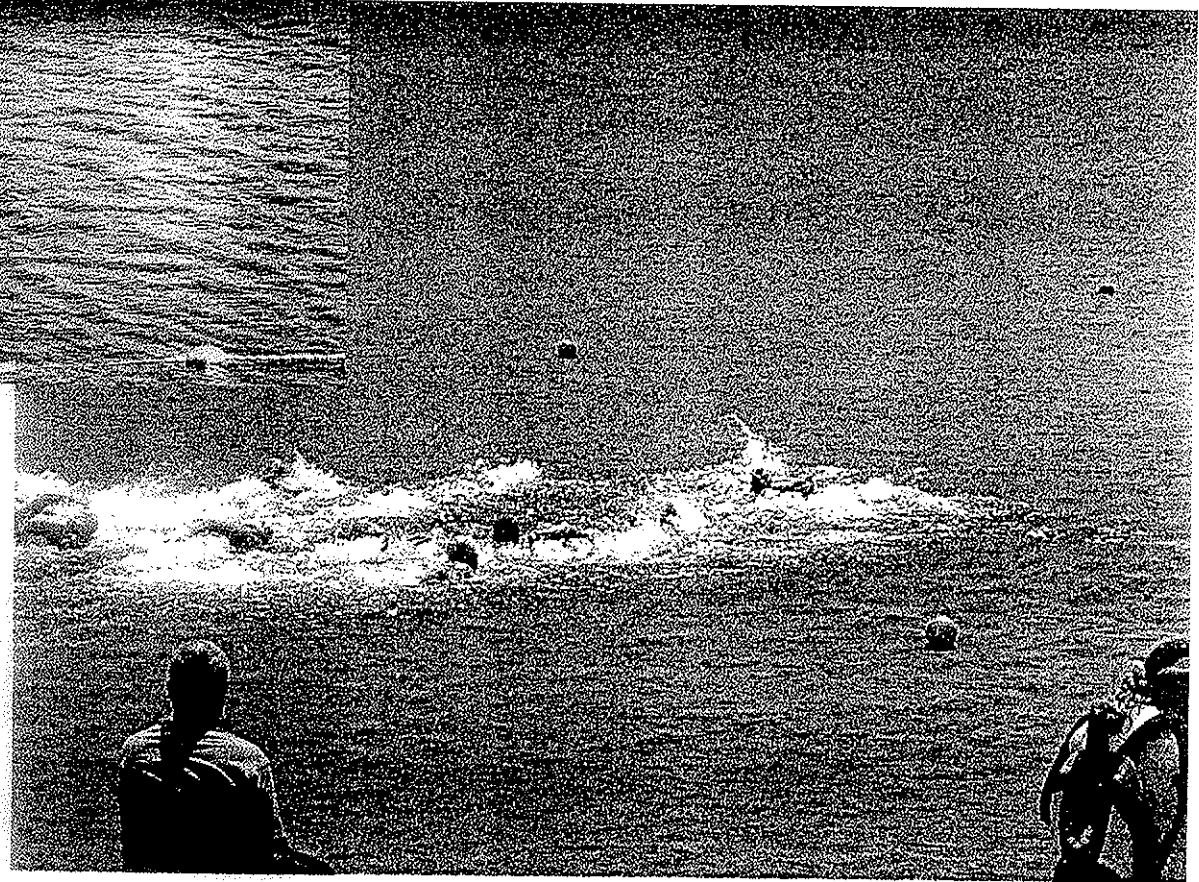


## Drafting and Race Positioning Drills

1. Have the swimmers do “warm-up” leapfrog swims in groups of 3-10 swimmers for 1 kilometer. All swimmers should swim in a straight line right behind one another. The last swimmer sprints to the lead and slows down after taking the lead (see illustration on bottom left).
2. Do “competitive” leapfrog swims in groups of 3-5 swimmers. Separate the swimmers in evenly divided groups. Have the groups race 1 kilometer at a fast pace as the swimmers leapfrog each other within their own groups. Ask the groups to race around a turn buoy for fun.
3. Have the swimmers draft in various positions (see red swimmers below). Ask lead swimmers to prevent the drafting swimmers from overtaking them, especially before and during buoy turns.



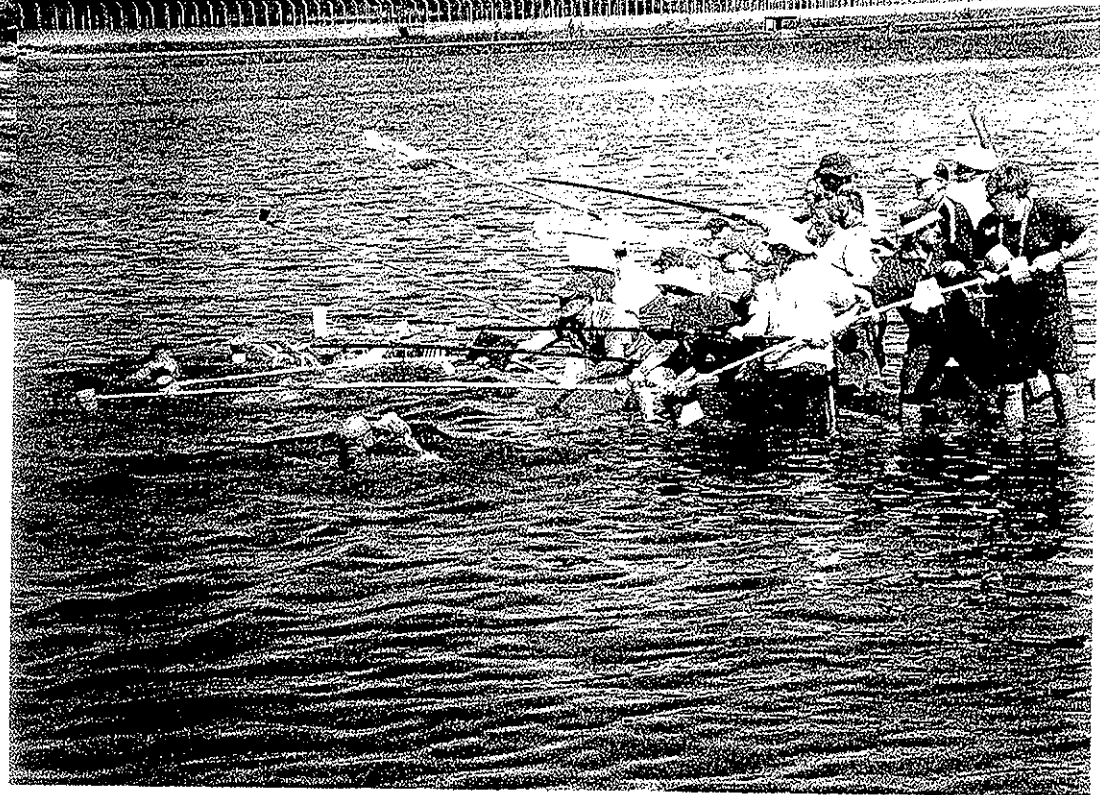
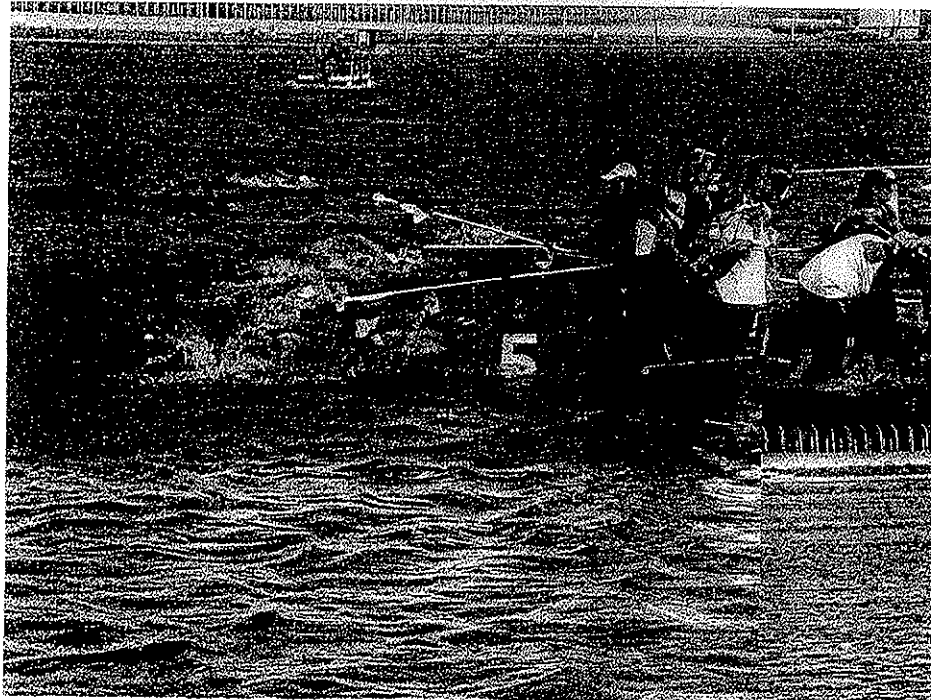
# Photos of World Championship Drafting



## Feeding from Dock and with Gel Packs

1. Have the swimmers sprint to a dock (or an escort boat) and drink liquids while turning over on their backs and without losing momentum. Ask the swimmers to grab a plastic cup held by a feeding stick from a dock (or an escort boat). Ask the swimmers to drink their liquid within 2 seconds, even if they do not drink all of the liquid in the cup. A minimum of 50% of the liquid should be consumed.
2. Have the swimmers sprint to a dock looking for the American flag (which will be held by their coach who has their water bottle). The other coaches on the dock should each hold a feeding stick with a different colored "flag". All the coaches should shift positions relative to each other on the dock as the swimmers head towards the dock. Ask the swimmers to swim to the optimal position in order to get a feeding from the coach with the American flag.
3. Have the swimmers prepare their gel packs by "pre-slitting" the gel packs and placing in their swim suits so the gel packs do not rub and easy to grab. The swimmers should feel comfortable and be able to grab the gel packs (preferably) with their writing/strong hand. This may take some practice.
4. Have the swimmers rip open their gel packs and consume in one gulp on their backs without losing much momentum. A minimum of 50% of the gel pack contents should be consumed within 2 seconds. This will take some practice.

# Photos of World Championship Feedings



## Race Preparation

1. Have the swimmers practice with waterproof watches on both wrists to imitate race transponders that will be used in international events (see photo below).
2. Have the swimmers put a light amount of Vaseline on their ankles, lower legs and shoulders before the race. This Vaseline will help ward off other swimmers from effectively grabbing their legs and arms.
3. Have the swimmers who normally do not use swim caps start with a swim cap and learn how to take it off in one swift move. Swim caps are required in FINA open water races, but many swimmers with short hair remove their swim caps, especially if the water and air temperatures are warm.

