



Diamond State Aquatics

Practice Snapshot Senior Group

What to Bring:

- Swimsuit, plus an extra one!
- Goggles, plus an extra pair!
- Cap and a hair tie if needed
- Gear bag with required gear
- Towel
- Water bottle or sports drink
- Dryland clothes & sneakers

Swimmer Expectations:

- Be ready on deck 5 minutes early!
- Listen to your coach
- Engage in drills and practice
- Communicate with your coach
- Be a good teammate
- Have fun!

Example 105 Minute Practice: (Timing varies slightly for Wilm and Midd)

15 Minutes: Dryland (2 days a week)

- Exercises to build core, upper body, and lower body strength to aid in injury prevention and explosive power

15 Minutes: Swimming Warm Up

- Activate the system with kicking and swimming to prepare for the day

25 Minutes – Drills & Skills

- Enhancing skills and working through drill progressions

50 Minutes – Swim Set

- Working through a swim set that could focus on endurance or speed

Example Weekly Focus:

Monday	Tuesday	Wednesday	Thursday	Friday (Wilm Only)	Saturday
Aerobic Building	Kick & Pacing	Mechanics & Recovery	Kick & Speed	Power	Racing!
We focus on kicking and drills to start then work through a longer swim set to build endurance.	We work on repetitive efforts of race pace with varying amounts of rest.	We review the skills learned Monday and work on maintaining skills throughout long swims.	We build off of Tuesday with higher speed efforts of kicking and swimming.	(Wilm only with Senior Elite) We work on building power with short bursts of maximum effort.	We focus on racing off the blocks and test sets to simulate a meet environment.