

SPORT Assignment

S: Specificity: Train for the needs of that activity

To get better at golf - practice golf

To improve you pull ups - work on pull ups, lat pull downs, biceps

P: Progression: Train to improve & make gains

Run longer today than yesterday

Wall push ups, 6 point push ups, 4 point push ups, single arm push up

O: Overload: Increase difficulty/intensity, muscle confusion

Run faster today than yesterday Increasing weight, rep, sets in the weight room

Holding yoga poses longer

R: Reversibility -- train to not lose it

What you don't use, you lose: if you don't work on your sit ups for 2 months, your muscle strength slides backwards

T: Tedium -- Variety, the same thing = same results thus mix it up

Don't get bored, variety is the spice of life -- keeps us interested and motivated

Pick a skill/stroke _____

Research that stroke -- How to correctly do that stroke? What are the main components of the stroke? What to do correctly, what are the common mistakes, what to avoid? How do you teach or get better at that stroke/skill? What are the steps (progressions)? What are the drills/steps to getting better at the stroke/skill?

Watch video, look at swimming websites, apps, swim blogs, etc...

You need to come up with a lane line workout for one specific stroke/skill

- Need a warm up (7 - 10 minutes)
- Need 4 different progressions for that "skill", including photos, written descriptions, etc.. yardage, rest periods, how many reps of that stroke
- Workout needs to be for your lane level (beginner, intermediate, advanced)
- Workout needs to be no more than two pages so it is printed front and back (if necessary)
- Workout needs to take 50 minutes (or more...) research what distance totals should be for various levels and include that number in your workout
- Font size so swimmers can read/see it
- Have a peer look at it and offer feedback before submitting it
- Could include QR code to video if you want (ask how to do this) Bonus!!!

You will submit your workout via the website -- Due by Friday January 24th.

