



Coach-Athlete Q&A

A look at some coach-replies to common questions by topic.

Hi Sonni -

>

> Thanks for returning my call concerning a one-on-one swim drill session. I do have a burning question for you though - why does the total yardage for the swim drills double (or quadruple if Randy hadn't modified the drills on my calendar) what I will actually be swimming in the Sprint Triathlon?

G.P.

VERY good question.

Swimming is very neuro-muscularly oriented. So how HARD one swims isn't of primary concern.....(contrary to what some swim coaches preach).....but how OFTEN/much someone repeats the ideal movements that make up a drag-free swim stroke DOES make the difference.

Swimming HARD (and having to swim fewer yards because of it) can actually deteriorate your stroke. Will it increase "fitness".....yes. Does that equate to "speed" in the medium of water.....not necessarily. [Just picture the 'run-forever' Kenyan who can go sub-5:00/mile-pace for a marathon, struggling to just get one lap across the pool in.]

Triathlon is an endeavor that requires you to "set-up" the rest of your race.....so swim "efficiency" (rather than swim speed) is our goal. This efficiency is defined as the most (pace) per the least (hr output).

Also, swim training is zero impact (unlike running).....so 'engraining' the ideal technique into one's neuro-muscular memory is done through good 'ole fashioned repetition.....alas the yardage.

See ya G.P.

Sonni Dyer