

# DYNOSWIM

*Friday, May 23, 2008*

**5:30-7:45pm, Frieda Zamba**

**Session 1 (Pool): Kickoff, Basic Freestyle Swimming (4,000-6,000 yards)**

**Description:** After introductions to your fellow Dynoswimmers, we'll begin with freestyle drills and sets to loosen you up and lay the groundwork before a week of increased yardage.

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**8:30 pm**

**Dinner / Social:** TBD

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# DYNOSWIM

*Saturday, May 24, 2008*

**8:00-9:00am, A1A & Highbridge**

**Session 2 (Ocean): Introduction to open-water swimming (2,500-4,000 yards)**

**Description:** Your first open-water swim is designed to give you the confidence necessary to swim in the ocean with a degree of comfort. We will be using this time as a warm-up swim in preparation for our 10am pool practice time.

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**10:00-11:45am, Frieda Zamba**

**Session 3 (Pool): Technique and Freestyle Conditioning (4,000-6,000 yards)**

**Description:** Pool training is imperative when preparing for the open-water. Today we'll learn some of the fundamental differences between effective open-water drills and traditional freestyle technique.

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**12:30pm-2:30pm**

**Lunch: TBD**

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**2:45pm-4:15pm, A1A & Highbridge**

**Session 4 (Ocean): Fin Swim (5,000-6,000 yards)**

**Description:** You're tired, but with the help of fins you'll easily complete 4,000-5,000 yards open-water. We swim as a pack using the buddy system. We'll also learn how to rest, sight, and maintain our stroke, balance, and cadence.

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**7:00pm**

**Dinner / Social: TBD**

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# DYNOSWIM

*Sunday, May 25, 2008*

**8:30am-10:30am, A1A & Highbridge**

**Session 5 (Ocean): Long Swim (5,000-7,000 yards)**

**Description:** You're beginning to feel like a veteran open-water swimmer. As always, the buddy pack system makes ocean swimming fun. Your soreness will dissipate after the first 1,000. In total we'll complete a minimum of 4,500-5,500 yards easily.

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**10:45am-12:15pm**

**Brunch: TBD**

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**12:30pm-2:00pm, A1A & Highbridge**

**Session 6 (Ocean): Fin Swim (4,000-5,500 yards)**

**Description:** Bring your fins; we're doing drills.

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**7:00 pm**

**Dinner / Social: TBD**

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# DYNOSWIM

*Monday, May 26, 2008: MEMORIAL DAY*

**8:00am-9:00am, A1A & Highbridge**

**Session 7 (Ocean): Warm-up Swim (2,500-3,800 yards)**

**Description:** We'll be doing "Out and Back" breaker swims. Hope for good waves – but not like last year's. (Be aware that we may do this set on another day. It all depends on wave action.)

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**10:00-11:45am, Frieda Zamba**

**Session 8 (Pool): Balanced stroke / technique (3,500-4,500 yards)**

**Description:** Guaranteed to make you forget that you've been working hard. Something tells me this will be a good one.

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**12:30pm-2:30pm**

**Lunch: TBD**

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**3:00-4:30pm, A1A & Highbridge**

**Session 9 (Ocean): Fin Swim (4,500-6,000 yards)**

**Description:** Long and strong. We're only using our fins for balance. We save oxygen in the open water, so lay off those legs.

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# DYNOSWIM

*Wednesday, May 28, 2008*

**6:00-7:45pm, Frieda Zamba**

**Session 10 (Pool): Stroke Flaws (4,500-5,500 yards)**

**Description:** You're rested and today we'll be looking for problems with your stroke. Muscle memory is your best defense.

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# DYNOSWIM

*Friday, May 30, 2008*

**6:00-7:45pm, Frieda Zamba**

**Session 11 (Pool): Strokes / Medley (4,000-5,500 yards)**

**Description:** We're touching all the strokes today and want all of your muscle groups to be prepared for two more days of intensity.

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**8:30pm**

**Dinner / Social:      TBD**

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# DYNOSWIM

*Saturday, May 31, 2008*

**8:00am-9:00am, A1A & Highbridge**

**Session 12 (Ocean): Warm-Up Swim (2,500-4,000 yards)**

**Description:** It's been five days since your last ocean practice. In some ways you'll feel well prepared, in other ways you'll feel like you've already forgotten what you've learned. We'll be discussing every aspect of this swim. Be prepared to share every little detail from motivation, technique, to "How do I do this again...?"

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**10:00-11:45am, Frieda Zamba**

**Session 13 (Pool): Middle Distance / Distance (4,200-6,200 yards)**

**Description:** Cadence and technique are the themes of the day. We'll be breaking up long-sets into small achievable benchmarks. You'll practice control and swimming your own race.

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**12:00pm-2:15pm**

**Lunch: TBD**

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**2:45pm-4:00pm, A1A & Highbridge**

**Session 14 (Ocean): Fin Swim (3,800-5,000 yards)**

**Description:** We're having fun on this one. No stress, no pressure.

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**7:30pm**

**Dinner / Social: TBD, our last get-together.**

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# DYNOSWIM

*Sunday, June 1, 2008*

**9:30am-12:30pm, A1A & Highbridge**

**Session 15 (Ocean): Long Swim (6,000-9,000 yards)**

**Description:** We're putting everything we've learned into action. There's still no stress. Remember why we're here and your reasons for doing it.

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**...and here ends our Binge Training for 2008.**