

DYNOSWIM

Saturday, May 19, 2007

8:30-10:00am, A1A & Highbridge

Ocean 1: Introduction to open-water swimming.

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 11am pool practice time.

11:00am-12:45pm, Frieda Zamba

Practice 1: Technique and Freestyle Conditioning

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.

1:00pm-2:30pm

Lunch: TBD

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

Ocean 2: Fin Swim

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.

8:30pm

Social: TBD

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Sunday, May 20, 2007

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

Ocean 3: Long Swim

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 4,500-5,500 yards easily.

10:45am-12:15pm

Brunch: TBD

12:30pm-2:00pm, A1A and Highbridge

Ocean 4: Fin Swim

Description: This is your last ocean swim until next Saturday. Bring your fins; we're doing drills.

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Saturday, May 26, 2007

8:30am-10:00am, A1A and Highbridge

Ocean 5: Warm-Up Swim

Description: It's been six 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...?"

11:00am-12:45pm

Practice 2: Frieda Zamba

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.

1:00pm-2:15pm

Lunch: TBD

2:45pm-4:00pm, A1A and Highbridge

Ocean 6: Fin Swim

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

8:30pm

Social: TBD

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Sunday, May 27, 2007

8:30am-11:00am

Ocean 7: Long Swim

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

11:30am-1:00pm

Brunch: TBD

2:00pm-3:00pm

Ocean 8: Fin Swim

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

8:30pm

Last Social: TBD

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Monday, May 28, 2007

8:30am-10:00am, A1A and Highbridge

Ocean 9: Long Swim

Description: Dress rehearsal. This is how it will be done in Minnesota.

11:00am-12:45pm, Frieda Zamba

Practice 3: Balanced stroke / technique

Description: Guaranteed to make you forget that you actually worked hard this week. Something tells me this will be a good one.

1:00pm

Last Lunch: TBD

So, who's going to Minnesota?