



1. **You are all circle swimming;** where you swim up one side of the lane and back down the other. The key points here are to **stay to the side of the lane** (i.e. don't swim on top of the black line; swim beside it) and to **always be aware** of what your lanemates are doing.
2. **Late swimmers:** Arriving late can disrupt the set. If you are late getting in, check where your lane is and join in at this point of the workout.
 - a. Wait until the swimmers are resting at the wall to announce your arrival. Do not surprise them by just hopping in and swimming behind them. This often leads to collisions.
 - b. Swim at the tail end of the lane and warm-up slowly before raising your heart rate. Once you are up to speed and the interval allows, adjust your position within the lane to one most appropriate for your speed.
3. **Lane Direction:** You never want to be swimming the opposite way as the person in the lane next to you (it's how hand smashes and inappropriate touching happen!). You want 'a' instead of 'b'.....
 - a.  (This is good)
 - b.  (This is bad; this is how bumping hands and touching bums happens!)
 - i. Generally, the lane at the wall starts the ordering. They swim **up the wall** (away from the coach) and back down the lane rope (example: Lane 1 clockwise). The next lane is opposite (Lane 2 counter-clockwise), and so on.
4. **Starts, turns and finishes:** We ideally want to avoid collisions and keep everyone happy with the lane organized and running smoothly.
 - a. **Pushing off:** The leader should always be stopped and waiting on the far side where they will be pushing off. The other swimmers should be beside them and move to the side of the lane as it becomes their turn to push-off and the people ahead of them leave.
 - b. **Turning:** As you approach the wall, cross over to the middle of the lane once the people ahead of you have passed by and turn 'on the T' in the middle of the lane. Once you push off, immediately start swimming on your new 'side'.
 - i. If you experience crowding at the walls, and only if there is room, consider leaving 10 seconds between swimmers.
 - c. **Finishing:** Finish at the wall, every time. As soon as you touch the wall, **be aware of the person behind you**. Get out of the way, leaving room for everyone.
5. **Spacing:** The rule of thumb is to leave 5 seconds behind the swimmer in front when there are 4 or more swimmers in the lane. You watch the pace clock and leave at the appropriate time. With fewer swimmers, you may even want to leave a larger gap, such as 10 seconds.
6. **Lane leaders:** Nothing makes a set run smoother than a great lane leader. The first swimmer in the lane must understand the set and all the intervals, be able to see and read the pace clock and have a good sense of pace, they are also typically the fastest swimmer. **The lane leader should use common sense and realize that the way he/she swims the practice affects everyone in the lane.**
 - a. **Changing leaders:** The lane leader can change according to the set.

- i. For instance, if someone is good at pull they would lead a pull set; a different swimmer may be better at kick so they would lead a kick set.
 - b. If your lane leader is having trouble following or seeing the clock during a set, help them out! Politely work together and let them know when to leave. The other swimmers need to **support** their lane leader.
 - c. If you typically take it out fast and fade, you are better off swimming the set behind a teammate who will pace the set better.
 - d. **Realistically, this is ALL about communication and figuring out how best your lane can work as a team.**
- 7. **Order of swimmers in a lane:** Generally, the lane is ordered from fastest to slowest. Keeping in mind that everyone has different strengths, goals, and reasons for swimming, this order is likely to change numerous times throughout a workout. Communication is key: ask to go ahead of others if you are catching up and offer to go behind someone if you see them catching up to you. Talk, talk, talk!
 - a. If you find yourself at the back of the lane and unable to keep up, you have a few choices (note: these are in order of priority):
 - i. **Firstly, talk to the coach! They will be able to provide insight and the best suggestions given the set.**
 - ii. Take a rest! If you can't keep up for the 300m, then do 250m instead (make sure to respect your lanemates space though!).
 - iii. Put on fins, use a pull-buoy or paddles, i.e. 'cheat' a bit to keep up!
 - iv. If you are consistently at the back of the lane and unable to keep up, you may want to consider moving down a lane.
 - b. If you find yourself way ahead of your lane and feel that you'd like a harder workout, you also have a few choices (note: these are also in order of priority):
 - i. **Firstly, talk to the coach! They will be able to provide insight and the best suggestions given the set.**
 - ii. Move up a lane! And if you can't keep up there... see the point below!
 - iii. Instead of going at an easy pace, pick it up! Sprint the set instead. Keep the same interval as the rest of the lane, but now your practice has become more anaerobic because you're putting in more effort but getting more rest.
- 8. **Picking a pace time:** At times, the coach will have a set with pre-determined pace times, it is best to respect this time if you are able (they most likely chose it for a reason), at other times you will get to choose amongst yourself as a lane. Keeping in mind that everyone has their own goals, it is nice if the pace time suits **the majority of the lane**.
- 9. **Drafting** (i.e. swimming very closely behind the person in front of you): **DON'T!** By swimming 'on someone's toes' you are making them work harder and you are making it easier for yourself.
 - a. If this is consistently happening, you'll need to change the order of the lane, or opt for leaving 10 seconds between each swimmer.
- 10. **Passing:** There are times you might catch up to the person in front of you. In that case simply touch their toes! It's ok to pass someone, as long as it's done properly: **at the wall**. Once someone's toes have been tapped, they'll need to stop at the wall (in the corner of the lane) and let the passer turn at the wall normally (i.e. in the middle of the lane). The passee should then push off behind the person (or where there is room) that just passed them. The finer points:

- a. Touch toes only 1 time! More often and people will be upset with you.
 - b. Passing in the middle of the lane should **only be done by very skilled swimmers with great lane awareness**. The turn needs to be executed promptly, with the swimmer that is passing yielding the right of way to oncoming swimmers. This should be done with the utmost care; concussions are NOT a fun time!
11. **Modifying a set:** Coaches usually frown upon modifications to the practices because they design them with certain goals in mind. However, we are all adults with different backgrounds, injuries, etc. so we have the autonomy to modify the practices. Nevertheless, when only one or some swimmers are making adjustments, it can lead to problems. **If you are changing the posted workout, discuss this with your coach & lane mates** and make sure everyone is ok with the change.
- a. That said, **the people who are following the coached practice will get priority within a lane over the others**. For Example: if you decide you want to swim freestyle during a non-free workout or you are wearing fins, you still need to work with the intervals assigned to the lane you are in.