

DALLAS AQUATIC MASTERS

By Coach Bobby Patten

The Dallas Aquatics Masters (DAM), coached by Bobby Patten and Jim Montgomery, has over 600 swimmers of all abilities who train at over 150 practice sessions per month. The following is an example of a quality long course practice that the club does on a Wednesday or Saturday.

"We refer to this workout as 'Call a Cab,'" says Coach Patten. "If you swim it the way it is designed, you shouldn't operate any heavy machinery or drive for at least eight hours!"

Also check out "How I Coach" in the September issue of Swimming World Magazine to learn about Patten's coaching philosophy and how the club organizes its workouts.

SAMPLE WORKOUT

WARM-UP

400 swim

8 x 50 kick

SWIM OR PULL

1 x 400 easy

MAIN SET: SWIM

10 x 100 on 2:00

(Numbers 3, 5, 7, 9 and 10 are all-out--as fast as you can possibly go.)

SWIM OR PULL

1 x 300 easy

SWIM

10 x 50

(Our two or three fastest lanes will go 10 x 100, just as in the main set. The other lanes will swim 10 x 50 on 1:15, using the same pattern--blasting numbers 3, 5, 7, 9 and 10.)

WARM-DOWN

200-300 ...and "Call a Cab!"