

Drills

Starts and Rolling Acceleration

- **Station 1 - 100m Glide Zones split as follows**
 - 20m hard // 20m glide // 60m hard
 - 40m hard // 20m glide // 40m hard
- **Station 2 - 200m Glide Zones split as follows:**
 - 50m hard // 50m easy // 100m hard
 - 110m hard // 40m easy // 50m hard

Drafting, Rolling Acceleration, Speed-Endurance, Speed-Reserve

Take maximum velocity and hold it for a long distance. Hold a higher percentage number of maximum MPH for a longer period of time.

- **Station 1 - Work on basic drafting skills** – Allow athletes to get used to be on a drafting pack. First athlete sets the pace and second athlete communicates with the first athlete. If time allows, have the first athlete pull out of the draft line to exchange lead with the second athlete.
- **Station 2 - Jumping out of the draft**
 - Station 3 - 300m paced and 100m kick
 - Station 4 - 200m paced and 100m kick

Entering and Exiting Turns (Compensator skills)

Be smooth and quick. Emphasize on pushing strokes preceding and following the compensator hit. Carry speed and sustain speed while hitting the compensator.

- **Station 1 - Rolling 120m out of turn** - Athletes start rolling about 10 meters before the 800m mark and work on exiting at the break line
- **Station 2 - Rolling 120 into the turn – Athletes** start rolling athletes about 10 meters before the 100m mark and drive 10 meters pass the first turn

Drafting

- Preserve energy
- Focus on staying in the draft
- Don't stop pushing when pulling out the draft line
- If athlete slows down too much the next athlete is going to push at a faster pace and a big gap is going to open up and the athlete will have to waste a lot of energy to get back into the draft
- If an athlete pulls and then slows down that will allow other athletes to attack and pull away from the pack