Freas’ Ten Essentials of Sprinting

1. Race every day in practice.

2. Swim at 100% speed all year long, not just during a taper.

3. Swim superfast all year long, not just during a taper.

4. Always work dry land to improve the components of fitness: strength, cardiovascular endurance, muscular endurance, agility and flexibility.

5. Work on starts, turns and finishes almost every day (at least five workouts per week).

6. Practice swimming with no breath during a 50 scy and with only a few breaths during a 100 scy. This gives better body position and better speed.

7. Execute a high kick with the heels nine to fifteen inches out of the water. This gives better body position.

8. Practice reaction drills every day.

9. Change the training if a loss of speed results due to the trashing of the cardiovascular system or overtraining of the neuromuscular system.

10. Be happy, don’t worry; get plenty of sleep and eat healthily.

The Big 4 of Starts, Turns, and Finishes

1. The flatter a body is in relationship to the surface of the water, the faster and farther the body will travel on a turn and a push-off.

2. The longer the head stays in a streamline position, increased speed and farther distance are achieved on a dive and turn. Keep the head in line for at least four strokes.

3. The feet cannot start kicking soon enough off the wall and rarely too soon off the start.

4. On the finish, when the body rotates to elongate the reach for the touch pad, a problem with the quality and accuracy of the touch is created. Keep your head down while watching the fingertips touch the wall – not the palms.
Axioms

- Speed is lost in freestyle whenever the shoulder is placed into the water by longitudinal rotation.
- Make sure you follow through with everything. When things are going well, be even more attentive to detail.
- Elevating the pain threshold is extremely important in training a sprinter.
- Do not create unnecessary scheduling conflicts in a sprinter’s environment.
- Do not expect a great championship season unless the preseason and season were properly planned and executed.
- You can only control what you do, not others.
- Always contact athletes who do not attend practice.

Freasisms

Personal beliefs and favorite sayings of Coach Freas:

- Do not coach the greatness out of an athlete.
- Tugboats don’t go fast—hydroplanes do.
- A sprinter has different switches in his body—if the mind goes, Coach, you and your sprinter are in bad shape. You must push to do more, faster, but always be attentive to where the sprinter is mentally.
- Do not over train a sprinter during preseason.
- A sprinter who swims slow all season will be a slow championship sprinter.
- Do not be afraid to have sprinters shave during the season if they are not swimming fast enough.
- Never let a sprinter think he is working harder than another sprinter.
- If you want to be the best, in practice work faster and harder than the rest.