



## **How is Swimming Like Juggling?**

Have you ever learned to juggle? First, you practice with one ball. Using one ball, you learn things such as how to throw the ball, where to throw the ball, and the timing of the throw. Next, you learn the same things with two balls and if you have not lost your mind, a third ball is added. You might have thought, “Well, you just get three balls and figure it out”.

Very few people will ever “just figure out” how to juggle on their own. Learning in general is usually a building process.

Swimming is the same – you have to learn small pieces of the total motion and in order to put the entire piece together. You have to learn to kick, rotate your shoulders, pull, recover, proper hand entry, glide, breathing, etc.

There are drills for each phase of the swim stroke. Until you can do each drill correctly, your freestyle stroke will be compromised. Typically, triathletes are very time sensitive and would rather swim 1 mile in thirty minutes than swim  $\frac{3}{4}$ 's of a mile in thirty minutes. You will swim less distance in a given time by doing drills. Swimming the lesser distance will make you a faster swimmer in the future. So if your goal is to become a faster swimmer, swim less and drill more.

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