

AQUATICS



MAX-PERFORMANCE SWIM SERIES

Bay Club at The Gateway
Mondays and Wednesdays 5:40 – 6:30 am
Coach Roman Willets

The Max-Performance Swim Series is a three, 6-week swim program designed to maximize performance in the water. Each 6-week phase features diversified training, technical instruction, and expert coaching. The program is designed for experienced swimmers looking for a training plan to get to the next level in fitness, open water, and triathlon racing.

The three phases include:

- Stroke and Technique 1/18 – 2/24
- Sprint Training 2/29 – 4/6
- Endurance Circuit TBD

Cost is \$359 per phase or \$999 for all 3 phases and includes:

- Personalized Training Log
- Complimentary Training Snorkel
- Compete in 2 Northern California Master's Swim Meets coached by Roman
- In Water Instruction from US National Team and NCAA Swimmers
- Detailed outline and schedule of training program and highlights

To enroll contact:

Head Swim Coach Roman Willets at
roman.willets@bayclubs.com or 415.901.9355

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Stroke & Technique Phase *Jan. 18 – Feb. 24*

- Improve your Backstroke, Breaststroke, and Butterfly with stroke specific drills and exercises.
- Receive personal instruction and feedback from video analysis that is yours to keep.
- Learn how stroke training can improve your freestyle and overall fitness in the water.

Sprint Training Phase *Feb. 29 - April 6*

- Learn the science behind Aerobic and Anaerobic Training.
- Improve your finishes, turns, breakouts, and body line in the water.
- Become a master of the “Last 5 yards” training philosophy .
- Enjoy the thrill of racing and getting better!

Endurance Circuit Phase *TBD*

- Learn how to maximize aquatics endurance!
- Master training methods such negative splitting, descending & ascending.
- Utilize training tools such as heart rate measurements, interval crunching, and assessment workouts.
- Endurance Circuit includes 3 trips to open water venue.



Meet the Coach: Roman Willets

A native of Ohio, Roman joined the Bay Club Aquatic Program this August. Roman worked with the North Baltimore Aquatic Club alongside head US Olympic Coach, Bob Bowman. At NBAC Roman coached Olympians such as Alison Schmidt, Conor Dwyer, and Michael Phelps. Roman was an all Big Ten and NCAA Honorable Mention swimmer at the University of Michigan. During his senior season Roman was captain of the 2013 Big Ten and NCAA Championship team. Roman was an education major at Michigan and has a passion for motivating swimmers of all ages and abilities to reach their fullest potential.