



How to Freestyle Coach with a Results Plan

... because moving better means feeling better

I'm excited to share how to *Freestyle Coach with a Results Plan*.

Why? In the past, I planned every workout detail – exercises, reps, intensity ...

But as time went on, it became so much work, so I went from fully-scripted to 100% freestyle.

My students enjoyed the workouts and were progressing, but something was missing.

After a decade of dabbling with Lori Sherlock's long-range lesson plans, I decided I would go all in – for 12 weeks I committed to using a big picture lesson plan.

The result – my job as a water exercise coach became even more rewarding.

That framework later became a course for Wavemakers - "The Ultimate Water Workout Planner."

It wasn't an overnight success.

But with three years of trial and error, and feedback from other Wavemakers also using the planner, it was a life-changing transformation – for me and my students.

Discovering how to Freestyle Coach with a Results Plan is a must-have skill for helping your students find their personal success path to results.

By the end of our time together you'll:

- **Eliminate lengthy prep time** and confidently know you're creating workouts that get results. Personal results. For everyone.
- **Commit to adopting the coaching mindset** so you can work with students, as a team, and remove barriers to results from how you plan and teach.
- **Teach purposely and creatively at the same time ...** and have FUN doing it because you're no longer fastened to a clipboard of choreography notes as you teach YOUR own Wavemaker way...

Here is what you can expect in this masterclass:

Step 1: Find out where you are on your Wavemakers journey? Take a moment to identify where you are now with your program planning skills and where you want to go.

Step 2: Map out your one-year plan. Define the four phases of training and focal points of each one so that you can confidently customize your personal plan.

Step 3: Coach Your Perfect Workout. Use sample workouts by fellow Waveamkers to learn how to spend less time with daily planning and more time enjoying in-the-moment coaching! And get tips for how to repurpose your best workouts.

Resources

Available in your google drive folder

How to Freestyle Coach with a Results Plan

WORKSHEET PDF (and word file available after live session)

The Big Picture: Understanding the Four Phases of Periodization

ARTICLE by Lori Sherlock

How to Practice Physical Distancing in your Water Exercise Classes

ARTICLE by Laurie Denomme

Laurie's 2022 Workout Planner

Individual PDF files (and Excel file available after live session)

Tab 1. Instructions for download

Tab 2. Periodization highlights

Tab 3. Prep Phase

Tab 4. Base Phase

Tab 5. Build Phase

Tab 6. Transition Phase

Tab 7. 2022 Plan

More Resources

Available in your Ambassador Dashboard

Coach Video Tips

Step 1: Where are you on your journey?

Have you ever taught a class, when you were done you said to yourself, “I totally nailed that”. Every exercise flowed perfectly from one to the next; you could see your students really working, making waves, and smiling (maybe a few groans along the way). Perhaps you received applause, extra thanks, and comments like “that workout was the best one yet.”

What did you do that day?

Planning.

Coaching.

What do you want to achieve by taking this course?

Step 2: Map Out Your One-Year Plan

Periodization a quick review:

Prep phase

Base phase

Build phase

Transition phase

Where do you spend most of your time? _____

THE 4 PHASES OF TRAINING

PREP PHASE

- Activate physiological processes
- Improve general fitness
- Increase training volume
- Expand sphere of function

Emphasis on aerobic/muscular endurance and water awareness for safety/results.

GOAL GETTING FOCUS:

1. Body awareness
2. Water resistance
3. Water buoyancy and resistance
4. Basic Moves Made Better™
5. Sculling
6. Explore new depths
7. Interval basics
8. Equipment basics

[COMMON ERRORS] unrealized importance for safety and results.

[SOLUTIONS] apply the 6-7 formula to familiar exercises (jog, jack, ski, jack, tuck, kick, twist), teach hand position, give permission/encourage modifications, identify a “go-to” exercise, use build-up drills, practice common exercises through entire spectrum of intensity, teach sculling, explore new depths, introduce intervals, teach equipment basics.

... there is no place like water to develop a strong sense of body awareness. It may take weeks to develop basic awareness ... it's a lifelong practice. The prep phase sets the foundation for safety and results.

Reference Your Ambassador Coach Tips

- Coach Tip 1. Target Practice
- Coach Tip 2. Body Awareness
- Coach Tip 3. Introducing 7-Foot Positions
- Coach Tip 9. Vertical Trunk Control
- Coach Tip 10. Scapular Stability
- Coach Tip 15. Find your Movement + Metabolic Intensity

BASE PHASE

- Continue to improve general fitness
- Focus on aerobic/muscular endurance
- Target specific components of fitness
- Introduce skill/sport specific patterns

Target all components of fitness with an emphasis on aerobic/muscular endurance and movement/metabolic intensity awareness for safety/results.

GOAL GETTING DRILLS:

Agility drill: Two-and-one footed moves (i.e.) 5-dot drill with variable jump patterns

Balance drill: Turbulence (i.e.) run and stop on command or single leg balance work

Speed drill: Build up drills (i.e.) uncomfortably slow, slow, medium, fast

Power drill: Combine speed and force (i.e.) jump squats, grounded unilateral moves

Reaction time drill: Unpredictable changes on command

Coordination drill: Simply introducing new exercises; new patterns of arm/leg/combo

[COMMON ERRORS] too much intensity with core focused exercises, not enough variability in workout formats, too much instruction/too little coaching.

[SOLUTIONS] say less, ask more. Continue to focus on the same strategies as the prep phase with more questions than answers.

... this phase is valuable for beginner and advanced exercisers. The drills, intensities and overall workouts should reflect ability. **Adopt the coaching mindset strongly in this phase.** Put a focus on helping students **feel** body sensations at their heart, lungs and muscles. Repetition of moves and cues helps with learning. Add small variations to master movement competency. The base phase is where you are building a fitness foundation.

Reference Your Ambassador Coach Tips

Coach Tip 7. Activate the Hips

Coach Tip 8. Noodle A.R.T. – Assist it. Resist it. Target it.

Coach Tip 13 + 14. Head Positioning for ROM, Connections and Balance

Coach Tip 18. Music and Tempo: Land and Water

Replay: Build a Workout with me 7.0. Full Spectrum of Intensity

BUILD PHASE

- Use general fitness gains to target specific goals
- Improve efficiency by working nervous-muscle-skeletal systems
- Gradually increase intensity of familiar moves
- Improve performance of skill/sport specific patterns

Maintain all areas of fitness, improve efficiency/ability to change gears and intensity ownership for personalized results.

NEW WORKOUT FORMATS:

Tabata, Fartlek, As Many Rounds as Possible
Two-minute circuit, HIYO™, Turbulence Training,
Little Method

[COMMON ERRORS] too much intensity with core focused exercises, too many build workouts in a row, too much instruction/too little coaching.

[SOLUTIONS] say less, ask more. Continue to focus on the same strategies as the base phase with more questions than answers. Really lean into being a coach; help students take ownership of their results. Learn it. Feel it. Own it.

The build phase is the most intense and it can be the most fun to teach. It's really important to incorporate transition into this phase; students need recovery from these hard workouts. Even with planned recovery, I wouldn't recommend more than 3-5 weeks in the build phase. Consider taking the style and altering intensity. For example, do a build-style workout with Tabatas, but instead of going to max effort, do 8/10 instead. - Lori Sherlock

... Because this phase is far more intense, it may need to be shorter for the beginner while a more advanced group could maintain it for 5 weeks. Help students feel the changes as their fitness improves. For beginners, try shorter bouts of intensity and intersperse lower intensity days within the training block. Challenge students but continue to give permission and remind students we all have days where energy is low. Honor that.

Reference Your Ambassador Coach Tips

- Coach Tip 4. Mixed Protocol HIIT Workouts
- Coach Tip 5. Speed Play
- Coach Tip 11. The 2-Minute Circuit
- Coach Tip 17. Jump Training for Bone Health

TRANSITION PHASE

- Active rest to promote regeneration.
- Easy endurance and mobility
- Make breath and relaxation a priority
- Use mind-body techniques: yoga, Pilates, Ai Chi

Focus on full range of motion at a lower intensity for personal best fitness and wellness.

AWARENESS:

Breath
Range of motion
Joint
Water

[COMMON ERRORS] fear of not pleasing students,

[SOLUTIONS] low intensity intervals, education

... Take cues from your students. If they seem tired and unable to complete a workout at the desired intensity, they may need a recovery day (or perhaps an entire week).

Reference Your Ambassador Coach Tips

Coach Tip 6. Yoga ABCs: Alignment. Breathing. Coordination.

Coach Tip 16. Low Intensity Interval Training

Coach Tip 19. REHIT Reduced Exertion High Intensity Interval Training (coming January 2022)

Coach Tip 20. Technique Training Drills (coming January 2022)

Map Out Your One-Year-Plan

32 of my favorite workouts ... let's take a look

MY 12-WEEK PLAN:

Week	Workout #1	Workout #2	Workout #3
Week #1			
Week #2			
Week #3			
Week #4			
Week #5			
Week #6			

Week #7			
Week #8			
Week #9			
Week #10			
Week #11			
Week #12			

MY 8-WEEK PLAN

Week	Workout #1	Workout #2
Week #1		
Week #2		
Week #3		
Week #4		
Week #5		
Week #6		
Week #7		
Week #8		

Step 3: Coach Your Perfect Workout

Freestyle coaching with a results plan is one of the highest-level skills you can have as a water exercise coach.

Anyone can learn to do it. All you have to do is use the 6-7 Formula, adopt the coaching mindset and tap into your Wavemakers community for inspiration, motivation, and support.

It's as easy as 1-2-3.

PLAN IT:

1. Create your big picture results plan. We're doing that together in the Wavemakers exclusive masterclass: How to Freestyle Coach with a Results Plan. By the end of our time together you'll have a plan proven to eliminate lengthy prep while teaching purposely and creatively.

2. Plan a detailed workout for 1-2 workouts every 6 weeks. Use the 6-7 Formula to plan exercises and work in the full spectrum of intensity. Variability of both movement and metabolic intensity is key to results. [Reference: Wavemaker Ambassador Coach Tips].

- **Trust the process (and yourself).** *I can create prep, base, build and transition phase workouts, but sticking to a big picture plan is new to me. I know it's work in progress; it will ebb and flow and get better as I learn to implement it. - Chris Dimond*
- **Keep workouts in a ready to go binder.** *I have two binders full of prep, base, build workouts. I pull from my binder and activate each class from there. I explain what we are working on and why. - Patricia Benjamin*
- **Copy good workouts.** *Try Ambassador Coach Tips labeled "workout planning". Write it out by hand to get familiar with the new format. Try it in the pool and write down what you feel. Borrow these proven workouts and make necessary adjustments to make it your own. – Laurie Denomme*

COACH IT:

3. Focus on one big thing. When you tell students everything, they remember nothing. When you pick one thing to focus on and help students *feel* it, not only will you deliver personalized results, but you can repeat one workout for weeks (and students won't even know it).

Try repeating the same workout with just one change:

- *Add a prep phase focus (i.e.) sculling, impact options, turbulence.*
- *Put an emphasis on a selected arm pattern (i.e.) unilateral, circles, reach and sweep*
- *Change your coaching cues (i.e.) walking, golf, balance*
- *Change the equipment... "Laurie, your record is still holding strong. I haven't experienced a repeat workout yet."*

- *Change the intensity; a simple way to get the most out of well-planned workouts.*

Ask more. Say less. Being an effective coach is all about moving away from lecture-style instruction and making it more of a collaboration. Teamwork. Student and coach. Ask questions that help students discover what you know.

Can you feel the stretch down the back of the hip? Do you notice any pain in the knees? Make the move smaller. You've learned 3 hand positions today. What are they? For this next move choose what hand position you want to use and target mobility, cardio, or strength. Your choice.

That's it. Those are my 3 steps to freestyle coaching with a results plan.

Sample Prep Workout 1.5 by Thomas Merschjohann

Sense and Send Water: A focus on water movement for _____

WU x 10 mins

6-7 formula with basic moves

Learn to listen, watch and feel the water (guided by the sound of moving water). First establish awareness of the breath-movement connection. Then look at single arm/hand movement: how does the water respond varying by used force? Find the best pace.

Build up drill. Options: Introduce a “clock” visualization for playful combination (ie) mambos 12-6 on clock; try front/side/back lunges with varied arm patterns; focus on water movement.

Sculling x 2 min (for stability)

Feel the difference with varied foot position (1 leg stance, vigorous sculling around the body, to practice the concept of force and moving water).

Continuous Training x 8 mins @ 6-7 (learn how to identify feelings at each level)

Basic moves with ROM

Clock for imagery (Jumping Jack, slow motion rotational ski, Jumping Jack into twist)

Sculling x 4 min (for suspension)

Suspend: Toe reaches with feet in varied positions

Repeat with: 1 leg toe touches F/B and opp. R/L

Continuous Training x 10 mins @ 6-7 (breath awareness)

Basic moves with ROM

Add noodle work for UB (as in scapula coach tip 10: press, pull, rotational sweep)

Add LB suspended moves from sculling segment

Sculling x 2 min (for propulsion)

Add changes to speed of hand movement

Side lying on noodle two leg reach right/left with free hand sculling

Continuous Training x 8 mins @ 6-7

WD x 7 mins

Planking on noodle, with 1 arm reaches, 1 leg raises + awareness

Noodle under foot for small ROM glide around the clock and leg raise for flexibility

Sample Base Workout 2.7 *By Chris Dimond*

Mixed Formats to _____

WU x 8 mins

Jog 7 feet positions; Ski/jack/twist combo; BU Drill 6-8

Continuous Training x 10 mins @ 7-8

CCSki (changing arms sp/fp/tp) focusing on ROM x 2 mins

JJ (changing arms sp/fp/tp) focusing on ROM x 2 mins

CCSKI/JJ combo 8/8 and 4/4 x 2 mins

CCSki/JJ/ankle touch 8/8/8 x 2 mins

CCSki/JJ/ankle touch/butt kicks 8/8/8/8 x 2 mins

ME x 2 mins @ 7-8

Rocking horse sweeping in/out

Pendulum

Core x 2 mins @ 7 focus on moving water

Grounded wide (shoulder/flexion ext) x 30 secs

Wide tucks jumps x 30 secs

Grounded narrow (shoulder/flexion ext) x 30 secs

Narrow tuck jumps x 30 secs

BU Drill x 2 mins

Jog neutral changing intensity every 15 secs 7-9 x 1 min

Jog wide

Continuous Training x 10 mins @ 7-8

CCSki wide/narrow TP arms x 2 mins

Jog toes out/toes in x 1 min

JJ's toes out/toes in x 1 min

Single leg swings (sp/fp/tp) right leg x 1 min left leg x 1 min

JJ right rotation/left rotation x 1 min

Scissor JJs x 1 min

Repeat Leg swings x 2 mins

Repeat ME, Core and BU drill

WD x 7 mins

Sample Build Workout: 3.1 *By Marybeth Skunta*
Mixed Formats to _____

WU x 10 mins

6-7 formula; Jog 7 feet positions; Ski/jack/twist combo; BU Drill 6-8

ME x 4 mins 6-7

Leg kick forward-side-back-crossover

Arms-noodle-push down side-front-side

Arms-combo-push down and away side-front-side

HIIT x 4 mins

Jack RPE @5 (30 seconds) PRE @9 (30 seconds)

Ski RPE @5 (30 seconds) PRE @9 (30 seconds)

Jog RPE @5 (30 seconds) PRE @9 (30 seconds)

Twist RPE @5 (30 seconds) PRE @9 (30 seconds)

Core x 6 min (with/without noodle)

Neutral impact Hop forward / back both feet

Neutral impact Hop forward / back right foot (one foot)

Neutral impact Hop forward / back left foot (one foot)

Neutral impact Hop side/side both feet

Neutral impact Hop side/side right foot (one foot)

Neutral impact Hop side/side left foot (one foot)

Yoga x 2 min

Warrior III (single leg balance with hip hinge)

Arms reach front to back Repeat on both sides

HIIT x 4 min (repeat)

ME x 4 min @ 5

Rocking horse, pendulum, leg curl, speed skater, diagonal kicks

Core exercises x 10 min @ 5-6 or burst 8-9

Bicycle on noodle; Jumping jack legs on noodle; Ski legs on noodle

WD x 7 mins

Sample Transition Workout: 4.1 *By Laurie Denomme*

Cardio Yoga Intervals

Variable =

WU x 10 min @ 4-8

Jog with 7 foot positions

Diagonal kicks with build up drill: light, moderate, hard but not max (@8)

AE x 6 min @ 6-8 + Yoga x 4 min (x3)

Cardio 1

Leg swing: SP, FP, TP, student choice

Leg curl with arm pattern

Diagonal kicks: alternating

Yoga 1

Warrior I with reach

Unilateral reach, bilateral reach with front knee lift

Reaches: SP, FP, TP

Cardio 2

Diagonal kicks: alternating, repeaters

Tuck: wide, narrow, both

Ski: wide

Yoga 2

Warrior II

Hip circle and lateral step

Weight shift

Step into warrior II and slide foot back to start

Unilateral diagonal reach imagery "X"

Cardio 3

Ski with diagonal reach

Repeat moves from AE 1, 2

Yoga 3

Warrior III

Single leg balance reach: posterior, diagonal, combo

Add speed changes, "cue": imagine someone is pulling your leg, low and long

WD x 10 min

Arm pattern from warm-up with feet in 3 positions: Warrior I, Warrior II, Warrior III