

Workout Sharing Roundtable Session

USMS Coaches Committee
Table Leaders



Agenda

- Break into groups to share workouts
 - Sprint Training
 - Middle Distance/Threshold Training
 - Distance Training
 - Open Water Training
 - Stroke & IM Training
- 30 minutes for everyone to share their workouts
 - Roundtable leader will collect the workouts which will be scanned and shared with all attendees
- 5 minutes to rotate to another table and then begin second round of sharing

2026 USMS Coaches Committee Members

- Molly Hoover, Committee Chair – Illinois LMSC
- Kenny Brisbin, USMS Board Oversight – Southern Pacific LMSC
- Aaron Schneider, Vice Chair – Southern LMSC
- Karyn Austin, Florida LMSC
- Marcia Benjamin, Pacific LMSC
- Angie Brennan, Alaska LMSC
- Rob Duguay, Connecticut LMSC
- Doug Garcia, Colorado LMSC
- Mike Hamm, Inland Northwest LMSC
- Laurie Hug, Delaware Valley LMSC
- Barbara Ingold, Georgia LMSC
- Wynne Kirchner, Allegheny LMSC
- Jackie Merianos, North Texas LMSC
- Dr. James Miller, Virginia LMSC
- Todd Samland, Nebraska LMSC
- Gretchen Sanders, South Texas LMSC





Wrap Up / Q&A

Don't be afraid to ask. If you're
thinking it, someone else is too!



Thank You!

Slides, Resource Links, and Panelist
Bios will be posted on the USMS
website