

THOMAS McMILLAN: THE SKY IS THE LIMIT!

BY MICHAEL J. STOTT

It's been a lights-out four months for St. Charles (Ill.) Swim Team member Thomas McMillan. As a freshman at St. Charles North High School, he finished seventh in the 100 yard back (49.46) for his 12th-place North Stars squad at February's IHSA state championships.

But it gets better.

Three weeks later at the Illinois Age Group Championships, he recorded four firsts in the 100 and 200 back (49.34, 1:48.73), 100 fly (49.13, a state record) and 200 fly (1:51.66) plus a second in the 50 free (21.92).

And better.

Three weeks later, spurred on by impressive underwaters, he won six events and set three Illinois 13-14 age group records at the NCSA Age Group Championships in Orlando. For the week, he posted times of 22.73, 49.28 and 1:50.17 (state record) in the 50, 100 and 200 butterfly. His 50 and 100 back times of 22.91 and 48.95 were state records as well, and his 1:47.49 200 back time pushed him over the 1,000 power point ledge to give him a second Winter Juniors cut.

McMillan's coach at St. Charles is Tim Lewarchick. He has been ably assisted by Joe Myhre and Jon Cable.

"Thomas is a well-rounded athlete who brings positive energy to our team and who values his teammates, coaches and competition," says Lewarchick. "He consistently finds ways to improve his swimming through new technique and hard work. Thomas learns from his failures and does not chase times, but rather explores new and different ways to swim his races."



Photo Courtesy: Joe Myhre

>> Thomas McMillan holds 24 St. Charles Swim Team records (14 SCY, 10 LC) through four age groups. He is also part of an Illinois state mark in the 400 yard medley relay (3:30.32) with teammates Josh Lach, Colin Beu and Brady Jordan.

Last July at the Illinois long course age group champs, McMillan won his 100 and 200 meter backstroke and butterfly races, going 59.34 and 2:09.65 in the dorsal events and 58.69 and 2:12.86 in the fly. "This year he is eager to start racing long course," says Lewarchick.

"Thomas has goals of setting team, Illinois state and national age group records as well as qualifying for Olympic Trials." Currently, he holds 24 St. Charles Swim Team records (14 SCY, 10 LC) through four age groups. He is also part of an Illinois state mark in the 400 yard medley relay (3:30.32) with teammates Josh Lach, Colin Beu and Brady Jordan.

"Thomas would love to continue his swimming career in college," says his coach. "For him, the sky is the limit. We are excited to see where he can go."

McMILLAN SETS

Fly/Breast Workout, Oct. 24, 2023 (SCY)

Distance: 4,880 yards • Duration: 1:47:50 • Stress: 153 • Swims: 8

WARM-UP

Distance	Duration	Set Description	EGY	TYPE	STK	Pace
2,100	37:10	1x {1 x 400 @ 6:00 choice swim	REC	S	CH1	0:45
		{2 x 200 @ 3:30 drill	REC	D	STK	0:53
		{1 x 300 @ 6:00 kick - stroke	EN1	S	STK	1:00
		{4 x 100 @ 2:00 (see NOTE below)	EN2	P	FRM	1:00
		{1 x 200 @ 3:30 25 drill / 25 swim	EN1	D	STK	0:53
		{8 x 50 @ 0:50 25 free / 25 stroke	EN2	S	STK	0:50

NOTE: 4 x 100 pull with or without paddles

1 = 75 free / 25 stroke, 2 = 50 free / 50 stroke, 3 = 25 free / 75 stroke, 4 = 100 stroke

REST: 2:00

CONTINUED ON 160 >>

PULL / SWIM SET						
Distance	Duration	Set Description	EGY	TYPE	STK	Pace
500	14:40	2x {3 x 50 @ 1:10 pull - stroke	EN2	P	STK	1:10
		Rest: 0:50				
		{4 x 25 @ 0:30 build / sprint	EN3	S	STK	1:00
		Rest: 1:00				
NOTE: Round 1 = pull, Round 2 = pull w/pds REST: 2:00						
15 x 100						
Distance	Duration	Set Description	EGY	TYPE	STK	Pace
1,500	30:00	1x {15 x 100 @ 2:00 (see NOTE below)	EN3	S	CH	1:00
NOTE: 1 ez / 1 fast, 1 ez / 2 fast, 1 ez / 3 fast, 1 ez / 2 fast, 1 ez / 1 fast, 1 ez						
NOTE: 15 x 100 Results: last one from a dive Thomas McMillan = 1:00.3/59.9/59.5/1:00.5/59.9/59.3/1:00.3/59.4 - 54.4 (fly)						
START, TURN, FINISH SET						
Distance	Duration	Set Description	EGY	TYPE	STK	Pace
280	12:00	4x {1 x 25 @ 1:00 FAD* - to your feet * = from a dive	SP1	T	STK	2:00
		{1 x 30 @ 1:00 work your turn	SP1	T	STK	1:40
		{1 x 15 @ 1:00 work your finish	SP1	T	STK	3:20
NOTE: 25 = for time - to your feet, 30 = turn + breakout, 15 = work your finish - Championship Finish!!						
SCULL / PULL						
Distance	Duration	Set Description	EGY	TYPE	STK	Pace
300	7:00	2x {3 x 25 @ 0:45 scull front/middle/finish	EN1	D	CH1	1:30
		{1 x 75 @ 1:15 pull	EN1	P	CH1	0:50
200	3:00	1x {1 x 200 @ 3:00	REC	S	BK	0:45

Senior Team (FLY) Workout, May 23, 2023 (LC) Distance: 5,000 meters • Duration: 1:53.00 • Stress: 112 • Swims: 5						
WARM-UP						
Distance	Duration	Set Description	EGY	TYPE	STK	Pace
1,500	27:40	1x {1 x 500 @ 9:00 swim	REC	S	CH	0:54
		{6 x 100 @ 2:00 50 kick / 50 swim	EN2	D	FRM	1:00
		{8 x 50 @ 0:50 25 free / 25 stroke	EN2	S	FRM	0:50
REST: 2:00						
FLY DRILLS						
Distance	Duration	Set Description	EGY	TYPE	STK	Pace
900	18:00	1 x {6 x 25 @ 0:30 undulation kick	EN1	D	FLY	1:00
		{6 x 25 @ 0:30 O=right arm, E=left arm	EN1	D	FLY	1:00
		{4 x 50 @ 1:00 3 right, 3 left, 3 full strokes	EN1	D	FLY	1:00
		{8 x 25 @ 0:30 1 right, 1 full, 1 left, 1 full	EN1	D	FLY	1:00
		{4 x 50 @ 1:00 3 right, 3 left, 3 full strokes	EN2	S	FLY	1:00
30 x 50 (FAST) 5/4/3/2/1 with 100 easy recovery between						

30 x 50 STROKE						
Distance	Duration	Set Description	EGY	TYPE	STK	Pace
2,600	1:05:20	2x {5 x 50 @ 1:00 stroke	EN2	S	STK	1:00
		{1 x 100 @ 3:00 easy choice	REC	S	CH	1:30
		{4 x 50 @ 1:05 stroke	EN3	S	STK	1:05
		{1 x 100 @ 3:00 easy choice	REC	S	CH	1:30
		{3 x 50 @ 1:10 stroke	EN3	S	STK	1:10
		{1 x 100 @ 3:00 easy choice	REC	S	CH	1:30
		{2 x 50 @ 1:15 stroke	EN3	S	STK	1:15
		{1 x 100 @ 3:00 easy choice	REC	S	CH	1:30
		{1 x 50 @ 1:20 stroke - FAD (from a dive)	EN3	S	STK	1:20
		{1 x 150 @ 4:00 easy choice	REC	S	CH	1:20
NOTE: Start at the starting block end «						

Michael J. Stott is an ASCA Level 5 coach, golf and swimming writer. His critically acclaimed coming-of-age golf novel, "Too Much Loft," is in its third printing, and is available from store.Bookbaby.com, Amazon, B&N and book distributors worldwide.

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