

# Group 4

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## AIMS and OBJECTIVES

1. Stroke drill progressions are continued and expanded. Swimmers introduced to more complex drill progressions.
2. Introduced to a variety of Test sets, which are integrated into the program.
  - a. 7 x 200m step test
  - b. Double distance 400m test
  - c. Max Heart rate test
  - d. 8 x 50m efficiency test
  - e. Cold swim test
  - f. High performance endurance test set progression
  - g. IM pace test
  - h. Kick test set 800m, 400m, 200m, 100m, 50m, and 25m
  - i. Pull test set
  - j. Speed tests
  - k. IM and form stroke count efficiency test
  - l. Individual checking speed test, 100m, 200m, 300m, and 400m.
3. The following types of training to be included in the overall training plan:
  - a. Aerobic training zone
  - b. Anaerobic threshold zone AT
  - c. High performance training zone
  - d. Anaerobic training zone ( race pace)
  - e. Speed work
  - f. Negative split, build, descending, double up sets
4. Swimmers to do equal amounts of work on pull and kick
5. Speed work (short sprints) is programmed into the first part of the sessions to develop speed and at end to develop race specific endurance.
6. All swimmers to learn the use of pace, stroke rate, stroke count and training based on heart rates.
7. Goal setting is formalised into a process that includes the coach, swimmer and parents.
8. Logbooks are detailed and include strength and flexibility training, time management including keeping up with school work.
9. As well as competing in local meets, county champs, and regional champs, swimmers should also compete in open meets. They should become more aware and practice racing strategies. At this level they should be competing in about 12 competitions each year, these competitions should be of varying standards, with some meets below current standard, some at standard, and some above.
10. Stretching exercises and a land circuit work are part of the program.
11. Nutritional and drug education information are available to both parents and swimmers.
12. The club referee should visit and be the training programs to check the legality of the swimmers starts, turns and stroke.

# Eight –week training program Cycle 1 Group 4

<i>Session</i>	<i>Wk1 Preparation week</i>	<i>Wk2 Endurance week</i>	<i>Wk3 Mixed week</i>	<i>Wk4 Endurance week</i>	<i>Wk5 Mixed week</i>	<i>Wk6 Endurance week</i>	<i>Wk7 Endurance week</i>	<i>Wk8 Endurance week</i>
<b>1</b> <i>Sunday</i>  <i>AM</i>	Individual checking speed  Fly 25m repeats  Kick test sets	IM efficiency  Timed 2000m as fast as possible  Kick set	Individual checking speed  Kick test sets  BS drills and skills	IM efficiency  10 x 50 pacing test  50m repeats kick set	Individual checking speed  Timed 2000m as fast as possible  Pull set	IM efficiency  Kick test set 400m, 200m, 100m.	Individual checking speed  Timed 3000m as fast as possible  Bk drill swim set	Max heart rate test  Kick set
<b>2</b> <i>Sunday</i>  <i>PM</i>	Bk drill and swim set  Kick set	Fc Aerobic 800m repeats  Pull set	Fc high performance endurance (HPE) set  100m repeats Kick set	IM 400m aerobic set  Pull set	Fly 75m repeats  Swim drill & kick set	Fc 200m HPE set  100m repeats  Pull set	Bs 100m repeats drill swim set	Fc HPE set  100m repeats  Pull set
<b>3</b> <i>Monday</i>  <i>PM</i>	Bs 100m repeats drill-swim set  Pull set	100m IM set  Aerobic kick set	Fly 50m repeats  Race pace 50m repeats  Pull set	Fc 200m HPE set  Kick Set	Bk swim & drill set  Endurance pull	200m swims negative splits  Kick set	Fc drills & swim set  Pull set	800m repeats set  Endurance kick
<b>4</b> <i>Tuesday</i>  <i>AM</i>	Fc 200m repeat set Anaerobic threshold  Fc 200m Drills set  Kick Set	Fc 400m repeats anaerobic threshold and negative split set  Pull set	Bk 50m drill and swim set  Aerobic 800m repeats  Fc kick set	Mixed stroke 100m repeats aerobic swim & drill  Pull set	Bs swim & drill set  Endurance kick	Fc 400m repeats anaerobic threshold with negative split  Endurance pull	Fly 100m repeats swim & drill set  Kick set	Fc 50m repeats aerobic  Pull set
<b>5</b> <i>Friday</i>  <i>AM</i>	Bk 100m repeats aerobic and drills  Pull set	<b>7 x 200m test set</b>  Kick set  Starts	Fc 400m repeats anaerobic threshold with negative split  Pull & drill set	<b>Double distance 400m test set</b>  Pull set  Turns	Fly 75m repeats swim & drill  Endurance pull	<b>Double distance 400m test set</b>  Kick set  Starts	Bs 200m repeats swim  Aerobic pull set	Time Trials

# Eight –week training program Cycle 2 Group 4

<u>Session</u>	<u>Wk1 Preparation week</u>	<u>Wk2 Endurance week</u>	<u>Wk3 Mixed week</u>	<u>Wk4 Endurance week</u>	<u>Wk5 Mixed week</u>	<u>Wk6 Endurance week</u>	<u>Wk7 Endurance week</u>	<u>Wk8 Endurance week</u>
<b>1</b>  <b>Sunday</b>  <b>AM</b>	Individual checking speed  Fly 25m repeats  Kick test sets	IM efficiency  Timed 2000m as fast as possible  Kick set	Individual checking speed  Kick test sets  BS drills and skills	IM efficiency  10 x 50 pacing test  50m repeats kick set	Individual checking speed  Timed 2000m as fast as possible  Pull set	IM efficiency  Kick test set 400m, 200m, 100m.	Individual checking speed  Timed 3000m as fast as possible  Bk drill swim set	IM efficiency  10 x 50 pacing test  Kick set
<b>2</b>  <b>Sunday</b>  <b>PM</b>	Bs 25m repeats skills & drills  Kick set sculling	Fc 200m repeats negative split  Pull set	Fly 50m repeats  Kick & sculling	Mixed stroke 25m repeats set  Pull and swim set	Bk swim 100m repeats  Endurance kick  Sculling	IM 100m Aerobic set  race pace set  Pull set	Fc drills  Kick set  Sculling	Anaerobic 50m repeats set  Kick set and sculling
<b>3</b>  <b>Monday</b>  <b>PM</b>	Fly 25m set  Fc swim & pull set  Relays	IM 400m set AT  Kick set  Starts	Bs drills & swim set  100m repeats  Pull set  Turns	Fc 200m negative split repeats AT  Kick set  Finishes	Fc drills & swim set  Endurance pull  Relays	IM AT 200m set  Kick set  Starts	Bk 200m repeats set  Pull set  Turns	100m AT set  Pull set
<b>4</b>  <b>Tuesday</b>  <b>AM</b>	Fc AT 400m repeat set  Drills & Kick set  Starts	Fc 800m repeats negative split  Pull set  Turns	Bk drills & swim set  AT 100m repeat  Finishes	IM aerobic 100m repeat  Pull set  Relays	Bs swim set  Endurance kick  Starts	Long swims 800m & 1500m  Pull set  Turns	Fly 100m swim set  Kick set  Finishes	200m kick set  Finishes
<b>5</b>  <b>Friday</b>  <b>AM</b>	<b>Double distance 400m test set</b>  Pull set  Finishes	IM 200m repeats descending & build#  Kick & Sculling	<b>Double distance 400m test set</b>  Kick set  Starts	Fc 400m aerobic drill & swim  IM 100m AT set  Sculling	<b>Double distance 400m test set</b>  Pull set  Turns	IM 200m aerobic  Kick set & sculling	<b>Double distance 400m test set</b>  IM drills set	Time Trials

# Land Training

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The goal is for the swimmers to achieve success, peaking at the counties and regional championships and again at the nationals.

Having built a strength and conditioning base from many years of training and because of their physical maturity, swimmers can focus a greater part of their season on developing swimming specific strength.

Injury prevention, and performance enhancement, share equal levels of importance. For injury prevention, swimmers will perform a higher number of reps using resistance that will induce fatigue after 20 to 25 reps. Resistance and intensity should increase for power based exercises.

The program emphasizes development of core stability as well as general strength. It also emphasizes power development and overall athleticism, which is accomplished in part through work with weights, also through such activities as Pilates, yoga and stationary cycling.

At the start of the season we will take a period of two weeks to prepare the body for hard training. We will take considerable time to build core stability during this preliminary phase. We will also familiarize the swimmers with basic injury prevention exercises while starting to build a mix of upper body and lower body foundational strength.

Time or number of exercises	Exercise	Duration
10 Minutes	Dynamic Warm Up	30 seconds per exercise
4-5 Exercises	Injury prevention	2 x 15 - 20 reps
4-5 Exercises	Core stability	2 x 20 reps or 30 seconds per exercise
6-10 Exercises	Foundational Strength	2 x 15 -20 reps
10 Minutes	Static stretching	20 – 30 seconds per stretch