SWIM
CONFERENCE Webinar Week

METHODOLOGY

2023 OBC PREPARATION

FRED VERGNOUX

15/05/2023

EXPERIENCES

MY FAMILY
MY FRIENDS

THANKS

'MY'
SWIMMERS

MY STAFF
WENDY !

British Swimming Training Classification
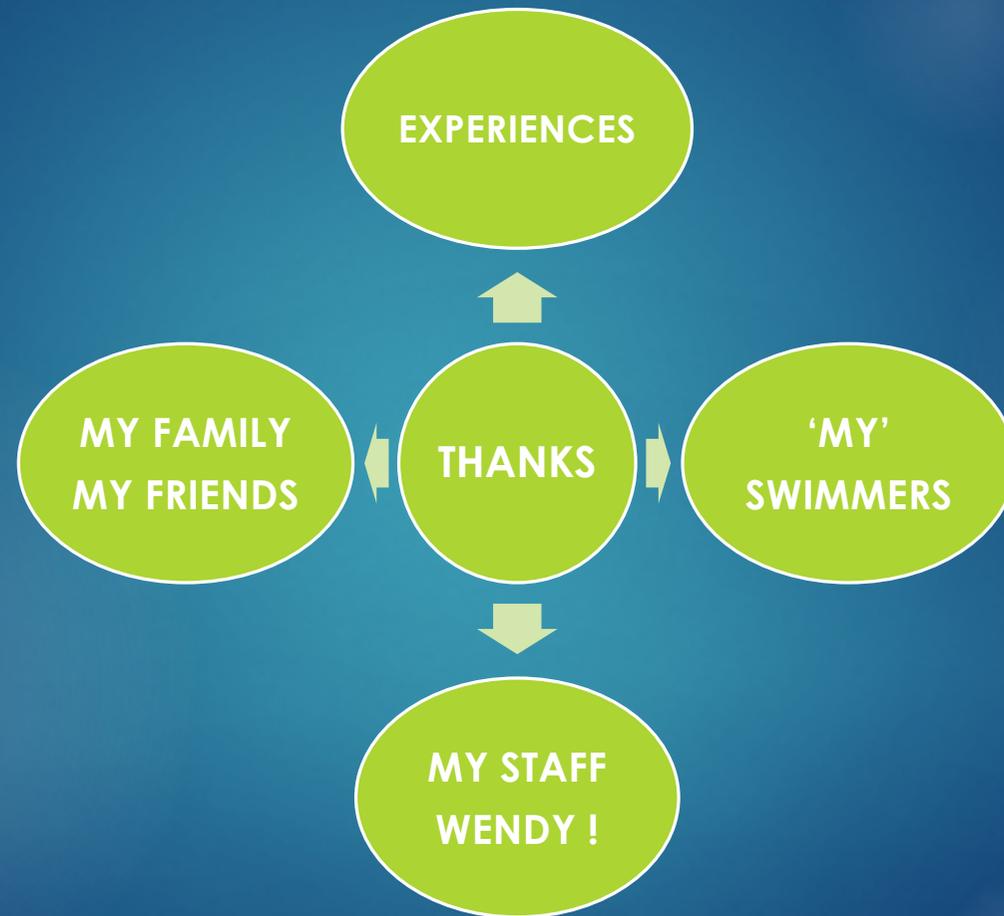
Relationship between different training classification systems[1]

Training zones	British Swimming	Description	HR[2] (bbm)	Log book (simplified)	Sweetenham and Atkinson[3]		Maglischo[4]	Olbrecht[5]
1	**A1**	**Aerobic Low Intensity**	>50	Aerobic	Zone 1	A1	EN1	AEC
	A2	**Aerobic Maintenance**	40-50			A2		
2	**AT**	**Anaerobic Threshold**	30-40			A3	EN2	
			20-30		Zone 2	AT		
3	**VO$_2$**	**Aerobic Overload**	10-20	Race Pace	Zone 3	MVO$_2$	EN3	AEP
4	**LP**	**Lactate Production**	0-10		Zone 4	LP	SP2	ANC
	LT	**Lactate Tolerance**	0-10			LT	SP1	ANP
5	**Speed**	**Basic Speed ATP-PC**	N/A	Race Speed	Zone 5	Sprint	SP3	Sprint

1. This document simplifies training terminology and should be used as a guideline.
2. Individual maximum heart rates should be used to calculate HR (beats below maximum).
3. Sweetenham, B. and Atkinson, J. (2003). *Championship Swim Training*. Human Kinetics, Leeds, UK.
4. Maglischo, E. (2003). *Swimming Fastest*. Human Kinetics, Leeds, UK.
5. Olbrecht, J. (2000). *The Science of Winning: Planning, Periodizing and Optimising Swim Training*. Swimshop, Luton, England.

British Swimming - Training Classification. M.Peyrebrune (December 2005) [Adapted from G. Phillips

BRITISH SWIMMING TRAINING CLASSIFICATION

Description and Training Intensity Measurements

Training Zones	Name	Description	HR (bbm)	LA^4 (mM)	RPE
Zone 1	A1	**Aerobic Low Intensity** Base conditioning and technical training; warm-up and warm-down *Predominantly Fat Metabolism; largely slow-twitch fiber recruitment*	>50	< 2	<9
	A2	**Aerobic Maintenance/ Development** Base aerobic training *Improves cardio-respiratory system; enhances Lactate Removal*	40 - 50	2 - 4	10 - 12
Zone 2	AT	**Anaerobic Threshold** Maximal Lactate Steady State where Lactate production = Lactate removal *Optimal intensity for development of aerobic capacity*	20 - 30	3 - 6	14 - 15
Zone 3	V0$_2$	**Aerobic Overload** High intensity work at approximately VO_{2max} This type of training includes Heart Rate and Vcrit sets *Improves VO_{2max} and aerobic power*	5 - 20	6 - 12	17 - 19
Zone 4	LP	**Lactate Production** Training intensity results in the maximal speed of lactate build up This type of training includes Race Pace training *Enhances rate of glycolytic energy production*	5 - 15	8 - 15	17 - 19
	LT	**Lactate Tolerance** High intensity work with medium rest to improve buffering *Developing the ability to tolerate lactate/ acidity in the muscle*	0 - 10	12 - 20	19 - 20
Zone 5	Speed	**Sprinting – ATP-PC** High intensity, short duration, long rest repeats *Designed to improve alactic energy production (ATP-PC), neuromuscular coordination and fast-twitch muscle fiber recruitment*	N/A	N/A	N/A

Weekly Plan – MC2 22-23 – 7 weeks Mesocycle

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
A2 skills	A2/(T)	SPEED A1+2	A2/(T)	A2 Skills	Combo RACE PACE	OFF
SPEED A1+A2	(T) RACE PACE	OFF	RACE PACE LA Prod	Speed A1+A2	OFF	Active Rec Racing

MAIN TRAINING TARGETS

Weekly Plan – MC2 22-23 – 7 weeks Mesocycle

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Dryland A2 Skills **7.5**	Prevention A2/(T) **8.0**	Dryland SPEED A1+2 **7.6**	Prevention A2/(T) **8.0**	Dryland A2 Skills **7.2**	Dryland Combo RACE PACE **7.2**	OFF
Stability	Postural	Weights	Postural	Stability		
Weights SPEED A1+A1 **7.0**	Aero Circuit Soft RACE PACE **8.3**	OFF	Aero Circuit RACE PACE LA Prod **7.6**	Weights Speed A1+A2 **7.8**	OFF Flexi	Active Rec Racing

ALTITUDE TRAINING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
A2 Skills **7.5**	A2/(T) **8.0**	SPEED A1+2 **7.6**	A27(T) **8.0**	A2 Skills **7.2**	Combo RACE PACE **7.2**	OFF
SPEED A1+A2 **7.0**	Soft RACE PACE **8.3**	OFF	RACE PACE LA Prod **7.6**	Speed A1+A2 **7.8**	OFF	Active Rec Racing

MAIN TRAINING TARGETS

A1 – 'SLOW' AEROBIC

- Recovery between sets.
- Recovery at the end of a workout.
- Recovery in competition.
- Some part of the warm up.
- Technic work (skills, postural, sculling, etc).
- Drills swam at 'slow motion' speed.
- Distance per stroke focus.
- Land activity (during weights, biking home, etc..)

A2 - AEROBIC Development

- Warm up.
- Development sets.
- Transition sets (between sprints, between race pace efforts).
- Mainly using equipment (fins, pull, paddles, snorkel).
- Distance per stroke focus.
- Under water focus.
- Dryland work : bike, run, row, ski, skip, etc..

AT - THRESHOLD

- Removal sets. Sole focus.
- Combo set, using AT as a tool for Race Pace and intensity.
- Example 1 : 8x (1x400 AT + 1x100 #1 dive best).
- Example 2 : 6x (1x100 dive best + 1x300 freestyle AT).
- Example 3 : 3x (8x100). 3x (10-12-15x100).
- Recovery in competition. Set of 50's.
- Dryland AT. Recovery tool.
- Kicking in general. No slow kick !

VO2 MAX

- 4x (4x100 on 2:00/2:15 + 400 rec).
- 10x400 track + 200m walk.
- Fartlek work. Effort time = recovery time.
- HW set

    15x300 + 90s rest / 12x400 + 90s rest / 6x1000m + 60s rest
- SK set

    3x/4x (1x400 + 1x100 RP4 + 2x100 AT + 1x100 RP2 + 2x100 AT) 1:10/1:15
- BT set

    4x (1x400+8x50) / 4x (1x300+10x25)

LACTATE PRODUCTION

- Competition days.

- Heats : 5x events + specific recovery in between.

- Total volume : 5-6-7KM (stroke groups). Including warm up, races, warm down.

- Final : 2x events + specific recovery.

- Focus : front end speed. Buidling for later.

- Efforts with a lot of rest in between. 16x50 walk back on 4:30.

- Specific to events and specific to meters swam at LP.

ZONE 5 – LACTATE TOLERANCE

- Racing simulation.
- Skins events.
- Broken swims.
- Most of the time with removal swims.
- Sometimes implemented into speed work (4x25 broken).
- Reducing rest / reducing distance/repetitions.
- Test set leading into taper.
- Mireia Belmonte test : 3x (4x50 #1 on 90s + 3x100 AT on 1:30)

ZONE 6 - SPEED

- Speed work always (almost) done after strength work.
- Long recovery between efforts. Longer the sprint longer the rest.
- 4-6s / 10s / +15s
- Use a lot of equipment.
- Use video feedback.
- Speed work for distance swimmers.
- Drills done at max speed.
- "Motricité" speed, even if fatigue occurs (last turn in 200m event).

EXAMPLE – HIIT training ?

- 20x25 free max on 45" On 1:30 ? On 6 minutes ?

- Speed : more rest.

- Lactate : production or tolerance ?

- Cardio vascular training or muscular training ?

- What is the focus on the training ?

- Can you swim down in between ? Active recovery, passive recovery, swim, walk, bike ? Swim or kick, or pull ?

- What session is best in order to make my swimmer better ?

THE BEST COACHES ARE THE BEST LEARNERS

PHYSIOLOGY	BIOMECANIC	STRENGTH	RACING STRATEGY
MENTAL PREP	CAREER PLAN	AGE AND GENDER	ENVIRONMENT

"A group session will often outweigh the benefits of a specific individual tailored training session" Tim Kerrison

Name: **VANOTTERDIJK**	First Name: **ROOS**	DOB: 7/01/2005	Type: M	Pool: 50m
Date: 29/03/2023	(180 / 65.5) cm kg	(FS) VO2max: 63.6	VLamax: 0.51	Remark: Race Pack

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Prof.Dr.Sportwiss. J. Olbrecht

TEST RESULTS

	1x400m FS	1x200m FS	1x100m FS	1x100m FLY max
time (HR)	4:49.1 (30)	2:20.7 (29)	1:06.3 (29)	1:00.6 (31)
La (SR)	4.2	3.5	4.4	9.0

Extrapolations (lin)

Lactate	Time			
2	4:57.6	2:24.2	1:09.0	1:06.9
3	4:53.7	2:21.9	1:07.9	1:05.9
4	4:49.8	2:19.6	1:06.7	1:05.0
6	4:42.5	2:15.2	1:04.6	1:03.1
8	4:35.6		1:02.6	1:01.4
10				0:59.8
12				0:58.2

TRAINING PACES — Freestyle

		Lactate:	1	2	3	4	5
Fraction	100m	R10s	1:16.1	1:13.5	1:11.2	1:10.6	1:08.6	1:07.1
		R30s	1:14.6	1:12.0	1:09.7	1:08.7	1:06.9	1:05.3
	200m	R10s	2:35.6	2:30.5	2:25.8	2:23.5	2:20.7	2:17.4
		R30s	2:33.7	2:28.6	2:23.9	2:21.8	2:17.6	2:15.4
	400m	R10s	5:15.9	5:05.7	4:56.4	4:52.8	4:47.0	4:41.4
		R30s	5:12.3	5:02.1	4:52.8	4:48.4	4:43.3	4:37.9
Continuous swim	($^t/_{100m}$)		1:21.3	1:18.7	1:16.4	1:14.4	1:12.5	1:10.7

NO TEST AVAILABLE FOR CALCULATIONS

Level:	1	2	3	4	5
100m					
200m					
400m					
($^t/_{100m}$)					

HISTORICAL OVERVIEW

		Time at 4mmol/l La				Max. Performance				Simulation data : stroke: FS						
		400FS	400FLY	200FS	100FLY	Tfastest	Lamax	SRmax	100FLY	Aer-/Anaerobic Capacities			Aerobic power *		
										VO2max	VLamax	Qualy	LaMax$_{ss}$	VO2ss	%Vo2max
Current	value	4:49.8		2:19.6	1:05.0	1:00.6	9.0			63.6	0.51		5.4	44.0	69.2
29/03/23	rank	5		2	1	3	9			2	4		6	8	18
(50m)	(TST)	(E)		(E)	(E)	(E)	(E)								
Last	value	5:00.0													
4/01/23	rank	13													
(50m)	(TST)	(E)													
-1Year	value	4:54.4		2:21.3						54.3	0.21		5.3	44.1	81.2
17/03/22	rank	9		9						12	14		7	5	7
(50m)	(TST)	(E)		(E)											
BEST	date	12/12/22		12/12/22	29/03/23	12/12/22	4/03/21			26/01/21	26/01/21		12/12/22	19/05/22	19/05/22
	value	4:46.2		2:18.1	1:05.0	0:59.9	14.2			65.8	0.74		8.8	46.1	85.4
	R.I.K.	(13.5	0:59.93	100FLY)	(13.5)	(1:01.5)									
	(pool/TST)	(50m/E)		(50m/E)	(50m/E)(E)	(50m/E)									
([s]lowest)	date				8/06/21	20/10/20				20/04/18	19/05/22		17/10/19	27/06/18	26/01/21
	value				1:04.6	7.3				48.7	0.15		2.7	38.1	62.5
	R.I.K.				(12.1)	(1:04.6)									
	(pool/TST)				(50m/E)	(50m/E)									

* aerobic power data only available since sept 2011

REMARKS:

Naam: **Vanotterdijk**	Voornaam: **Roos**	Datum: **29/mrt/23**
Plaats: **Wezenberg**	Opmerking: Race Pack	

Testresults:

	SF (s/min)	Time (m:ss.th)	speed (m/sec)	LaB (mmol/l)	HFR (b/min)	Vo2ss sim (ml/min/kg)	Metab. Power (Watt/kg)	Mech. Power (Watt/kg)	% (Mec/Met) (%)
400 FS	0	4:49.1	1.384	4.2	30.0	47.79	4.70		-
200 FS	0	2:20.7	1.421	3.5	29.0	49.14	4.94		-
150 FS	0	1:45.0	1.429	2.5	29.0	49.57	4.98		-
100 FS	0	1:06.3	1.508	4.4	29.0	50.54	5.49		-

	400 FS		200 FS		150 FS		100 FS	
Lactate (mmol/l)	speed (m/s)	time (m:ss.th)	speed (m/s)	time (m:ss.th)	speed (m/s)	time (m:ss.th)	speed (m/s)	time (m:ss.th)
2								
4								
6								
0								

Capacities		Lactate mmol/l	VO2 ss	%max	VLa ss	%max	Time/100 m:ss.t
Vo2max:	63.6						
VLamax:	0.51						
Max.Pyr.Def.:		1.0	30.0	47.2	0.011	2.1	1:36.9
MaxLass-LA:		5.4	44.0	69.2	0.0255	5.0	1:14.6

Lactate (mmol/l) vs Speed (m/s) chart — 400 FS, 200 FS, 150 FS, 100 FS

CAPS
CENTRE D'AIDE À LA PERFORMANCE SPORTIVE
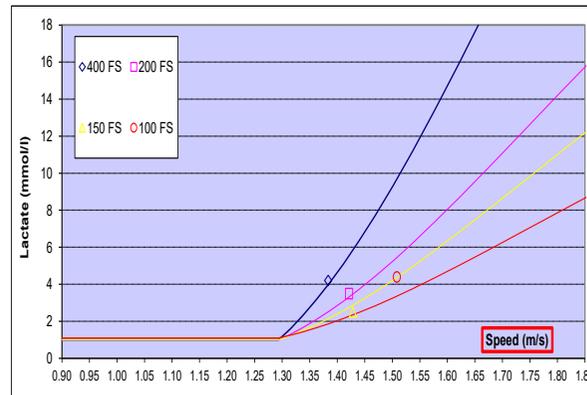
Hemoglobin mass measured with the optimized CO-rebreathing technique

Vanotterdijk Roos   31/01/23

Person

Date of birth:	7/01/05	Age [Years]:	18,1	Gender [m/f]:	F
Weight [kg]:	67,5	Height [cm]:	180,0		

Test conditions and CO volumes

CO administered [mL]:	68	CO in the system [mL]:	1,13	
Temperature Gas [°C]:	20,3	CO exhaled [mL]:	0,95	
Barometric pressure [mbar]:	1024	CO flux to myoglobin [mL]:	1,43	(0.3%/min of CO administered)
Bag vol. after rebreathing [L]:	4,0	CO bound to Hb [mL]:	64,5	

Results for Hct / Hb

Hemoglobin [g/dL]:	15,18	Hematocrit [%]:	46,6

COHb test values [%]

Before CO-rebreathing		After CO-rebreathing		Difference Post-Pre	
1. Baseline sample [COHb %]:	1,0	6 min after CO-inhalation [COHb %]:	5,7		
2. Baseline sample [COHb %]:	1,0	8 min after CO-inhalation [COHb %]:	5,5		
3. Baseline sample [COHb %]:	1,0				
4. Baseline sample [COHb %]:	1,1				
5. Baseline sample [COHb %]:	1,1				
Ø Baseline samples [COHb %]:	1,04	COHb-Plateau [COHb %]:	5,60	Δ COHb [%]:	4,56

Results

	absolute	relative
Hemoglobin mass (tHb)	**957 g**	**14,2 g/kg**
Red cell volume (RCV)	**2670 mL**	**39,6 mL/kg**
Blood volume (BV)	**6302 mL**	**93,4 mL/kg**
Plasma volume (PV)	**3632 mL**	**53,8 mL/kg**

Comments

La valeur d'hématocrite est calculée sur base de la mesure d'hémoglobine (Hctc = 3*Hb) mesurée avec le Radiometer - RCV et PV sont influencées par cette estimation. **Mesure Post-exposition. La mesure est effectuée exactement 13 jours après le retour de stage (18 janvier 2023).** Par rapport à la mesure basale, on obtient une diminution en valeur absolue de 3g. Ceci se traduit par une diminution relative de 0,3%. La valeur relative passe de 14,3g/kg à 14,2g/kg (0,7%). Etant donné le très faible pourcentage et que la valeur d'erreur typique de mesure test-retest étant en général d'environ 2%, nous pouvons considérer que la différence observée n'est pas significative.

The hematocrit value is calculated based on the hemoglobin measurement (Hctc = 3*Hb) measured with the Radiometer - RCV and PV are influenced by this estimate. Post-exposure measurement. The measurement is carried out exactly 13 days after the return from the training camp (January 18, 2023). Compared to the basal measurement, a decrease in absolute value of 3g is obtained. This translates into a relative decrease of 0.3%. The relative value goes from 14.3g/kg to 14.2g/kg (0.7%). Given the very low percentage and the typical error value of test-retest measurement being in general around 2%, we can consider that the observed difference is not significant.

Date, Signature:

Hemoglobin mass measured with the optimized CO-rebreathing technique

	zwemfed	FYSIEK PROGRAMMA nr. 4	**zwemfed**

ATLEET:	**Roos**	Periode: W 52 - 02	Aantal trainingen/week: 2 ; 3
		Fase: HP-funct	Macro: 1 2022-2023

DOELSTELLING(EN):	1. General strength and muscle development
	2. Preparation of muscle recruitment

01. Pull-down

SETS	3
n HERHALINGEN	+/- 8
Tempo	
Opmerking	control on the way down

02. Leg press

SETS	4
n HERHALINGEN	10 (WU) // 12 ; 10 ; 10 ;8
Tempo	
Opmerking	90-170° // towel

03. Bench press

SETS	4
n HERHALINGEN	10 (WU) // 12;10;10;8
Tempo	
Opmerking	

04. Hamstrings ecc

SETS	3
n HERHALINGEN	6 Le+Ri together
Tempo	slow eccentric overload + conc
Opmerking	partner excercise

05. Reverse fly

SETS	3
n HERHALINGEN	8 (1=45-90-135°)
Tempo	
Opmerking	control of ribcage

06. Leg extension

SETS	3
n HERHALINGEN	15 ; 12 ; 10
Tempo	
Opmerking	keep lumbar lordosis

07. Upright rowing

SETS	3
n HERHALINGEN	12 ; 10 ; 8
Tempo	
Opmerking	positioning of shoulder blades first

08. Kickback

SETS	3
n HERHALINGEN	12 ; 10 ; 8 Le and Ri
Tempo	slow and radial short movement
Opmerking	no compensation lower back

09. Pull-down

SETS	3
n HERHALINGEN	12 (full ROM)
Tempo	slow on the way up
Opmerking	slight bend in arms / start with endorotation

10. Triceps kickback

SETS	3
n HERHALINGEN	12
Tempo	accent on full extension
Opmerking	elbows high, pronation at the end

11.

SETS	
n HERHALINGEN	
Tempo	
Opmerking	

12.

SETS	
n HERHALINGEN	
Tempo	
Opmerking	

training nr.	1	2	3	4	5	6	7	8	9	10	11
OEFENING // Datum training:											
1. Pull-ups											
2. Leg press (toestel)											
3. Bench press in ruglig											
4. Hamstring ecc partner exc											
5. Reverse fly in standing											
6. Leg extension (toestel)											
7. Upright rowing in standing (KB's)											
8. Glute kickback (toestel)											
9. Pull-down in stand sting (pulley)											
10. Triceps kickback (db's)											
11.											
12.											

RACE ANALYSIS:	**Roos Vanotterdijk**

Event:	100m	BACKSTROKE		Date:	11/02/2023
Round:	FINALS			Competition:	VK Open
Pool distance:	**50m** LONG COURSE			**OFF Time:**	**00:59,62**
				LAST BEST: 11/02/2023	01:00,08 -00:00,46

TEAM BELGIUM

	Time	m/s
OFF Start signal until 15m:	7,20	2,08
OFF Block Time:	/	
# Kicks start:	12	
Break-out (m):	14,6	

	Turn
TURN **5m in / 15m** out:	11,54
TURN **5m in / 5m** out (optional):	
TURN **5m in - touch**:	3,46
Turn # kicks / Breakout turn (m):	9	9,5 m

LAP	Sections	Segment	25m Sections (video)	SF	SL	Str. Index	# Strokes	Clean m/s
1	Section 2	25-35m	13,12	50,3	1,97	3,27	36	1,66
	Section 3	35-50m	15,96	48,6	1,91	2,96		1,55
2	Section 5	75-85m	14,24	50,8	1,86	2,94	43	1,58
	Section 6	85-95m	16,30	50,0	1,81	2,72		1,51
		AVG	14,91	49,93	1,89	2,97	39,5	1,57

		RT	1. 50m	2. 50m	100m	FINISH (head - hand)
OFF RESULT:		/	00:29,09	00:30,53	00:59,62	3,32
PERS. BEST:	11 feb 23	/	00:29,39	00:30,69	01:00,08	
	DIFF.		-00:00,30	-00:00,16	-00:00,46	

stijn.corten@zwemfed.be
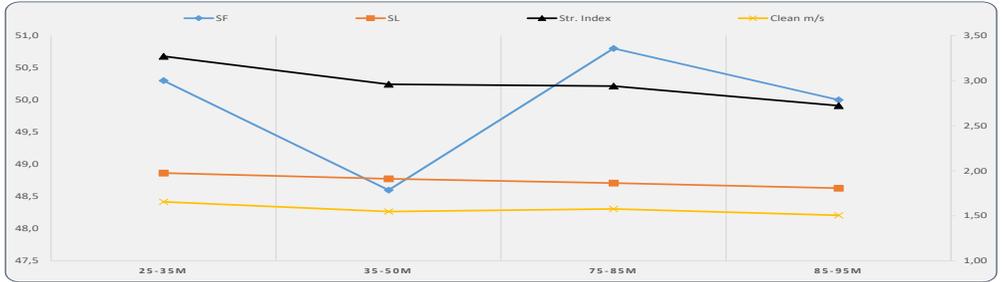
Macrocycle II - 10 weeks Adaptation

| 7x weeks Mesocycle | 2x weeks Mesocycle | 1x week Competition |

Weekly Plan – MC2 22-23 – 7 weeks Mesocycle

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
A2 skills	A2/(T)	SPEED A1+A2	A2/(T)	A2 Skills	Combo RACE PACE KEY SET 3	OFF
SPEED A1+A2	(T) RACE PACE KEY SET 1	OFF	RACE PACE LA Prod/Tol KEY SET 2	Speed A1+A2	OFF	Active Rec Racing

MAIN TRAINING TARGETS

Skills/A2 – Monday+Friday AM

CYCLE 1 – 7x Weeks

2x

1x300 free pull+pad (200+100 apply)

6x50 DPS efficiency

2x150 free+pad (100+50 apply)

6x50 DPS efficiency

3x100 free+snorkel (neg.split)

6x50 DPS efficiency

(kick-breath-stroke count)

Test set ?

CYCLE 2 – 2x Weeks

2x (3x)

4x100 25drill(rec)-75ampli (hypo)

1x100 as 25prog/75ez

3x100 25drill-25feel

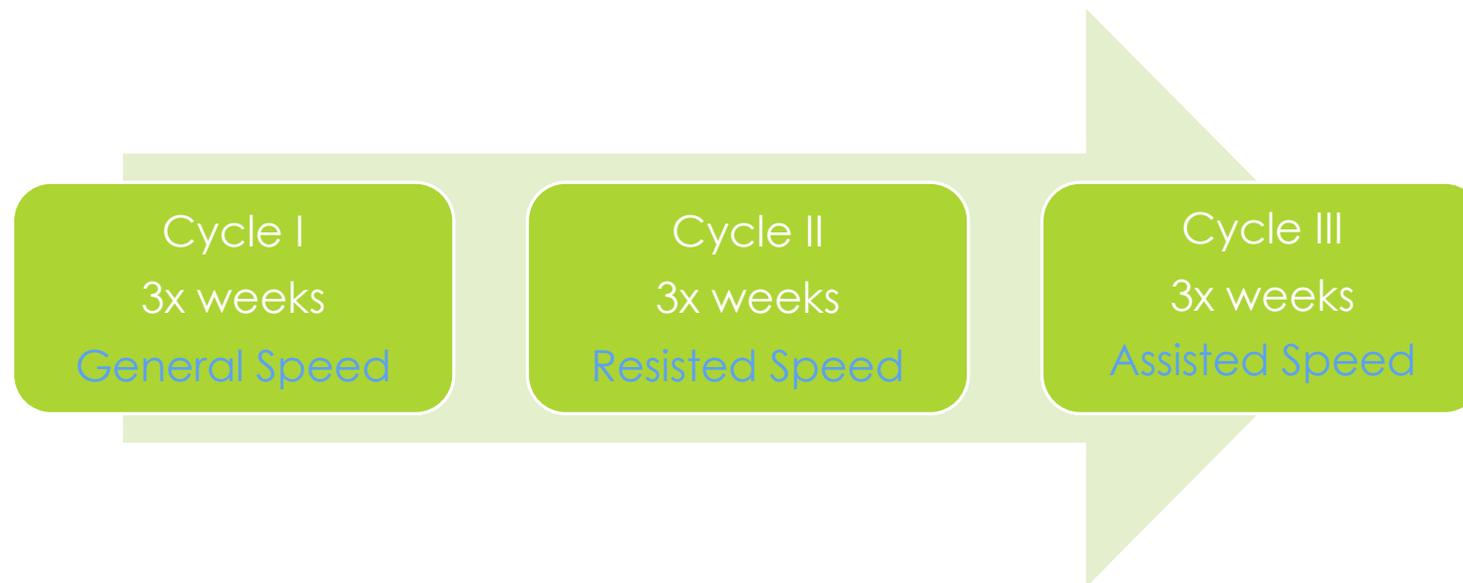**1x100 as 25prog/75ez**

2x100 25kick-25drill-25prog-25DPS

1x100 as 25prog/65ez

CYCLE 3 – 1x Week

Pre determinate Circuit drills/skills

- **dive/turn**

- **under water / breakout**

- **#1 drills**

- **100% individual**

(soft Resisted/Assisted)

Speed/A2 – Monday+Friday PM

Cycle I
3x weeks
General Speed

Cycle II
3x weeks
Resisted Speed

Cycle III
3x weeks
Assisted Speed

CYCLE 1 General Speed	CYCLE 2 Resisted Speed	CYCLE 3 Assisted Speed
Example 1 – 1x or 2x rounds (340m) 6x50 sprint 20m (dead start) 3x100 sprint 30m fins (swim/kick/swim) 2x150 sprint 40m with paddles 1x300 sprint 50m fins+pad	Example 1 – 1x round (450m R + 140m) Cord work 8x50 resisted fins+pad 2x25 dive sprint apply 6x50 resisted fins 2x20 turn sprint apply 4x50 resisted swim 2x25 dive sprint apply	Example 1 - 3x/4x rounds 1- glide 25m assisted 2- streamline kick 25m assisted 3- max 25m swim assisted 4- 25m Motricité 5- dive 25m sprint 150 skills
Example 2 – 1x or 2x rounds (315m) 12x100 1- sprint 30m (15drill-15swim) 2- sprint 25m band (arms only) 3- sprint 20 kick (UW) – Vert kick prior 4- sprint 25 dive	Example 2 – 4x rounds Cord work 1x50 as sprint to 25m + rest 15s + sprint for 3x/4x cycles 1x20m push max (alt pull-kick-swim, dive/turn) Rec/skills	Example 2 – 3x rounds 1x25 assisted into 15m max (turn+breakout) 100 skills 1x25 assisted MiniMax (feel good) 100 skills

Speed/A2 – Wednesday AM

Example 1

4x rounds

4x25 sprint

    1- fins+pad+chute

    2- fins+pad

    3- fins

    4x swim

200 rec/skills

Example 2

4x rounds

    swim to 25m resisted

    Hold stroke for 30s

    release the cord

    swim max to the 50

    200/300 rec

Example 3

1x/2x rounds

100m

3x vert kick into 20m max (10m kick + 10m swim)

200m skills

2x vert kick into 30m max (10m kick + 20m swim)

200m skills

1x vert kick into 40m max (10m kick + 30m max)

A2/(T) – Tuesday + Thursday AM

Cycle 1 – 4x Weeks

3x100 on 1:15

3x200 on 2:30

3x300 on 3:45

3x400 on 5:00

3x300 on 3:45

3x200 on 2:30

3x100 on 1:15

Progressive (1-3)

Cycle 2 – 3x weeks

4x400 free+fins on 5:00

60" Extra rest

4x400 free pull+pad on 4:50

60" extra rest

4x400 free swim on 4:40

60" extra rest

4x400 free fins+pad on 4:30

Cycle 3 – 2x Weeks

2x rounds (1x swim, 2x kick+swim)

6x50 + 3x100

6x50 + 2x150

6x50 + 1x300

6x50 + 2x150

6x50 + 3x100

50's : 1- swim 40", 2- kick 50"

KEY Set 1 – Tuesday PM

Cycle 1 – 6x Weeks

3x

    8x

        1x150 free (A2/(T)) on 2:00/2:15

        1x50 #1 RP4 on 60"

    300 rec

1- swim

2- fins

3- combo swim/kick

Cycle 2 – 2x Weeks

6x

    1x150 free (T) on 2:15

    1x50 #1 RP2 on 60"

Rec

6x

    1x100 free (T) on 1:30

    2x50 #1 on 60"

Rec

Cycle 1 - 1x week

2x

    1x100 free (T) on 1:40

    2x50 #1 RP2 on 65"

rec

2x

    1x50 free (T) on 70"

    2x50 #1 best on 55"

KEY Set 2 – Thursday PM

(Vince R + Shannon R)

Cycle 1 – 6x Weeks

3x rounds (all 50's on 70")

1x50 #1 dive + 1x50 rec

2x50 #1 (dive+push) + 1x50 rec

3x50 #1 (push) + 1x50 rec

4x50 #1 (1xdive) + 250 rec

Cycle 2 – 3x Weeks

3x rounds

1x50 #1 dive + 1x50 rec

2x50 #1 (dive+push) + 1x100 rec

4x50 #1 (1xdive) + 200 rec

2x100 #1 max (dive) + 400 rec

    2x50 on 65"

    4x50 on 70"

    2x100 on 2:30

(Cycle 2 + Cycle 3)

2x rounds

1x50 #1 dive + 1x50 rec

2x50 #1 (dive+push) + 1x100 rec

4x50 #1 (1xdive) + 200 rec

1x100 #1 max (dive) + 600 rec

Round 1 'suited'

    2x50 on 60"

    4x50 on 65"

KEY Set 3 – Saturday AM

Cycle 1 – 6x Weeks

8x50 on 65" (1xdive 1xpush)

4x100 removal on 1:30

Rec extra

6x50 on 70" (1xdive 2xpush)

5x100 removal on 1:30

Rec extra

4x50 on 80" (1xdive 3xpush)

6x100 removal on 1:30

Cycle 2 – 2x Weeks

3x rounds

4x50 #1 RP2 on 70"

3x100 removal on 1:30

100 rec

4x25 #1 max on 45"

300 rec

Cycle 2 - 2x weeks

1x round (suited)

8x50 #1 on 1:25

400 rec

6x50 #1 on 1:15

400 rec

4x50 #1 on 65"

400 rec

2x50 #1 on 55"

400 rec

Preparation Model

RACING

SPECIFIC
DEVELOPMENT

GENERAL PREPARATION

THANK YOU VERY MUCH

ANY QUESTIONS ?