

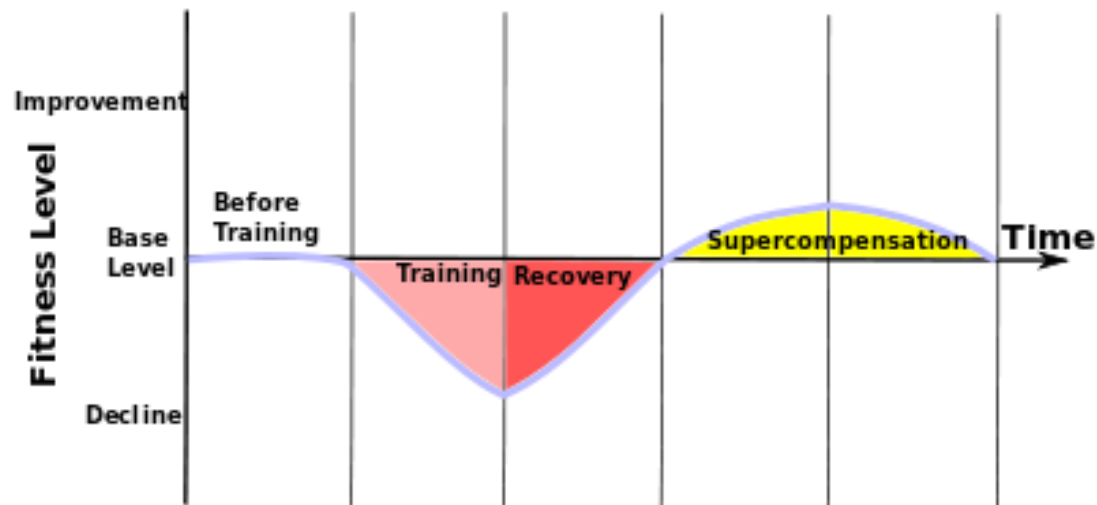


Fina

WATER IS OUR WORLD

**Early Season Technique and Training:
Part One**

Improvement and supercompensation leads to periodization and peaking



Overview

Skills and
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Sample
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Conclusion

- Periodization is a process to manage training and its results with suitable recovery in order to push the body towards peak performance at a set time.
- Three parts to a swimming season:
 - Preparatory
 - Development
 - Competitive



24-Week Season



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Season Planning: Cycles

- **Macrocycle:** An entire Season: winter, summer, other
- **Mesocycle:** Short period (4-7 weeks) of changing volume or intensity within 1 macrocycle
- **Microcycle:** weekly plan



Sample Macrocycle

- Beginning General preparation period
- Speed endurance period
- Race preparation
- Taper period



General Preparation and Beginning Workouts

- Schedule 2 main sets per week to address speed
- 60-70 % of the main sets in this period should be done with main stroke
- Outside of main sets, use EN1 training paces and sets from the early season phase
- The Speed Endurance phase should last for around 6 to 8 weeks
- Don't forget RECOVERY ! (During the cycle perhaps 1.5 to 2 weeks work followed by 3 to 5 days recovery) repeated twice. This kind of planning limits the possibility of overtraining.

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Example: emphasis/want to improve

- Improve stroke technique and movement
- Develop aerobic capacity
- Improve starts and turns
- Improve strength and flexibility
- Maintain speed power and endurance



- **Energy 1 (EN1) Sets**
 - 200s or above swum at above AER thresh but below AN thresh at 70% (10-30 seconds rest for 200s or less, 20-30 seconds rest for above 300) 130-150 HR
- **AN 1 sets**
 - Faster than AT but below VO2 max: 15%
 - 15-20 minutes swimming 160-180 HR
- **AN 2 sets**
 - Faster than VO2 mov: 5-10%
 - 50s or less, 30-60 seconds rest, 10-15 minutes swimming

Overview

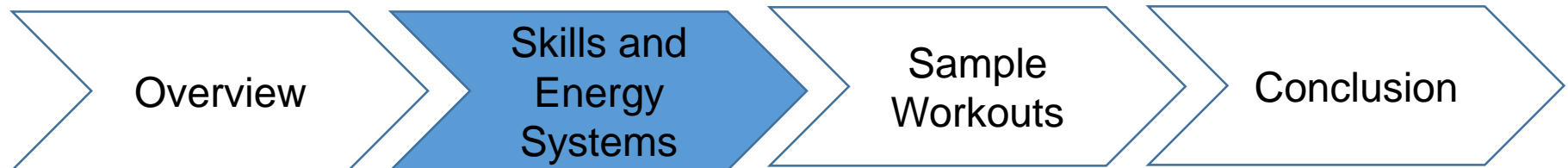
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Points of Emphasis

- Opens capacity in the 3 areas needed for performance
- Should generally use all skills and muscles
- No real emphasis on max efforts and race speed in beginning of season



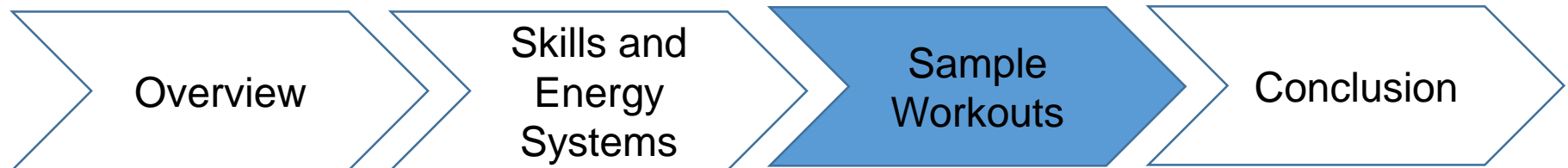
Beginning season training for middle distance and sprinters should include:

- The SAME mixture as the previous! **Why?**
- Is volume lower? **Yes**
- Building capacity requires not overstressing Glycogen burning in muscles until capacity is increased
- Should rest inbetween repeats increase? **NO!**
- By keeping the rest low, glycogen is saved and fat metabolism is used instead



In preparatory/beginning season workouts:

1. Spin body up to more capacity for training later in the season
2. Improve stroke technique in all training
3. Increase strength and flexibility
4. Improve workout parts of the program





Sample Workout #1: Nov.2, 2017

- 4x300 50breath right/left by lap, 50 normal with TN turns
- 2x 4x25x:30 surface push, 4 strokes fly then free
- 300x4:15 8-8-8 (8 kicks, 8 cycles, 8 kicks)
- 4x25x30 Surface push no pullout breastroke to 12.5 then free
- 3x 200 kick x3:30 with fins 25 underwater, 25 choice slow to fast
- 300x5:00 25 free, 50 back, 25 free, 75 back, 25 free, 100 back.
Free=flip in middle Back= count strokes
- 4x 4x50x:60 rounds 1-2, free/back with band, round 3-4 free/breast swim
- 100x2 ez
- 100 rotate 50 fast x1:30

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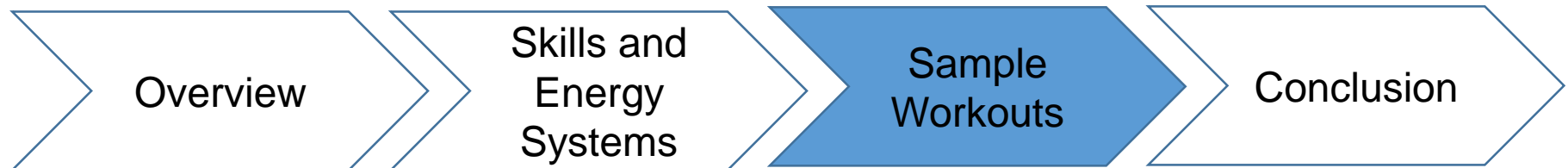
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Sample Workout #1: Nov.2, 2017

Explanation:

- Set #1: breathing and balance, velocity recognition and balance
- Set #2: aerobic capacity and short axis
- Set #3: a first taste of anaerobic burst and technique improvement





Sample Workout #2 LCM

800: lap 4=back, lap 4=breast

6x300 #1 free snorkel, #2 75 free 25 fly, #3 75 free 25 bk

12x50s kick with stick x1:15

200 IM x3:30

4x

2x50s breaststroke fast x:60

100 free x1:40

12x100s 25 kick, 50 free, 25 fly x1:45

200 ez

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PM Practice:

Running machine 20-30 mins

4x
Dumbbell open shoulder press x10
Goblet squat x10
Dumbbell ski :30 on, :30 off x3

Med ball routine 10 min

Br/Fly/IM turn practice in water

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1. Warm-up and skill prep
2. Breathing restriction and technique in EN1 zone
3. Leg muscle capacity
4. EN1 for stroke and AN2
5. Muscle capacity prep for stroke efficiency and technique



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- Dryland and swimming
- EN 1+2
- AN prep in dry land
- Strength retention for turns

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Sample Workout #3

300 pull with paddles x4:30-5:00

4x

200 50 free 50 breast x3:15-3:30

100 kick fast x2:00

+:30

12x100s

#1= dive 25 fast, 75 ez #2=free breathe to opposite side #3=IM “steady”

2x800

#1=snorkel or restricted breathing pattern with 30-40s rest #2=75 free, 25 br

24x50s

1-12=surface push+12 cycles max then easy (4 fly 4back 4 br 4 free)

13-25= 25 fast, 25 easy

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- Where is EN1?
- How much rest?
- Where is AN work?
- Heart Rate?
- Anything Else?





Early Season Workout #4

3x400s

#1=50 free 50 bk #2=150 free, 50 kick #3=150 free, 50 choice stroke

8x200s

Odd=free (150-160 HR) Even= 100 bk, 100 br, 100 br, 100 free (160 HR)

3x 4x50s dive max x1:15

400 ez (snorkel?)

10x50s x:60 6 cycles fast then ez

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- Why dive max?
- Why 1:15 interval?
- Why 400 ez?
- Snorkel?
- What about HR?
- Why 10x50s

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- General prep beginning season is 6-8 weeks
- Examples
 - 2 weeks work+1 week recovery x2
 - 3x 2 weeks (1.5 weeks train +.5 weeks recovery)
 - 2x 4 weeks (3 weeks train 1 recovery)
 - 5% sprinting with long rest is OK for maintaining speed

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