

DAY/DATE: MONDAY/FEBRUARY 4, 2013

FOCUS: DISTANCE FREE/PACE

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	200 swim, 2 x 50 swim @ r=10 200 kick, 2 x 50 kick @ r=10
EN-1	12 x 25 @ r=5 • 25 scull/25 pull
EN-1 TO EN-2	100 @ 1:40 or r=10 200 @ 3:20 or r=20 300 @ 5:00 or r=30 400 @ 6:30 or r=30 300 @ 5:00 or r=30 200 @ 3:20 or r=20 100 @ 1:40 or r=10
EN-1	200 kick
EN-1	8 x 25 freestyle drills @ 45 or r=10 • 10-beat • single-arm x 2 • human stroke or "long dog"
REC	100 swim

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/FEBRUARY 5, 2013

FOCUS: IM

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	200 swim 200 kick: IM 200 drill: IM
EN-1 TO EN-2	300 pull @ 5:00 or r=30 <ul style="list-style-type: none">• breathe 3/5/3 by 100's 2 x 150 swim @ 3:10 or r=20 <ul style="list-style-type: none">• 50 back/50 breast/50 free 3 x 100 drill @ 2:15 or r=20 <ul style="list-style-type: none">• IM 6 x 50 kick @ 1:30 or r=15 <ul style="list-style-type: none">• 2 fly• 2 back• 2 breast
EN-2	20 x 25 swim @ 40 or r=10 <ul style="list-style-type: none">• 100 IM order
REC	200 choice

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/FEBRUARY 6, 2013

FOCUS: MID-DISTANCE FREE/PACE

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	400 choice
EN-1 TO EN-3	<p>1 x 400 pull @ 7:00 or r=60</p> <ul style="list-style-type: none">• breathe 3/5/3/5 by 100's <p>4 x 50 kick @ 1:30 or r=15</p> <ul style="list-style-type: none">• descend times 1-4 <p>2 x 200 swim @ 3:30 or r=30</p> <ul style="list-style-type: none">• push 3rd 50 in each 200 <p>2 x 100 kick @ 3:00 or r=20</p> <ul style="list-style-type: none">• push 3rd 25 of each 100 <p>4 x 100 swim @ 1:45 or r=15</p> <ul style="list-style-type: none">• descend times 1-4 <p>1 x 200 kick @ 5:00 or r=30</p> <ul style="list-style-type: none">• push 3rd 50 <p>8 x 50 swim @ 55 or r=10</p> <ul style="list-style-type: none">• negative split
SP-1	<p>8 x 25 from center of pool @ 45</p> <ul style="list-style-type: none">• fast turns!
REC	200 choice

TOTAL: 3000 METERS

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

DAY/DATE: THURSDAY/FEBRUARY 7, 2013

FOCUS: SWIM CLINIC

Topic: Backstroke!

When I coach, everything is designed as a progression. In backstroke the progression is **inside to outside**. For example, backstroke starts from a **solid, straight posture**. Here is a typical progression I use:

- Swimmers stand with backs against a wall, chin slightly tucked, tall and straight as possible.
- We then progress to kicking with arms at sides, holding a solid, straight posture.
- Next, we add rotation to the kick: slowly rotate side to side while maintaining your posture.
- 10-beat backstroke: make sure you are rotated all the way onto your side, shoulder under chin
- backstroke swim

There is some debate as to **head position**. Swimmers are often told to keep their heads "back," with eyes up at the ceiling. This leads to poor posture, less extension, uncomfortable feeling. Neck should be long with no wrinkles in the back; **eyes should be at a 45° angle**, as if head is laying on a pillow. Examples of great backstroke technicians are Japanese Olympian, **Ryosuke Irie** (<http://youtu.be/cslxxJU-A5U>), and Hungarian star, **Krisztina Egerszegi** (http://youtu.be/_dTdyWUbQVw, <http://youtu.be/U3grRVo4NbY>).

Practice:

- 4 x 25 kick
- 4 x 25 rotational kick
- 4 x 25 10-beat backstroke
- 4 x 25 backstroke
- 4 x 50 [25 10-beat/25 swim]
- repeat entire sequence while balancing a ½ empty soda can on forehead

DAY/DATE: FRIDAY/FEBRUARY 8, 2013

FOCUS: SPRINT -BASED

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	300 swim 200 kick 100 pull
EN-1	8 x 50 @ 1:10 or r=20 <ul style="list-style-type: none">• 1-4: 25 kick/25 swim• 5-8: 25 drill/25 swim
EN-3	3 x 200 swim @ 4:00 or r=60 <ul style="list-style-type: none">• #1: straight 200• #2: broken 15 seconds at 100 [subtract 15 seconds to get time]• #3: broken 10 seconds at each 50 [subtract 30 seconds to get time]
EN-1	6 x 50 pull or swim @ r=10
SP-1	3 x 100 swim @ 2:30 or r=60 <ul style="list-style-type: none">• #1: straight 100• #2: broken 15 seconds at 50 [subtract 15 seconds to get time]• #3: broken 10 seconds at each 25 [subtract 30 seconds to get time]
REC	6 x 50 pull or swim @ r=10

TOTAL: 2500 METERS