

Simple Does It!

How to Develop a Simple Training Cycle to Develop Fast and Successful Swimmers

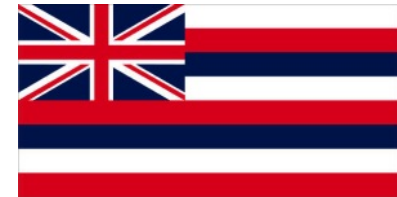
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**HAWAIIAN SWIMMING
Bi-Annual Coaches' Clinic
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How Do I Coach?

- Important to teach swimmers how to race.
- Practice at race pace with perfect technique.
- Aerobic base will build overtime.
- Design practice based on the best swimmers in the group.
- Three Day Cycle twice a week.
- Use of the “150 Chart” to design sets and workouts.
- Mix of science and art.

Simple Does it! – Goals!

- Important not to get too Complex
- Design practice so you can use different or combinations of energy systems each day.
- Think about building base over time.
- Trust your creative side.
- Believe in what you write down and what you tell your swimmers. It is your thought!
- Stay the course. Don't turn your back to your thought. It will keep it SIMPLE.

Three Day Cycle – Weekly Design

Single Practice (6 a week)

	A.M.	P.M.
Monday	-	Aerobic
Tuesday	-	Race-Pace
Wednesday	-	Circuit
Thursday	-	Aerobic
Friday	-	Race-Pace
Saturday	Circuit	-

Double Practice (9 a week)

	A.M.	P.M.
Monday	Dry-land Underwater	Aerobic
Tuesday	-	Race-Pace
Wednesday	Dry-land Underwater	Circuit
Thursday	-	Aerobic
Friday	Dry-land Underwater	Race-Pace
Saturday	Circuit	-

Why Do I like This Set Up

- Sean Hutchinson
 - Charlie Houchin-Olympic Gold Medalist 2012
 - Ariana Kukors-Olympic Finalist 2012
- Allows me to work at a high level every day
- Does not allow the swimmer to Plateau at certain energy system
- It is not boring for the swimmer

AEROBIC Practice

Day:	Monday										Notes:
Date:	8/27/2012										
Swim workout (p.m.)											FOCUS for this practice:
Meeting with High School Team											
	Talk about: How important is to be a team and to think as a team. Present them with the Relay's Goals Idea Give them our goals but next Monday at the meeting the captains will have to present the Goals to the team.										Have pictures of perfect finishes for their blocks so they can see at all times Phelps 2008-2012
10' Stretch											
1) [200 Swim + 10 push ups + 200 Kick + 10 scaps + 200 Drill IM + 10 leg swings + 200 Pull hand paddles + 10 squats] x 2											50m
2) 8 x 75 on 1'30											
	[15 yards underwater kick-35 swim-15 yards underwater kick strong-10 swim] 2 of each stroke and perfect streamline the swim part perfect stroke										600
3) 1 x 300 Free on 3'30-3'40 at 140 heart rate											
1 x 200 Kick IM on 4'-4'10											
	[25 normal-25 Fast at 90 degrees]										
1 x 300 IM on 4'-4'10-4'20											
	75 of each stroke at 150 heart rate										The younger ones do three times rest does four
3 x 100 Free on 1'10-1'15-1'20											
	Desc 1-3 from 140-170										
1'30 rest											x 3-4
										3300	4400
4) 4 x 200 Free Pull with hand paddles on 2'20-2'30-2'40											
	Hold all steady good speed										800
5) 200 Warm Down											200
Dry Land workout (p.m.)										Total:	7600

RACE PACE Practice

Day:	Tuesday													Notes:							
Date:	8/28/2012																				
Swim workout (p.m.)													FOCUS for this practice:								
10' Stretch		Dry-land talk to Jon and see if we do it before or after																			
1) 1200 [100 Free-100 kick-100 IM Drill]																					
2) 12 x 100 IM on 1'30																					
		1-Fly-Breast strong																			
		1-Back-Free strong																			
		1-strong							50 easy												
3) 5 x 200 Free with hand Paddles on 2'20-2'30-2'40 steady speed																					
4) 1 x 150 [50 Kick-50 Pull-50 Sw im] on 2'15		}																			
	1 x 50 at 200 pace+1" on 1'	}																			
	1 x 100 [25 Kick-25 Pull-25 Sw im] on 1'40"	}																			
	1 x 50 at 200 pace+1" on 1'	}																			
	1 x 75 [25 kick-25 pull-25 Sw im] on 1'15	}																			
	1 x 50 FAST on 1'	}																			
	1 x 125 easy choice on 2'30	} x 4																			
5) 5 x 200 Pull with Hand Paddles on 2'30-2'30-2'40																					
		all of them at good speed strong																			
6) 8 x 50 on 1' with Fins																					
		1-double arm back / 1 back																			
Dry Land workout (p.m.)													Total:								
													7250								

CIRCUIT – Power/Speed Practice

Day:		Saturday		Notes:	
Date:		9/1/2012		FOCUS for this practice:	
Swim workout (a.m.)					
10' Stretch					25y
1) [100 Swim + 10 leg swings + 100 Kick + 10 squats + 100 Drill + 10 scaps + 100 Pull + 10 push ups] x 3					1200
2) 16 x 25 on 30" Desc 1-4 to FAST	Main Stroke				400
	[4 Swim / 4 Kick / 4 Pull / 4 Swim]				
3) Circuit	4 stations of 12 minutes of duration + 3 minutes to change station				
	8 swimmers x station				
	Station #1	<u>Dives</u>	1 Running Dive with parachute	on 1' }	
			1 Regular Dive with parachute	on 1' }	
			1 Running Dive	on 1' }	
			1 Regular Dive	on 1' } x 3	600
3' Change	Station #2	<u>Buckets</u>	10 x 25 [water level from not much to the first circle]		
			2 One arm swim with hand Paddle Right Arm		
			2 One arm swim with Hand Paddles Left Arm		
			2 Both paddles Regular Swim		
			4 with Fins		
			10-15 meters underwater kick build-Rest FAST Swim		
			on 1'15"		
			Make sure that the swimmer does not do an effort of more than 25"		
		<u>Swim</u>	2 x 25 on 45" Main Stroke [1 build to 90% / 1 FAST!!!]		1100
3' Change	Station #3	<u>Stretch-cz</u>	[10"-10"-10"-isometric-10" regular] Stretch-cz }		
		<u>Walls</u>	6 Streamlines strong }		
			1 x 25 Swim FAST }		
			on 2'30" } x 4		
			Two swimmers at the same time and try to have them race		500
3' Change	Station #4	<u>Swim</u>	10 x 100 with hand Paddles and Fins		
		<u>Aerobic</u>	on 1'10-1'15-1'20		
			If anyone wants to go on 1'05 that is fine		
			Steady swim with same speed each 100		
			work on good turns and underwaters		2000
			Mahoney does 2 Free-3 Breast at the same interval use paddles & Fins		
			We should do this circuit TWICE but with the young group after first round see how they are doing and maybe have them go only two stations on 2nd round		
4) 200-400 Warm Down					200
Dry Land workout (a.m.)					Total: 6000

This week has been a very good week and very motivating for me. The swimmers have done a very good job and we have a very exciting group of kids. The young ones are really good and they are willing to work. This group of girls will become one of the best in the country in no time. I am very excited and happy to be able to work with them. The boys are doing very well and ready to race and do something special. They are swimming fast already and they are helping one another to get better and better. No we just need to keep working and engaging them every day.

AM Practice – DryLand-Underwaters

Day: Wednesday
 Date: 9/12/2012
 Swim workout (a.m.)

Notes: _____

FOCUS for this practice:

10' Stretch 3 laps run one way 3 the other way	25y
[30" Jump rope + 15" rest] x 9 build each one to FAST	
Med Ball 15" each exercise Individual and partners 10-10-10 push ups / 10-10-10 squats / 10-5 abs	
[squats and jumps under basketball [5 on 30"] x 10 stretch legs for few mminutes	
Boxing [30" each exercise build to Fast with 30" rest] x 6 2 of each exercise	
1) 4 x 200 Fins on 3' [50 Free-50 Back-50 Kick-50 choice]	800
2) 8 x 50 with Fins on 1'30 Some do all of the underwtaer kick 1 Normal / 1 FAST!!! young people do 3-[25 underwater-25 kick] 3-[30 underwater-20 kick] 2-[35 underwater-15 kick] Always with perfect streamline and everyone kicking fly kick	400
3) 4 x 400 with Hand Paddles and Pull bouy [50 Free-50 Back] 200 build-200 at 160-170 heart rate on 5'-5'15	1600
4) 8 x 25 variable speed on 40" 4 Free / 4 Main Stroke	
5) 200 Warm Down	200
Dry Land workout (a.m.)	Total: 3000

Energy Systems Emphasis

12 Weeks Cycle

	Energy System Priority		
	<i>First</i>	<i>Second</i>	<i>Third</i>
<i>Week 1-3</i>	Aerobic	Race-Pace	Circuit
<i>Week 4-6</i>	Race-Pace	Aerobic	Circuit
<i>Week 7-9</i>	Circuit	Race-Pace	Aerobic
<i>Week 10</i>	Transition to Taper		
<i>Week 11-12</i>	Taper & Shave Meet		

16 Weeks Cycle

	Energy System Priority		
	<i>First</i>	<i>Second</i>	<i>Third</i>
<i>Week 1-4</i>	Aerobic	Race-Pace	Circuit
<i>Week 5-8</i>	Race-Pace	Aerobic	Circuit
<i>Week 9-12</i>	Circuit	Race-Pace	Aerobic
<i>Week 13</i>	Transition to Taper		
<i>Week 14-16</i>	Taper & Shave Meet		

150 Training Chart

Training Pace Chart - Backstroke							
Name:		Ryan Murphy			Total Distance Swam (meters):		150
Age:		16			Total Time Swam (sec):		88.83
Date:		12/30/2011			Swimming Velocity (m/s):		1.69
ENERGY SYSTEM	ESTIMATED LACTATE (mmol/L)	% OF TEST SPEED	VITESSE (yards/sec)	50 meters	100 meters	150 meters	200 meters
				110.0%	105.0%	100.0%	100.0%
AEROBIC TRAINING ZONE							
AEROBIC	0 - 4.0	80 - 89%					
REC	< 1.5	75%	1.27	35"89	1'15"20	1'58"44	2'37"92
AER 1	1.5	76%	1.28	35"42	1'14"21	1'56"88	2'35"84
AER 1	3.0	80%	1.35	33"65	1'10"50	1'51"04	2'28"05
AER 2	3.0	81%	1.37	33"23	1'09"63	1'49"67	2'26"22
AER 2	4.0	85%	1.44	31"67	1'06"35	1'44"51	2'19"34
AER 3	4.0	86%	1.45	31"30	1'05"58	1'43"29	2'17"72
AER 3	5.0	89%	1.50	30"25	1'03"37	1'39"81	2'13"08
ANAEROBIC TRAINING ZONE							
ANAEROBIC	> 5.0	90 - 100%					
VO2MAX	5.0	90.0%	1.52	29"91	1'02"67	1'38"70	2'11"60
VO2MAX	8.0	92.0%	1.55	29"26	1'01"30	1'36"55	2'08"74
ANA 1	8.0	93.0%	1.57	28"94	1'00"65	1'35"52	2'07"35
ANA 1	11.0	95.0%	1.60	28"33	59"37	1'33"51	2'04"67
ANA 2	11.0	96.0%	1.62	28"04	58"75	1'32"53	2'03"38
ANA 2	MAX	100.0%	1.69	26"92	56"40	1'28"83	1'58"44

Developing the Chart

- One day I decided to do a 150 FAST in practice because:
 - My swimmers 3rd 50 was always the slowest in the 200 races.
 - Thought that I will teach them to go all out at 150 without fear or expectations.
 - Tired of trying to explain how important the third 50 is and thought that like this they had no option but to go fast.

Developing the Chart-cont.

- After few times of doing the 150 test I thought to use the parameter as the one to set the paces for training.
- Until this point I was using the 200 Personal Best as the base to write the sets.
 - 50's at 200 pace +4", +3", +2", +1", -1".
 - 100's taking the best 200 divided by 2 and then I would add +2", 3", 4", 5".

Developing the Chart-cont.

- After watching how much easier was for the swimmers to reach their daily targets in the water with the use of the 150 parameter I decided to create a chart for them to able to use daily.
- Gustavo Calado one of my assistant coaches and business partner at Planet Swim helped me create the actual chart.

Why I think 150 is Better

200 Personal Best Time

- It is a time that they have only done once.
- They were shaved and tapered.
- Because of the daily workload (academics, dry-land, meets, consistent hard practices) they don't believe that they can swim at that pace at practice consistently.
- All of the above are excuses.

150 Test

- It is a time that they have done recently at practice.
- It really gets very close to the 150 time that they swim at meets.
 - In a period of 12 weeks I tested 6 times. From the first to the last time the difference was 2" and the last test was like the first 150 of Main Competition.
- I can push them in a nicer way since they did that time yesterday ;-).
- No excuses.

Designing sets with the 150 chart

- Always look at the most committed, hard working and fastest swimmers when developing the practices.
- Everyone else will benefit too.
- Two Fastest Swimmers:

Name	DoB	Event (lc)	Time	Event (lc)	Time	
Ryan Murphy	Jul-95	100 Back	53.76	200 Back	1:57.39	150 Chart
Joseph Schooling	Jun-95	100 Fly	53.18	200 Fly	1:56.67	150 Chart

Designing Goal Sets

Specific Training Sets (Progression & Goals) - March 2010-August 2012

		Swimming Sets	
Swimming Sets	S1	30 x 50 on 1'-1'10 - This is a mix work of Energy Systems [10 at Vo2max average / 10 at ANA 1 average / 10 at ANA 2 average]	
		S1a	[10 at AE 1 average / 10 at AE 2 average / 10 at AE 3 average]
		S1b	[10 at AE 1bottom / 10 at AE 2bottom / 10 at AE 3bottom]
		S1c	[10 at AE 2 average / 10 at AE 3 average / 10 at Vo2max average]
		S1d	[10 at AE 3 average / 10 at Vo2max average / 10 at ANA 1 average]
	S2	30 x 100 Mix Energy systems [5 Free (Fr) on 1'30 at REC-AE 1top speed-1 Main Stroke (Ms) on 1'40-1'50 at ANA 1top speed Ms]	
		Always same pattern 5 Free-1 main Stroke / 4 Fr-2 Ms / 3 Fr-3 Ms / 2 Fr-4 Ms / 1 Fr-5Ms	
		S2a	Main Stroke start from AE 3top and progress at the end to AE 3bottom
		S2b	Main Stroke start from AE 3 bottom and progress at the end to Vo2max top
		S2c	Main Stroke start at Vo2max bottom and progress to ANA 1top
S3	6 x 100 Main Stroke Dive on 8' at ANA 2bottom speed		
	S3a	Not slower than ANA 1 bottom	
	S3b	3 Not slower than ANA 1bottom- 3 at ANA 2average	
S4	6 x 200 Main Stroke [3 at Wo2max with 1' rest + 5' rest + 2 at ANA 1 with 1' rest + 5' rest + 1 at ANA 2]		
S5	16 x 200 [3 Free on 3'-3'15 at 140 heart rate + 1' rest + 1 x 200 Main Stroke on 4' (1-AER 3 / 1-Vo2max / 1-ANA 1 / 1 FAST)]		
Kicking Sets	K1	8 x 50 Fly Kick with Fins underwater on 1'30 FAST everyone should be under 25"	
		K1a	4 x 50 Fly Kick underwater on 2' Fly Kick 1 strong / 1 FAST
		K1b	4 x 50 Fly Kick on 2' Fly Kick underwater Fly Kick ALL FAST
		K1c	6 x 50 Fly Kick on 1'30 underwater Fly Kick ALL FAST
	K2	10 x 100 Kick Main Stroke on 2' Best Average	
		K2a	5 desc 1-5 to strong / 5 Best Average
		K2b	3 desc 1-3 to strong / 7 Best Average
	K3	8 x 50 on 1'30 Main Stroke FAST [25 uderwater Kick-25 Swim]	
	K4	8 x 25 on 2' Kick underwater FAST	

Important: Understand your 150 Chart & Goals for each set.
 Be ready every day to set up the challenge.
 Be committed to the set no matter how you feel or think you can do.
 Work on the details of the race in every part of the set.
 Good starts, good technique and perfect finishes for each set.
 Help your TEAMMATES to be better and push to the limits.
 Don't be afraid to push and see how good you can be.
BELIEVE in YOURSELF!

Seize The Moment

**Never Give Up
On Your Dreams**

**Nothing is Impossible
To A Willing Mind**

Benefits of the 150 Chart

- The test (150 yds/m) is easy and quick to do.
- It is easy to update.
- It is inexpensive.
- Frequent testing gives the swimmer confidence that the times at practice can be reached each day.
- The short distance allows the swimmer to maintain good strokes, turns and transitions while swimming fast.

Benefits of the 150 Chart-cont.

- Swimmers will challenge one another so they can have the most challenging chart.
- Instead of looking at the Aerobic side this aims more to work around the Anaerobic Threshold and imitates the race pace.
- It helps develop the Neurological System at race speed.
- I can use the chart daily.

Be Creative!
Keep it Simple!

Simple Does it!

Questions & Answers

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MAHALO!!!