Jessica Cutler KIN 856 Program Rationale 2

The mile swimming event requires endurance and aerobic training throughout a season with a focus on strength throughout training. Swimmers who compete in distance events do not typically taper off at the end of a season as much as a swimmer who competes in shorter events such as a 200 freestyle. Distance swimmers need to keep their endurance in order to race efficiently. It is recommended for advanced swimmers (including swimmers who compete in the mile) to train at least five times a week for two hours a day. For collegiate swimmers, they train six days out of the week averaging four hours of training a day. The training focuses on repetitive distances holding a race pace or a few seconds off of race pace. This helps to train the body to know what it feels like to hold a pace and to keep a pace during a long race like the mile. For the training program I have focused on age group swimmers who range from 12-18 years old who compete in the mile swim. The training goes in three week cycles with a focus on kicking intensity, pacing for long distances and race pace like the pace held in competition, and tempo. Base times refer to intervals swimmers will send off on for a 100 repeatedly. The six weeks I will be focusing on are the beginning of the season. As a swim season progresses, swim sets are repeated and the intensity increases. The time interval will shorten requiring the swimmer to use the strength and power they have built to accelerate through the water at quicker speeds than at the beginning of a season. Practices tend to vary and change based on who shows up to a swim practice and what individual swimmers need become more efficient. It is not typical for an age group swimmer to simply repeat mile swims consecutively during a practice. They will spend more time working on pacing and endurance.

Week 1-3 (Kick Intensity): During this phase athletes will partake in dryland (exercises outside

of the pool as a team) that will build strength, as well as stretch before getting into the pool.

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Week 4-6 (pacing and tempo): This phase still incorporates dryland and also involves other

strokes than freestyle. It is important to mix in strokes so swimmers do not burn out from one.

1. 400 free, 300kick, 200 pull, 100choice warm up2.8 X 75 @ Base3.500 Kick withFins 8 Fly kickseach wall Fast4. 12 X 50 SkullPull with Snorkel5.12 X 50 @ 2:00,TT = -:10, Hold SCand BO - Go Fast6. 4 X 125 DPS7. Long WD	1. 1000 SKIPS 2. 600 fly kick with fins on back 3. 4 X 4 X 75. 1:40, 1:30, 1:20, 1:10 - Descend 1-4 +1:20 Rest - Build Tempo and Kick Rate -4. 8 X Pull 125's w Snorkel @ Base*2 5. warm down	1. 800 RIMO 2. 6 X 100 @ Base +:30 W Up 3. 8 X50 Kick @ Base - Build Tempo Each 4.5 X 100 @ Base +:25 5.4 X 100 @ Base +:20 6.3 X 100 @ Base +:15 7.2 X 100 @ Base +:10 8.100 @ Base +:05 ** Hold Base Or Faster, Take 1 Min between each step 9. warm down 1. 500 Choice 2.75 Set	1.500 Choice W UP 2.500 Kick wi Fins, + 1 Fly Kick each wall 3.21 X 25 TT Descend :05 every 3 - Start at 1:20, drop :05 Sec each 3. 200 EZ 4.15 X 25 TT Hold, 5. Start at 1:15 and Drop :05 Sec Each 3 6.3 X 200 IM @ 4:00 7. Warm Down	 15 minute warm up on own 4x200 @3:00 4x50 kick easy 3x200 @2:50 4x50 kick easy 2x200 @2:45 4x50 kick easy 200 free all out *hold pace for all 200s 12x50 scull/pull starts with breakouts to half way warm down 1. 800 choice warm up 8 X 75 Free @ 1:10
2. 6 X (Ladder Kick - 75-50-25)	swim then work	- 10 X 75 @ Base (Hold 1:00)	100 easy 5x125 @base +20	3.8 X 75 Pull @ 1:15 -100 easy
 - 75-50-25), - Allow :40 / 25, but Try to kick - distance in :25/:30 per 25 - Extra :30 Sec rest - 200 EZ 3. 20 X 50 @ 1:30, TT -:10, hold kick rate and stroke count - 200 EZ 4. 12 X 50 @ 2:00 Stroke (not Free) TT -:10, Hold Kick Rate and Stroke count. 5. Warm Down 	on starts and start progressions all night. Recovery night.	(Hold 1:00) - 6 X 75 Stroke @ Base + 15 - 8 X 75 @ Base (Hold :58) - 6 X 75 Stroke @ Base + 30 - 6 X 75 @ Base Free (Hold :56) - 4 X 75 @ Base Free (Hold :54) - 2 X 75 @ Base Free (Hold :54) - 2 X 75 @ Base Free (Hold :51) -200 EZ 3. 6 X 100 IM @ 2:30 4. warm down	100 easy 5x150 @base +45 100 easy 5x175 @2x base 100 easy 5x200 @2xbase +15 *hold pace for mile the entire time 3. long warm down	 -100 easy 4. 8 X 75 IM Kick @ 1:45 -100 easy 5. 4 X 125 @ 2:00/ 2:20, Build off Breakouts 6. 4 X 125 @ 1:50/ 2:10, Steady Tempo and Kick rate 7. 4 X 125 @ 1:40 / 1:50, Breakouts 8. 4 X 125 @ 1:30/1:40 Pace -200 EZ 9. 3 X 250 Pull @ 3 X Base 10. long WD
1. 1000 SKIPS 2. 8 X 75 Free @ 1:15	1. 20 minute warm up on own	1. 800 RIMO 2. 5 X 100 Free @ 1:45 / 2:00	1. 500 Choice 2. 75 Set (work on last 30 on each)	1. 600 Choice 2. 500 Kick with Fins, Add 1 Fly kick each wall

3. 2 X 8 X 25 Kick @ 1:00 w Fins -Odd All out -Even Steady 4. 8 X 50 Skull / Pull @ 1:00 w	 2. 500 fly kick on back with fins 3. 4x500 @base x6 holding basex5 time 4. 12x50 scull/pull 5. 1000 for time 	3.10 X 50 Kick 25, Build 25 @ 1:15 / 1:30 4. 8 X 50 @ 1:30 Pace Free w TT =	- 12 X 75 @ Base (Hold 1:00) - 4 X 75 Stroke @ Base + 15 - 10 X 75 @ Base (Hold :58)	3. 200 set 3 X 200 @ Base + 15 X 2 150 EZ 2 X 200 @ Base + 30 * 2, hold faster than first set 150 EZ
Pull @ 1:00 W Paddles 5 Pos, BT pull, Double Back, and Alligator 5. 12 X 50 w TT and Descend - Strong Kicking -1-6 TT = Normal, @ Base+20 - 7-10 TT = Normal - :10 @ Base +10 - 11-12 TT = Normal - :20 @ Base 200 EZ 6. 6 X 50 Stroke @ 1:30, TT = Normal- :10 7. 500 Warm down	6. warm down	normal 5. 6 X 100 @ 2:00 Pace Free w TT = Normal minus :10 6. 2 X 100 @ 2:00 Pace Free w TT = Normal minus :15 200 EZ 7. 4 X 50 @ 1:40 Pace Stroke w TT = Normal for the stroke 8. 4 X 50@ 2:00 Pace Stroke w TT = Normal minus :10 9.4 X 50 @ 2:30 Pace Stroke 2 TT = Normal Minus :15 10. Starts and Breakouts with any time left	(Hold :58) - 4 X 75 Stroke @ Base + 30 - 8 X 75 @ Base Free (Hold :56) - 4 X 75 Stroke @ Base +45 - 6 X 75 @ Base Free (Hold :54) - 2 X 75 Stroke @ Base + 1:00 - 4 X 75 @ Base Free (Hold :51) -200 EZ 3. 3 X 200 IM @ 4:00 4. warm down	 150 EZ 2 X 200 @ 5:00, All out for time 4. Long Warm down set. Minimum 500
		11. warm down		