

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.

<p>1. 1000 SKIPS warm up 2. 12 X 75's Alternating Kick Breast and Flutter @ 1:45 3. 12x50s dolphin kick on back 4. 16 X 50 D/S freestyle @ 1:15-1:20 5. Freestyle 125's (Focus on Last 50 Fast) 6. Warm Down</p>	<p>1. 800 RIMO warm up 2. 12 X 75's Alt Kick Fly and Flutter @ 1:45 3. 16 X 75 D/S Free @ 1:30-1:45 4. Freestyle breakouts 50s focus on off the wall kick 5. 10x50 pull @ 1:00 6. WarmDown</p>	<p>1. 1000 SKIPS 2. 12 X 75's kick 10 fly kicks off each wall @ 1:45 2. 16 X 50 D/S Back @ 1:15-1:20 3. breakout to 10 yards 8x250s free @ 20 sec rest 4. WarmDown</p>	<p>1. 800 RIMO 2. 12 X 75's Alt Kick Choice @ 1:45 3. Tempo Trainer (TT) with Kick 25's, then Swim 50's free (12x75 @ 1:30) 4. 16 X 50 @ 1:15, 4 of each stroke, use TT 5. Warmdown</p>	<p>1. 800 RIMO 2. 12 X 100 Kick @ r :30, use TT on all 4 Strokes 3. 14 X 50 Free w TT & Turns/Break Out 200 EZ 4. 8 X 50 Back w TT & Turns/BO 200 EZ 5. 8 X 50 Breast 2 TT & Turn / BO 200 EZ 6. 6 X 50 Fly w TT & Turn / BO 200 WD</p>
<p>1. 1000 SKIPS 2. 20 Min Kick Set 25-50-75 yds, holding TT 1:30,1:25,1:20, 1:15 TT 3. 14x50 pull @ 1:00 4. 5 X 200 at 2 X Base + :30, Hold free pace 5. Warm down</p>	<p>1. 800 RIMO 2. 10 Min Kick w Fins: 6 Fly Kicks off each wall, Breast every 3rd 50. 3. 10x100 free at base 4. 20x 75 kick, scull, swim by 25 @ 15 sec rest 5. warm down</p>	<p>1. 400 free, 300 kick, 200 pull, 100 choice warm up 2. 10 Min Kick Set 75-50-25 yds, holding TT 1:20, 1:15, 1:10, 1:00 2. 8 X 125 at Base +:30, Hold free pace, TT = +.05 3. 20x 50 free with 10 fly kicks off each wall @ 1:00 4. warm down</p>	<p>1. 1000 SKIPS 2. 10 Min Kick Set 100s w Fins @ Base + :10, TT: 1:15 3. 10x 100's @ Base, TT 1:15-1:20 4. 10x 50's @ Base, TT :1:00-1:10 5. 20x25 from a start with fly kick as far under water as you can go. Walk back around and repeat 6. warm down</p>	<p>1. 800 RIMO 2. 6x kick (75 steady @ 1:10, 50 fast @ 1:00, 25 all in @:50) 3. 10x200 at base x3 4. 12x50 drill swim @ 1:15 Warm down</p>
<p>1. 1000 SKIPS 2. 12 Min Kick Set 3 X (25-50-75) @ :35 sec / 25 Holding Kicking Counts TT start at "normal" rate 3. 6X 150 at Base + :40, Hold pace DPC, Normal TT rate 4. 8x75 kick, scull, swim @ 15 sec rest 5. warm down</p>	<p>1. 800 RIMO 2. 8 Min Kick w Fins: Core work with Fly Kicking 75's - Work Hips with big kicks 3. 20x 75's @ Base 4. 20 mins Measure 25's Total Time, Time & dist of BO, stroke count to finish 5. warm down</p>	<p>1. 1000 SKIPS 2. 15 Min Kick Set 50's @ Base - :15, TT 3. 4 X 200' IMs @ Base +1:00 - Fly/ Back/ Breast - Hold TT steady at one rate (fastest of the 3) 4. 10x100 @ base 5. warm down</p>	<p>1.800 RIMO 2. 8 Min Kick Set 25's Kick (choice) All Out at :15 Rest. Hold Time 3. 12 Rolling 125's Free at 2 X Base, Breakout work 4. 4x 125's Stroke only 5. 12x75 pull @ 1:30 6. warm down</p>	<p>Challenge night 20 minutes warm up on own 5x200 @base 4x400IM @ 5xbase +:30 1650 swim for time Warm down and stretch</p>

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.

<p>1. 400 free, 300 kick, 200 pull, 100 choice warm up 2.8 X 75 @ Base 3.500 Kick with Fins 8 Fly kicks each wall Fast 4. 12 X 50 Skull Pull with Snorkel 5.12 X 50 @ 2:00, TT = -:10, Hold SC and BO - Go Fast 6. 4 X 125 DPS 7. Long WD</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>1. 15 minute warm up on own 2. 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 3. 12x50 scull/pull 4. starts with breakouts to half way 5. warm down</p>
<p>1. 500 Choice Warmup 2. 6 X (Ladder Kick - 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</p>	<p>20 minutes think swim then work on starts and start progressions all night. Recovery night.</p>	<p>1. 500 Choice 2.75 Set - 10 X 75 @ Base (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 Stroke @ Base +45 - 4 X 75 @ Base Free (Hold :54) - 2 X 75 Stroke @ Base + 1:00 - 2 X 75 @ Base Free (Hold :51) -200 EZ 3. 6 X 100 IM @ 2:30 4. warm down</p>	<p>1. 1000 SKIPS 2. 5x100 @base 100 easy 5x125 @base +20 100 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</p>	<p>1. 800 choice warm up 2. 8 X 75 Free @ 1:10 3.8 X 75 Pull @ 1:15 -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</p>
<p>1. 1000 SKIPS 2. 8 X 75 Free @ 1:15</p>	<p>1. 20 minute warm up on own</p>	<p>1. 800 RIMO 2. 5 X 100 Free @ 1:45 / 2:00</p>	<p>1. 500 Choice 2. 75 Set (work on last 30 on each)</p>	<p>1. 600 Choice 2. 500 Kick with Fins, Add 1 Fly kick each wall</p>

<p>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 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</p>	<p>2. 500 fly kick on back with fins 3. 4x500 @base x6 holding base x5 time 4. 12x50 scull/pull 5. 1000 for time 6. warm down</p>	<p>3. 10 X 50 Kick 25, Build 25 @ 1:15 / 1:30 4. 8 X 50 @ 1:30 Pace Free w TT = 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 11. warm down</p>	<p>- 12 X 75 @ Base (Hold 1:00) - 4 X 75 Stroke @ Base + 15 - 10 X 75 @ Base (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</p>	<p>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 2 X 200 @ 5:00, All out for time 4. Long Warm down set. Minimum 500</p>
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