

Taper: Event vs Age vs Length of Season

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Psychology vs Physiology



Psychological Adaptations

Reminders for 2 to 10 day range

Ken Ravizza

- “Do Simple Better”
- “Are you that crappy that you have to feel good to swim fast?”
- “Keep the pleasure greater than the pressure; and the process greater than the performance”
- “Be where you need to be when you need to be there”
- “GO BIG!!”
- Breathing; Venue Focal Points



Tapering a Team

Establish Guidelines

Working Document from Year to Year: Taper Checklist (covered at the beginning of February)

- Save Energy
 - Using Elevators, keeping backpack light, walk slower
 - Wear Hats and Gloves
 - Plan out your day - don't rush



Tapering a Team

Establish Guidelines

Working Document from Year to Year: Taper Checklist (covered at the beginning of February)

- Nutrition
 - Drink extra water; decrease the sugar intake
 - Find Healthy Snacks throughout the day
 - Avoid major changes in diet



Tapering a Team

Establish Guidelines

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- Health & Sleep
 - Increase the amount of straight sleep you get - establish a sleeping routine
 - Turn phone to airplane mode
 - Decrease video game playing
 - Limit Flip-Flop wearing; wash hands constantly



Tapering a Team

Establish Guidelines

Working Document from Year to Year: Taper Checklist (covered at the beginning of February)

- General Advice
 - Practice the perfect day!!
 - Don't do nothing!!
 - Keep ego high - help others do the same
 - Girlfriend talk/Parent Talk



Training & What We Do...

Day to Day

Three-Day Cycle

- Day One: Recovery Based Work + Light Ab Work
- Day Two: HR Work + Ab Work + Light Med-Ball Work
- Day Three: FAST (Race Depended) + Lift

Wednesday	Thursday	Friday
March 16th 1:15 pm - Swim RECOVERY	March 17th 1:00 pm - Dryland 1:30 pm - Swim HR WORK	March 18th 7:15 am - Swim (Optional for some athletes) 1:00 pm - Lift 2:00 pm - Swim FAST

Day One: Recovery

Example Workout: Nathan Adrian

200 Flop + 100 Relaxed Kick

Fins - 2 rounds

100 Free Start Each 25 Straight Arm and move relax the recovery through the 25

100 Backstroke - Mix in some Double Arm Back Strokes

100 Relaxed Kick

50 Fly - 25 Rt/25 Lt

50 Breast pull with a dolphin kick

50 kick no board

No Fins

50 choice drill + Deep Breathing Work + 25 Perfect Technique Swim + 25 Easy

50 choice body position scull + Deep Breathing Work + 25 Perfect Technique Swim + 25 Easy

50 choice body position kick + Deep Breathing Work + 25 Perfect Technique Swim + 25 Easy

100 easy

1600 yards

Day Two: HR Work

Example Workout: Nathan Adrian

200 Flop + 100 Relaxed Kick

100 choice drill + 50 kick a little stronger than 100

3 rounds of:

50 free rest 5 seconds then 25 - half way reverse scunch scull/half way easy

Descend the 50 down to 26 seconds

easy 25

3 rounds of:

50 free rest 5 seconds then 25 - half way at 80-90% effort/half way easy

Decrease the number of breaths from 2,1,0 on the 50's

easy 25

2 rounds of:

100 swim with great walls; allow the HR to come up + 50 easy

50 kick at 80% + 50 easy

2xassisted cords

150 easy

1650 yards

Day Three: FAST!!

Example Workout: Nathan Adrian

200 Flop + 100 Relaxed Kick

50 free at 2 breaths on :60 + 4x25 kick on :30 descend 1 to 4 with #4 FAST to half way

Easy 50

50 free at 1 breath on :60 + 4x25 kick on :30 descend 1 to 4 with #4 FAST to 15m

Easy 50

Relay Exchanges x 1

2 rounds of:

50 swim at 80% rest 5 seconds 25 - half way fast reverse scunch scull/half way easy + 25
easy

Finish with a 25 from a runner through the turn and breakout (3 strokes) easy to the wall
then right into a 25 at 100 rhythm

300 Warm-Down

1400 yards

Training & What We Do...

Week to Week

NCAA Swimmers

- Six Weeks Out (M,W,F focus; Th/Thur - Lower HR work; Back up Morning Swim time 6 to 6:30 am) - Saturday - Race Practice Day
- Five Weeks Out (Last Dual Meet) - Same Focus as week before through Wednesday; Thursday - Recovery; Friday - HR work; Saturday Race
- Four Weeks Out - Start into Three-Day Taper cycle; (Wednesday & Saturday - FAST)
- Three Weeks Out (Pac-12 Championships)
- Two Weeks Out - Stay in Three-Day Taper cycle - Yardage is decreasing from week to week
- One Week Out - Stay in Three-Day Taper cycle - Yardage is decreasing from week to week
- NCAA Week

Adapting to Length of

Adapting to Length of Season...

30 Week Season

- Six Weeks Out (M,W,F focus; Th/Thur - Lower HR work; Back up Morning Swim time 6 to 6:30 am) - Saturday - Race Practice Day
- Five Weeks Out (Last Dual Meet) - Same Focus as week before through Wednesday; Thursday - Recovery; Friday - HR work; Saturday Race
- Four Weeks Out - Start into Three-Day Taper cycle; (Wednesday & Saturday - FAST)
- Three Weeks Out (Pac-12 Championships)
- Two Weeks Out - Stay in Three-Day Taper cycle - Yardage is decreasing from week to week
- One Week Out - Stay in Three-Day Taper cycle - Yardage is decreasing from week to week
- NCAA Week

15 Week Season

- Three Weeks Out (M,W,F focus; Th/Thur - Lower HR work; Back up Morning Swim) - Saturday - Race Practice Day
- Two Weeks Out (Sectional Meet at the End of the Week) - Start into Three-Day Cycle at the end of the week
- One Week Out - Stay in Three-Day Taper cycle - Yardage is decreasing from week to week (State Meet at the end of the week)

Adapting from Events &

Adapting from Events & Ages...

Events

- Volume is relative to distance
- HR work sustained longer for distance swimmers
- Recovery still needs to be recovery

Age

- For younger athletes, replace Recovery with Skill Development
- HR work can be sustained longer for younger athletes, but skills and movement at a premium

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General Advice During Taper

- Know when to put away the watch; value movement over performance
- Help athletes think about their race day, before their race day - and then train that
- Athlete's body is sensitive - physically & emotionally
- Stagger some times so that the distance kids can be out of the water first on some sessions
- Don't overdue start work

Taper Questions...

- High School Boys Season (~ 3 months)
- Mid-Season Volume: 5.5-6k
- 4 mornings (2 water/2 dryland)
- How would you taper?
 - How many days/weeks?
 - How quickly or gradually would you drop yardage?
 - Intensity?

Taper Questions...

- When entering the rest cycle, do you prefer to ramp down through the taper or get right into resting “x” weeks out? If ramping down, how long do you spend with full rest?
- What would you prescribe if a swimmer complained of soreness 3-4 days (especially in the legs) from a focus meet? Is this a sign of likely under rested?

Taper Questions...

- What do you do when you notice a swimmer or a group of swimmers are rested/tapered too early (several days before competition)?
- Any advice on tapering different or same for high school vs club?

Taper Questions...

- How to hold a taper?
 - From a Sectional meet one weekend to a state meet the next.
 - What is the best way to taper, then get them back up for another taper? Or do they try to hang on?
 - Any thoughts on re-tapering 2 to 3 weeks after an initial taper?