

Sets to monitor Payers in Training

Oct 4-5, 2018

Cherry Hill, NJ

EASTERN STATES CLINIC

①

~~40x50 @ 1:00~~ 3-1  
~~30x50 @ 1:00~~ 2-1  
~~20x50 @ 1:00~~ 1-1  
~~10x50 @ 1:00~~ ↓ all

WHY IS  
 AS IMPATAT  
 AS WHAT

\* VARIATION on 10 ↓ 1-4 @ 1:30  
 ↓ set

\* HAVE GONE 60 5-~~4~~ TOO long?  
 50 4-1

\* BEST ONE 75'S @ 1:30

4 WEEK PROGRESSION ADD ONE A WK

\* EXTENSIVE TAIL WEEK ONE

\* REPEATED WEEKLY TAIL

\* INCREASED TO 8 SETS EVERY OTHER

WEEK (4 + 16 = 20 WEEKS)

THRU FALL

Spring DESCEND THE SETS

HAVE DONE IT WEEKLY AND BI WEEKLY

HAVE DONE IT BY # OF SWIMS IN SET

$8 \times \{ 1 \times 75$        $8 \times \{ 2 \times 75$        $8 \times \{ 1 \times 75$

HAVE VARIED WITH 1 25 sprint

1 25 kub with H<sub>2</sub>O

WITH SLIGHT INTERVAL

CHANGE

LAST SUMMER:

24 x 100 (LC) 2 sets of

4 @ 1:30	HR 160	clear TI
4 @ FPE	HR 160	get TIME
4 @ FPI	HR 180+	hold same FASTER

TALKED AT 12

AND REPEATED

looking FOR threshold INCREASE

	LC	SC
8:50 From DIVE	4 @ 2:00	1:30
	2 @ 1:30	1:00
	2 @ 1:00	.45

\* HAVE DONE up TO 3X  
WITH EASY 400 (TENT)  
1200 warm up - 2400 - 1000 K/S

\* GREAT FOR 200 PEOPLE

? & 100'S DIVE @ 6:00

- HAVE DONE up TO 12  
OFTEN USE # of WEEKS OUT
- LACTATE TOLERANCE - NO LOOSER  
(THEY FALL OFF)
- LACTATE REMOVAL - ACTIVE REST  
(WILL HELP BETTER)

EXPLAIN TO ATHLETES

10 & 20 & 200 FROST FROM PAST

(DICK JOCHIMS → THEY  
LIKED IT)

Any Type of Broken Work

MINI - MAXI SETS

- FANTASTIC WARM UP
- CAN BE DONE A VARIETY OF  
WAYS

\* KEEPING A LOG BOOK IS

A TREMENDOUS TOOL IT NOT  
ONLY ALLOWS SELF MONITORING  
FOR SEASON BUT HELPS SEASON  
TO SEASON → CONTINUITY

Actual Sets

Kickj      (75'S GOAL KICK)

12" { 400 - 300 - 200 @ 7:00  
(600)      (3600)

- \* Usually # of WEEKS OUT  
Reduced TO 2 10-12 days out  
1 moderate Build  
1 Broken All out
- \* last 25 under H<sub>2</sub>O

	SC	LC
Now -	4x100 @ 1:20	1:30

TOTAL OVER 1:00

\* THOUGHTS Difted way to  
look AT IT (↓ sets  
might Be more consistency)

25'S UNDER WATER

START w/ 4 MOVE up TO 8  
increased # of sets

CAUTION → How we involved it

1x500 TIMED (EARED STROKE  
THEY SWIM)

- 5 -

(5)

## Thoughts on USE:

TEST SETS → GREAT BUT CAN  
NEGATE TRAINING IF  
TOO OFTEN (Frequency in key)

\* SURPRISE IS A good  
FACTOR

CONSISTENCY + SAME PARAMETERS

- Key if you ARE looking  
FOR reliability

\* OFTEN USE REST OR SHORT  
PRACTICE AS INCENTIVE

\* CAN CHANGE THESE FOR  
BETTER INFORMATION

\* ATHLETES OWN SET

BEST you CAN possibly HAVE

48 GREAT ONES

PART US WHILE

\* (6)

③ Any set designed for REPEAT  
IN WEAK AREAS

- STRENGTHS vs WEAKNESSES
- 

④ TAKE THE SAME SET + CHANGE  
STRESS FACTORS

- DO THIS + WORKS WELL  
W/ POWER WORK
- IT IS MEASURABLE

4x50 - TIMED 100 (30)

3x200 - 2x50 BUILD UP (20)

CAN MISS SPEND ON

END FOR RACE RELATIVE

\* Release to meets

⑤ TIMED SWIMS FOR VOLUME

- GOOD FOR ATHLETE CONFIDENCE  
IN FITNESS

⑥ CAUTION - PRESENTATION

TEST SETS → CAN LOSE

TRAINING FOCUS

STRESS YOUR GOALS TO ATHLETES

## SETS TO MONITOR PROGRESS THROUGH SEASON

### GENERAL CONCEPTS:

- GOOD INFORMATION FOR THE COACH
- GOOD FOR ATHLETE CONFIDENCE BUILDING  
(CAN BE VERY MOTIVATIONAL)

### ① SWIM MEETS AS A MEASURE

- MOST OBVIOUS MOST MISSED
- ACCURATE SPLITS USE PARTS  
AND WHOLE IN TRAINING  
(PARENTS - OFF YOUR BACK)  
(OBTAIN DISTANCES FROM MIDDLE)

### ② REPEAT SETS - PHILOSOPHICAL

- 30x100 DONE WEEKLY
- 20x200 DONE EARLY WEEKLY  
(GOOD EARLY SEASON SETS)

\* CAN VARY PARAMETERS OR  
DO EXACTLY THE SAME

- A TRUE GAUGE - EXPECT
- TRACK SUCCESS - VARY

### \* Monday Morning Set

FAILURE TO SUCCESS IS

OFTEN A GOOD CONCEPT

8 WEEKS / CHANGED TO

6 WEEKS DISTED / THEN 4 WEEKS