

## Daily Stroke Themes

The practices rotate between the three daily stroke themes: FR, IM and CH. This means the main set(s) will be predominately the daily theme and taking up at least half the practice. Holding steady pace, descending pace, negative split or varying pace (e.g. 75m=25 build, 25 sprint, 25 medium) are options as are consistent, descending or varying interval times.

**Note: Regular Daily Themes rotate each day so that on a given day the stroke theme is different each week so on the fourth week the cycle begins again.**

### FR = Freestyle (front crawl)

The main set(s) are freestyle or predominately freestyle. Specified breathing patterns may be indicated. Since freestyle is the fastest stroke, the overall workout distance may be longer.

### IM = Individual Medley

The main set(s) are IM or predominately IM. All 4 strokes are involved: butterfly, backstroke, breaststroke, freestyle. Some swimmers may require substitutions for certain strokes because of injury or ability. The distances of each stroke within the IM may vary (e.g. drop worst stroke, adding an extra 50 to a stroke rotating the strokes during a set of 4).

### CH = Choice

The main set(s) are swimmer's choice or predominately their choice. Most swimmers may choose their best stroke preferably not freestyle. Could be specified choice non-free, best stroke, worst stroke, etc. Interval times or distance may need to be adjusted depending on the stroke chosen.

## Weekly Distance Themes

The practices also have weekly distance themes which are combined with the daily stroke themes above.

**Note: Regular Weekly Themes rotate each week so on the fourth week the cycle begins again**

### Short distance

The interval distance in the main set(s) is between 5m - 125m. Variations include mixing in different strokes, drills or kick and broken swims (e.g. taking 30 sec rest at each 50m). Since there are more rest intervals, the overall workout distance may be shorter.

### Mid-distance

The interval distance in the main set(s) is between 150m - 375m. Variations include mixing in different strokes, drills or kick and broken swims (e.g. taking 30 sec rest at each 50m).

### Distance

The interval distance in the main set(s) will be 400m or longer. Variations include mixing in different strokes, drills or kick and broken swims (e.g. taking 10 sec rest at each 100m). Since there are fewer rest intervals, the overall workout distance may be longer.

# Special Weekly Themes

*Note: Special Weekly Themes occur at specific points in the season and may be combined with other special themes in addition to the daily and weekly themes*

## Clock

At least one of the main sets will be focused on the clock. Drills to learn proper usage of the pace clock for interval training and pacing.

*Mixing up the swimmers from the usual A, B, C, D lanes is feasible for the main clock usage sets.*

## Drills/Technique

One of the main sets, warm up and/or pre-sets will be drills or predominately drills. Drills focusing on technique. Options include drills breaking down the stroke or turn into component parts and sets where the technique is the focus (e.g. counting distance per stroke = DPS).

*Mixing up the swimmers from the usual A, B, C, D lanes is feasible for the main drill/technique sets.*

### Examples:

Butterfly – 3/3/3, 4/4/2, one arm, closed fist, with FR kick, dolphin dives, push the hip

Backstroke – 6K/1P, 2/2, 3/3, one arm, catch up, salute, spin, sculling

Breaststroke – 2P/1K, 2K1P, 2 up/2 down, on back, sculling

Freestyle – 6K/1P, one arm, closed fist, high elbow, catch up, zipper, penguin, spin, sculling

Turns – start in the middle of the pool, focus on turns during set

Ask the coaches about these and other drills.

## K = Kick

One of the main sets will be kick or predominately kick. Variations include with or without a board, holding board upright varying degrees in the water, “tombstone” or kicking on the side or back without a board. Since kick is the slowest theme, the overall workout distance may be shorter.

## Sprint

A longer warm up and pre-main set preparation followed by a short main set (15 minutes max) all-out effort swim(s) for time (if possible from a dive) such as:

- 1 x 200m
- 2x (broken 200m = 4 x 50m on 20 sec rest ) on 8:00
- 3 x 100m on 6:00
- 3x (broken 100m = 4 x 25m on 10 sec rest) on 6:30
- 5 x 50m on 3:00
- 10 x 25m on 1:30
- 16 x 12.5m on 0:50
- 4x50m relay, 4x50m relay or 4x100m relay
- Or some variation thereof.

The remainder of the workout is medium effort short or mid-distance with controlled pacing (steady,

descend or ascend) and/or controlled breathing to recover and complete the workout. Because of the high rest intervals in the main set, the overall workout distance will be shorter.

*Mixing up the swimmers from the usual A, B, C, D lanes is feasible for the main sprint set.*

## **Speed Endurance**

At least one of the main sets will be speed endurance or predominately speed endurance. The efforts are 30 sec to 3:00 (or 50m- 250m) where the rest doesn't allow full recovery for the effort put in. Some swimmers may fail to make all the pace times or set goal depending on conditioning and pacing.

The remainder of the workout is medium effort short to mid-distance with controlled pacing (steady, descend or ascend) and/or controlled breathing to recover and complete the workout. Because of the short rest intervals in the main set, the overall workout distance will be longer.

### Examples:

4x (4x50m Free on :40)

5x 200m Free descend 1-5 on 2:50

5x200m Free on descending pace times (3:10, 3:00, 2:50, 2:40, 2:30)

8x 100m IM descend 1-4 on 1:45

Kieran Perkins Set

3x 50 Best stroke all out on 2:00

50 Best stroke all out on 1:00

3x100m Free on 1:20

100m easy on 3:00

## **Competitive Skills**

At least one of the main sets will be diving starts, turns and/or one off race pace efforts. These workouts have the highest intensity of all the themes. Because of the high rest intervals in the main set, the overall workout distance will be shorter.

*Mixing up the swimmers from the usual A, B, C, D lanes is feasible for the main competitive skills sets.*

## **Competition Taper**

Preparation for competition focusing on competitive skills. Overall workout intensity is significantly reduced, incorporation of kick sets is minimal and only a couple of focused sprints or race pace efforts max. Overall workout distance is also gradually reduced during the week to 50% of normal just prior the competition.

*As the workout distance is decreased mixing up the swimmers from the usual A, B, C, D lanes is feasible.*