

# UNDERSTANDING AND IMPLEMENTING ULTRA-SHORT RACE-PACE TRAINING (USRPT): A TWO-DAY SEMINAR FOR COACHES AND SWIMMERS

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**The Program Day 1**  
**Saturday March 22, 2014 - 10:30 AM to 6:30 PM**

Topic Number and Start Time	Topic	Scheduled Amount of Time
<b>Day 1</b> <b>1 - 10:30 AM</b>	Introduction to the training response in swimming. - [Rushall & Pyke, 1991. <i>Training for sports and fitness</i> ; Rushall, 2003. <i>Foundational principles for physical conditioning</i> .]	45 minutes
<b>2 - 11:15 AM</b>	Principles to guide physical training programs. - [Rushall, 2003. <i>Programming considerations for physical conditioning</i> .]	45 minutes
<b>3 - 12:00 PM</b>	What needs to be accommodated to be in compliance with scientific findings.	30 minutes
12:30 PM	One-hour lunch break.	60 minutes
<b>4 - 1:30 PM</b>	Introduction to USRPT - [Rushall, 2013. <i>Swimming Energy Training in the 21st Century: The Justification for Radical Changes</i> .]	90 minutes
<b>5 - 3:00 PM</b>	Part I: Formulating and writing USRPT macrocycles, microcycles, and training sessions.	45 minutes
<b>6 - 3:45 PM</b>	Part II: Formulating and writing USRPT macrocycles, microcycles, and training sessions.	45 minutes
<b>7 - 4:30 PM</b>	The peculiar case of 50 m training.	45 minutes
<b>8 - 5:15 PM</b>	Summary; Questions and answers	75 minutes
6:30 PM	End of Day 1.	

**The Program Day 2**  
**Sunday March 23, 2014 - 8 AM to 4:15 PM**

<b>Topic Number and Start Time</b>	<b>Topic</b>	<b>Scheduled Amount of Time</b>
<b>Day 2</b> <b>10 - 8:00 AM</b>	Brief revision of USRPT training fitness component; USRPT compared to traditional training. - [Rushall, 2013. <i>USRPT and traditional training compared.</i> ]	30 minutes
<b>11 - 8:30 AM</b>	How the brain organizes race-pace specific technique and energy supply. Pedagogical principles for developing USRPT techniques. - [Rushall, 2013. <i>A swimming technique macrocycle.</i> ]	30 minutes
<b>12 - 9:00 AM</b>	The major physics and mechanics principles of competitive swimming strokes.	90 minutes
<b>13 - 10:30 AM</b>	Cavitation and a Bulbous–bow model	45 minutes
<b>14 – 11:15 AM</b>	Reducing resistance: Streamline.	30 minutes
11:45 PM	One-hour lunch break.	60 minutes
<b>15 – 12:45 PM</b>	Reducing resistance: Breathing.	30 minutes
<b>16 - 1:15 PM</b>	Reducing resistance: Body roll.	15 minutes
<b>17 – 1:30 PM</b>	Propulsion: End of stroke position.	30 minutes
<b>18 – 2:00 PM</b>	Propulsion: The power-phase.	30 minutes
<b>19 – 2:30 PM</b>	Propulsion: Initial actions.	30 minutes
<b>20 - 3:00 PM</b>	Recoveries.	30 minutes
<b>21 – 3:30 PM</b>	Kicking.	15 minutes
<b>22 – 3:45 PM</b>	Make-up topics. Questions and answers.	30 minutes
4:15 PM	End of seminar.	