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A TRAINING POSSIBILITY

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For age-groupers, it is recommended that training for the four 200 races in one session and the other session training for 50s and or 100s be considered. Generally, 200 is the longest distance trained for; 400s and longer seem to improve just as well from 200 training although that mocks specificity for young swimmers. Specificity is diluted anyhow because growth affects all responses to physical exercise. A few days would be like that below. This is not a template but purely an example of one concept of training for age-groupers who swim all events.

- Monday Morning - 200s all strokes over 50 m/y

- Monday Afternoon - 100s all strokes over 25 m/y

- Tuesday Morning - 200s all strokes over 25 m/y

- Tuesday Afternoon - 50s all strokes and turns, double-leg kicking skills

- Wednesday Morning - off

- Wednesday Afternoon - 100s all strokes - a few 50s but mostly 25 m/y

- Thursday Morning - 100s all strokes over 25 m/y

- Thursday Afternoon - 200s all strokes over 50 m/y

- Friday Morning - 50s all strokes and turns, double-leg kicking skills

- Friday Afternoon - 200s all strokes over 25 m/y

- Saturday Morning - 50s all strokes

Variety can be produced by changing time of day, distance of repetition, rest interval (shorter for 25 than for the 20-second 50), order of strokes in a session, etc. The important concept is to train for all events of interest but each one with its own specific features. One would train for 50, 100, and 200 FS as discrete events. Programming then becomes scheduling about three/four stimulations for the same event per week for general age-group training. Remember that 200 FS using 25 m/y with short rest and using 50 m/y with 20-seconds rest are training for the same event. It is the race-pace for each stroke form that should be the earliest programming consideration.

If a 2-hour training session is properly organized, one should be able to get in four stimulations, one for each stroke form. In two hours, one should be able to do 5 minutes of warm-up - 20 minutes for FS; 5 minutes of recovery; 20 minutes for BK; 5 minutes of recovery; 20 minutes for BR; 5 minutes of recovery; and 20 minutes for BF; and 5 minutes of recovery. There is still 15

minutes in the session to do other activities. The task should be tough enough to ensure that no one can do 24 repetitions. Think more in terms of doing 20 minutes of race-pace swimming for specific events. That is enough. Any more and fatigue begins to be exhausting rather than challenging and stimulating. The point behind training should be that swimmers are trying to go race-pace-fast rather than survival-slow. Unlike the common misconception, USRPT is the toughest of all forms of training. It is high-yardage high-intensity relevant work.