

Females-in-Training

February to May 2010

A 3 month swimming program

Endurance through Technique and Practice

The goal is to improve your comfort swimming longer distances.

The program is written up in 5 distance blocks:

1. 700 to 1000m

2. 1000 to 1300m

3. 1400 to 1700m

4. 1800 to 2200m

5. 2200 to 2500mand- If that's not challenging enough - ask Penny to write another block for you!

Please note there are notes on the last page as a guide.

Really want to see an improvement? - All swimmers are encouraged to do at least 2 swimming sessions per week.

You chose the distance block you want to begin the program on. If/when you are ready you can chose to progress to the next block.

The Wednesday CISAC session will usually be the first listed - so that the coaches can assist with the drills and provide technique correction.

The Goal

We aim to have a team of about 20 swimmers to swim in the MS 24 hour mega swim on 1 and 2 May 2010.

Closer to that date you nominate the time (30 minutes, 60 minutes etc) you would like to swim. Remember you can always stop and rest at the pool ends. You will then be rostered on sometime over the 24 hour period.

700m to 1000m

Week	Session 1 Form & Endurance	Session 2 Endurance
1	<p>Warm Up 2 x 50m</p> <p>Drill 2 x 50m Right Arm 2 x 50m Left Arm 2 x 50m Kick 2 x 50m Scull</p> <p>Endurance 100m</p> <p>Cool down 2 x 50m</p> <p>Total – 700m</p>	<p>Warm Up 2 x 25m, 2 x 50m</p> <p>Ladder 25, 50m, 75m, 100m, 75m, 50m, 25m</p> <p>Cool down 2 x 50m, 2 x 25m</p> <p>Total – 700m</p>
2	<p>Warm Up 2 x 50m</p> <p>Drill 2 x 50m DpS 2 x 50m Fist 2 x 50m Kick</p> <p>Endurance 3 x 100m</p> <p>Cool down 2 x 50m</p> <p>Total – 800m</p>	<p>Warm Up 2x50m</p> <p>Endurance 6 x 100m</p> <p>Cool down 2 x 50m</p> <p>Total – 800m</p>
3	<p>Warm Up 2 x 50m</p> <p>Drill 2 x 50m Right Arm 2 x 50m Left Arm 2 x 50m Kick 2 x 50m Scull</p> <p>Endurance 300m</p> <p>Cool down 2 x 50m</p> <p>Total – 900m</p>	<p>Warm Up 3 x 50m</p> <p>Ladder 1 x 150m, 3 x 50m 1 x 100m, 2 x 50m 1 x 50m, 1 x 50m</p> <p>Cool down 3 x 50m</p> <p>Total – 900m</p>
4	<p>Warm Up 2 x 50m 2 x 50 backstroke, breaststroke</p> <p>Drill 2 x 50m Right Arm 2 x 50m Left Arm 2 x 50m Scull 2x50 DpS</p> <p>Endurance 100m</p> <p>Cool down 2 x 50m</p> <p>Total – 1000m</p>	<p>Warm Up 4 x 50m</p> <p>Endurance 500m</p> <p>Cool down 4 x 50m</p> <p>Total – 1000m</p>

1000m to 1300m

Week	Session 1 Form & Endurance	Session 2 Endurance
1	<p>Warm Up 2 x 50m</p> <p>Drill 2 x 50m Right Arm 2 x 50m Left Arm 2 x 50m Kick 2 x 50m Scull</p> <p>Endurance 400m</p> <p>Cool down 2 x 50m</p> <p><u>Total – 1000m</u></p>	<p>Warm Up 3 x 50m</p> <p>Ladder 50m, 100m, 150m, 150m, 100m, 50m</p> <p>Cool down 1 x 50 backstroke 1 x 50 breaststroke 3 x 50 freestyle</p> <p><u>Total – 1000m</u> -</p>
2	<p>Warm Up 2 x 50m</p> <p>Drill 2 x 50m DpS 2 x 50m Fist 2 x 50m Kick</p> <p>Endurance 2 x 300m</p> <p>Cool down 2 x 50m</p> <p><u>Total – 1100m</u></p>	<p>Warm Up 4x50m 2 x 50 backstroke, breaststroke</p> <p>Endurance 2 x 250m 1 x 100m</p> <p>Cool down 4 x 50m</p> <p><u>Total – 1100m</u> -</p>
3	<p>Warm Up 2 x 50m</p> <p>Drill 2 x 50m Right Arm 2 x 50m Left Arm 2 x 50m Kick 2 x 50m Scull</p> <p>Endurance 600m</p> <p>Cool down 2 x 50m</p> <p><u>Total – 1200m</u></p>	<p>Warm Up 4 x 50m, 100m</p> <p>Endurance Ladder 1 x 300m 1 x 200m 1 x 100m</p> <p>Cool down 100m, 4x50m</p> <p><u>Total – 1200m</u> -</p>
4	<p>Warm Up 2 x 50m</p> <p>Drill 2 x 50m Right Arm 2 x 50m Left Arm 2 x 50m Kick 2 x 50m Scull</p> <p>Endurance 6x100m</p> <p>Cool down 2 x 50m 1 x 50 backstroke 1 x 50 breaststroke</p> <p><u>Total –1300m</u></p>	<p>Warm Up 4 x 50m 2 x 50 backstroke, breaststroke</p> <p>Endurance 750m</p> <p>Cool down 3 x 50m</p> <p><u>Total – 1300m</u></p>

1400m to 1700

Week	Session 1 Form & endurance	Session 2 Endurance
1	<p>Warm-up 2x50, 1x100 1 x 50 backstroke, 1 x 50 breaststroke</p> <p>Main Set</p> <p>Drill 4x25 right arm; 4x25 pull 4x25 left arm; 4x25 kick 4x25 DpS</p> <p>Swim 2x100 easy (focus on technique) 2 x 100 hard</p> <p>Cool-down 1x100, 2x50</p> <p>Total – 1400m</p>	<p>Warm-up 2x50, 1x100</p> <p>Main Set</p> <p>Drill 2x50 as 25 right arm, 25 left arm 2x50 or 4x25 kick</p> <p>Ladder 50, 100, 150, 150, 100, 50</p> <p>Cool-down 1x100, 2x50 1 x 50 backstroke, 1 x 50 breaststroke</p> <p>Total – 1400m</p>
2	<p>Warm Up 2 x 50m 1 x 50 backstroke, 1 x 50 breaststroke</p> <p>Drill 2 x 50m DpS; 2 x 50m Fist 2 x 50m Kick</p> <p>Endurance 2 x 300m 2 x 100 hard</p> <p>Cool down 2 x 50m 1 x 50 backstroke, 1 x 50 breaststroke</p> <p>Total – 1500m</p>	<p>Warm Up 4x50m 1 x 50 backstroke, 1 x 50 breaststroke</p> <p>Endurance 2 x 250m –one easy, one hard 4 x 100m – alternate easy, hard</p> <p>Cool down 4 x 50m 1 x 50 backstroke, 1 x 50 breaststroke</p> <p>Total – 1500m</p> <p>-</p>
3	<p>Warm Up 2 x 50m</p> <p>Drill 2 x 50m Right Arm; 2 x 50m Left Arm 2 x 50m Kick; 2 x 50m Scull</p> <p>Endurance 1 x 600m easy 1 x 500m hard</p> <p>Cool down 2 x 50m 1 x 50 backstroke, 1 x 50 breaststroke</p> <p>Total – 1600m</p>	<p>Warm Up 4 x 50m 100m 1 x 50 backstroke 1 x 50 breaststroke</p> <p>Endurance Ladder 1 x 100m; 1 x 200m 1 x 300m 1 x 200m; 1 x 100m</p> <p>Cool down 100m, 4x50m 1 x 50 backstroke, 1 x 50 breaststroke</p> <p>Total – 1600m</p>
4	<p>Warm Up 2 x 50m</p> <p>Drill 2 x 50m Right Arm; 2 x 50m Left Arm 2 x 50m Kick; 2 x 50m Scull</p> <p>Endurance 6x100m 1 x 600m</p> <p>Cool down 2 x 50m 1 x 50 backstroke 1 x 50 breaststroke</p> <p>Total –1700m</p>	<p>Warm Up 4 x 50m 2 x 50 backstroke 2 x 50 breaststroke</p> <p>Endurance 1 x 750m easy 2 x 200m hard</p> <p>Cool down 3 x 50m</p> <p>Total – 1700m</p>

1800m to 2200m

Week	Session 1 Form & endurance	Session 2 Endurance
1	<p>Warm-up 2x50, 1x100 1 x 50 backstroke, 1 x 50 breaststroke</p> <p>Main Set</p> <p>Drill 4x25 right arm; 4x25 pull 4x25 left arm; 4x25 kick 4x25 DpS</p> <p>Swim 4x100 easy (focus on technique) 4 x 100 hard</p> <p>Cool-down 1x100, 2x50</p> <p>Total – 1800m</p>	<p>Warm-up 2x50, 1 x 50 backstroke, 1 x 50 breaststroke</p> <p>Main Set</p> <p>Drill 2x50 as 25 right arm, 25 left arm 2x50 or 4x25 kick</p> <p>Ladder x 2 50, 100, 150, 150, 100, 50 50, 100, 150, 150, 100, 50</p> <p>Cool-down 2x50</p> <p>Total – 1800m</p>
2	<p>Warm Up 2 x 50m 1 x 50 backstroke, 1 x 50 breaststroke 1 x 100m</p> <p>Drill 2 x 50m DpS; 2 x 50m Fist; 2 x 50m Kick</p> <p>Endurance 2 x 300m easy 1 x 200m medium 2 x 100 hard</p> <p>Cool down 2 x 50m 1 x 50 backstroke, 1 x 50 breaststroke 1 x 100m</p> <p>Total – 1900m</p>	<p>Warm Up 4x50m 1 x 50 backstroke, 1 x 50 breaststroke 1 x 100m</p> <p>Endurance 2 x 250m –one easy, one hard 1 x 200m - medium 4 x 100m – alternate easy, hard</p> <p>Cool down 4 x 50m 1 x 50 backstroke, 1 x 50 breaststroke</p> <p>1 x 100m</p> <p>Total – 1900m</p>
3	<p>Warm Up 2 x 50m</p> <p>Drill 2 x 50m Right Arm; 2 x 50m Left Arm 2 x 50m Kick; 2 x 50m Scull</p> <p>Endurance 1 x 600m easy 1 x 500m hard 1 x 400m easy</p> <p>Cool down 2 x 50m 1 x 50 backstroke, 1 x 50 breaststroke</p> <p>Total – 2000m</p>	<p>Warm Up 4 x 50m 2 x 50 backstroke 2 x 50 breaststroke</p> <p>Endurance 1 x 600m easy 1 x 400m hard 1 x 200m easy 1 x 100m hard</p> <p>Cool down 4 x 50m 2 x 50 backstroke 2 x 50 breaststroke</p> <p>Total – 2100m</p>
4	<p>Warm Up 2 x 50m 1 x 50 backstroke, 1 x 50 breaststroke</p> <p>Drill 3 x 50m Right Arm; 3 x 50m Left Arm 3 x 50m Kick; 3 x 50m Scull</p> <p>Endurance 6x100m alternating easy, hard 1 x 600m</p> <p>Cool down 2 x 50m 1 x 50 backstroke, 1 x 50 breaststroke</p> <p>Total –2200m</p>	<p>Warm Up 4 x 50m; 100m</p> <p>Endurance Ladder 1 1 x 100m; 1 x 200m 1 x 300m 1 x 200m; 1 x 100m (1200m)</p> <p>Ladder 2: 50, 100, 150, 100 alternating easy, hard</p> <p>Cool down 4x50m 1 x 50 backstroke, 1 x 50 breaststroke</p> <p>Total – 2200m</p>

2200 to 2500m

Week	Session 1 Form & endurance	Session 2 Endurance
1	<p>Warm-up 2x50, 1x100 1 x 50 backstroke, 1 x 50 breaststroke</p> <p>Main Set</p> <p>Drill 4x25 right arm; 4x25 pull 4x25 left arm; 4x25 kick 4x25 DpS</p> <p>Swim 4x100 easy (focus on technique) 4 x 100 hard 4 x 100 easy</p> <p>Cool-down 1x100, 2x50</p> <p>Total – 2200m</p>	<p>Warm-up 2x50, 1 x 50 backstroke, 1 x 50 breaststroke 2 x 100m</p> <p>Main Set</p> <p>Drill 2x50 as 25 right arm, 25 left arm 2x50 or 4x25 kick</p> <p>Ladder x 2 50, 100, 150, 150, 100, 50 50, 100, 150, 150, 100, 50</p> <p>Cool-down 2x50 2 x 100m</p> <p>Total – 2200m</p>
2	<p>Warm Up 2 x 50m 1 x 50 backstroke, 1 x 50 breaststroke 1 x 100m</p> <p>Drill 2 x 50m DpS; 2 x 50m Fist; 2 x 50m Kick</p> <p>Endurance 2 x 300m easy/hard 3 x 200m medium/easy/hard 2 x 100 easy/hard</p> <p>Cool down 2 x 50m 1 x 50 backstroke, 1 x 50 breaststroke 1 x 100m</p> <p>Total – 2300m</p>	<p>Warm Up 4x50m 1 x 50 backstroke, 1 x 50 breaststroke 1 x 100m</p> <p>Endurance 2 x 250m –one easy, one hard 1 x 200m - medium 8 x 100m –easy/medium/hard</p> <p>Cool down 4 x 50m 1 x 50 backstroke, 1 x 50 breaststroke</p> <p>1 x 100m</p> <p>Total – 2300m</p>
3	<p>Warm Up 2 x 50m</p> <p>Drill 2 x 50m Right Arm; 2 x 50m Left Arm 2 x 50m Kick; 2 x 50m Scull</p> <p>Endurance 1 x 400m easy; 1 x 600m medium 1 x 500m hard; 1 x 400m easy</p> <p>Cool down 2 x 50m 1 x 50 backstroke, 1 x 50 breaststroke</p> <p>Total – 2400m</p>	<p>Warm Up 4 x 50m 2 x 50 backstroke 2 x 50 breaststroke</p> <p>Endurance 1 x 600m easy; 1 x 400m hard 1 x 300m easy; 1 x 200m hard 1 x 100m easy</p> <p>Cool down 4 x 50m 2 x 50 backstroke 2 x 50 breaststroke</p> <p>Total – 2400m</p>
4	<p>Warm Up 2 x 50m 1 x 50 backstroke, 1 x 50 breaststroke</p> <p>Drill 3 x 50m Right Arm; 3 x 50m Left Arm 3 x 50m Kick; 3 x 50m Scull</p> <p>Endurance 6x100m alternating easy, hard 1 x 600m</p> <p>Cool down 4 x 50m 2 x 50 backstroke; 2 x 50 breaststroke</p> <p>Total –2500m</p>	<p>Warm Up 4 x 50m; 2 x 100m 1 x 50 backstroke, 1 x 50 breaststroke</p> <p>Endurance Ladder 1 1 x 100m; 1 x 200m; 1 x 300m 1 x 200m; 1 x 100m (1200m) Ladder 2: 50, 100, 150, 100 alternating easy, hard</p> <p>Cool down 4x50m 2 x 50 backstroke, 2 x 50 breaststroke</p> <p>Total – 2500m</p>

Notes for the Sessions

Drills – these are repeated over the weeks and sessions to build technique. They should be done slowly with concentration on your form.

Fist – using the pull buoy, close your hands to make fists and swim freestyle as you normally would. Concentrate on holding as much water as possible with your forearms.

Kick – with or without board, complete the distance with just kicking. Concentrate on kicking from the hips and rotating on your side to breathe.

Pull – using the pull buoy concentrate on maintaining good body position (i.e. looking down, legs up, swim long)..

Distance per Stroke – count the distance per stroke (each arm) taken to complete the distance. As your form improves, you should find this number decreases.

Right Arm/Left Arm – using the pull buoy, complete the distance with only one arm. The opposing arm remains extended above your head. Concentrate on a smooth pull and maintaining your form: high elbow lift, finger first entry, high elbow pull.

Scull – this drill will help you develop a feel for the water. On your front or back, keep your hands completely under the water and use a sculling motion (small figure of eight) to propel yourself for the distance of the set.

Rest - For the rest between sets take between 10 and 30 seconds to recover. If you need more than that, you are swimming the set too hard and should focus on swimming at a pace that will allow you to quickly recover and start the next interval.

Pull Buoy - A swimming aid that you put between your legs to help you maintain a neutral body position while concentrating on your pull rather than trying to remember everything at once.

A 'Ladder' - A ladder is doing progressively longer sets and then doing progressively shorter sets. For example, you could swim 25 yards, then 50, then 75, then 100, 75, 50 and then 25 with a break in between each "rung" of the ladder.

As you progress you will notice that you continue to build volume over the training plan. Again, the focus should be maintaining good form over all set lengths as opposed to trying to focus on increasing speed.

Endurance & Ladder Sets - All endurance swimming should be completed at a consistent pace. Your goal is to swim the end of your session no slower than the beginning. This will make the pace you swim at the beginning of an endurance set feel slow but as you complete the distance it will start to feel more challenging. If you complete a session and you find that the pace you chose was too easy, you can go a little harder on the next endurance session. For the ladder sets, try to swim at a pace where a rest interval between ten and twenty seconds is sufficient to allow you to finish the ladder.

Time goals - As far as specific amounts of time - avoid trying to hit time goals (yet) - instead focus on trying to feel comfortable, balanced and aerobic for your entire swim. As you build your confidence in the water the times will come down.

Recovery - The recovery portion of a stroke is the part of the stroke where you are not actively pulling. In freestyle it is the part of the stroke from when your elbow/hand leaves the water until it enters the water. Keep your hands low with fingers down and lead with the wrist during recovery.

Entry - This just means the point at which your hand enters the water. Your fingers should enter first, but not perpendicular to the water which would cause more drag.

Streamline - Holding your body in a nice, tight line especially when you push off walls. You should be under the water with your arms pressed up against your head, deltoids squeezing your ears. One hand is on top of the other with the hand that will pull first on the bottom. Arms and legs are straight, toes are pointed.