

North Baltimore Aquatic Club



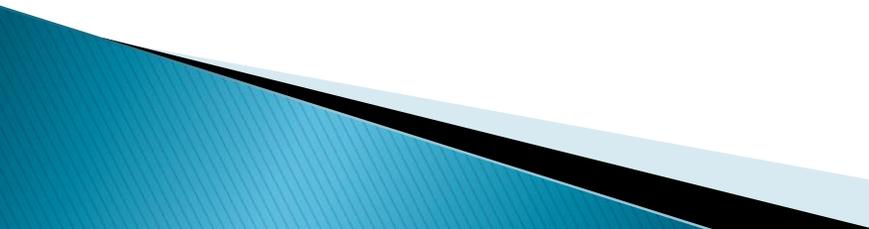
Program Overview & Philosophy, Sample Sets
and Drills

- ▶ NBAC has 4 divisions within its competitive program. Each Division has between 2–4 levels in each.

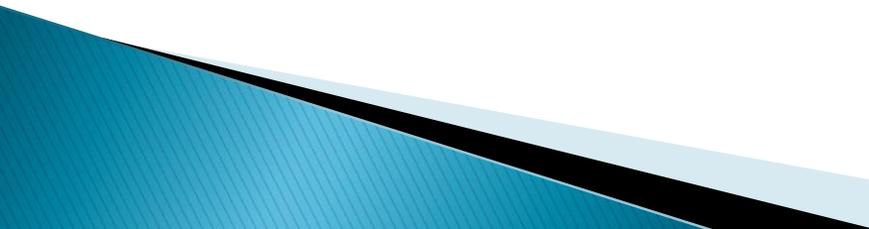
 - ▶ Age Group Program:
 - Imagination (4 levels– Primarily 9–13 year old swimmers)
 - Discovery (3 levels– Primarily 6–10 year old swimmers)

 - ▶ Senior Program:
 - High Performance (2 levels– Primarily 15–18+ college/post grads)
 - Challenge (3 levels– Primarily 13–18 year old swimmers)
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NBAC believes in the disciplined pursuit of excellence.

- ▶ This means many things within the framework of our program.
 - ▶ As it relates to Group Structure, it means not advancing swimmers upward in our program until they are physically and emotionally prepared to handle the challenge of the next level.
 - ▶ It means setting up a meet schedule for each level within our program that gradually progresses them from local meets to travel meets to training camps and international meets.
 - ▶ We purposefully try to make sure that no steps are skipped in the “development process”.
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Coach Bowman has structured NBAC in a way that there is a natural progression from the age group program to the senior program.

- ▶ Both age group and senior use many of the same drills.
 - ▶ Both use many of the same terminology.
 - Age group says it in a different way.
 - ▶ Both believe in developing well rounded swimmers (all 4 strokes).
 - ▶ Both believe in “kicking development”.
 - ▶ Both believe and work together in training progression.
 - ▶ Both clearly understand their roles in setting up swimmers for long term success.
 - ▶ Constant communication between Senior & Age Group Coaching Staff.
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NBAC Drills:

Usually organized in a “progression” within a training session

▶ Freestyle:

- Rotational drills (body only/
body+ arms progression)
- Single Arm Drills
- Catch-up with a 6 beat kick
- 3 Touch Switch
- Archer Drill (3/4 catch-up)

▶ Backstroke:

- Rotational Drills (body only/
body+ arms progression)
- Single Arm Drills
- Catch up (side and overhead)
- Double Arm Backstroke
- T-Cup

▶ Breaststroke:

- Point Kick
- Single-Double-Single
- KKP (KKKP)
- 3 Hi- 3 Long
- Dolphin or Flutter Pull

▶ Butterfly:

- Kicking Drills
(Side/Stomach/Back)
- Single Arm (Breath to side and
breath front)
- Single/Full Stroke Progression
(2-2-2, 3-3-3)

Kicking Development (Part 1):

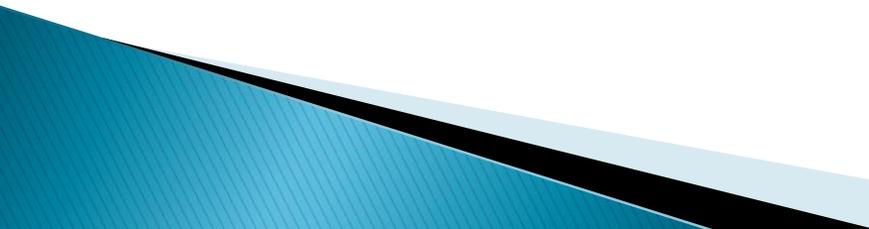
▶ Underwater Fly Kicking

- Never for longer than a 25 on a lot of rest.
- Usually some EZ swim will follow a fast under H2O effort.
- Usually with fins.
- Example Sets:
 - 8x25 on :40 odd–under water fly kick fast, even–EZ swim
 - 1x200 (no interval) odd 25s under H2O fly kick fast/event 25's EZ swim
 - 16x25 on :30
 - 1–10m under H2O fast, 2–15m under H2O fast, 1–20m under H2O fast
 - Can have them kick or swim remaining 25.

Kicking Development (Part 2):

- ▶ Depending on the season (little more early, little less later)
 - High Performance will average 4 kick sets of 1000–1500 per week
 - Challenge will average 4 sets of 800–1200 per week
 - Imagination will average 3 sets of 600–1000 per week
 - Discovery will average 2 sets of 400–800 per week
- ▶ Sample Kick Sets:
 - #1 – 1000 kick for times (3–4x throughout year)
 - #2 – 5x100 125, 5x100 120, rest 1:00 5x100 115
 - #3 – 1x100 130, 2x100 120, 3x100 112, 100 loosen (2 rounds)
 - #4 – 1x75 1:00 (kick goal swim 100 time), 1x50 1:00 kick EZ (8 rounds)

Training Foundations:

- ▶ Depending on the Phase of the Season we are in, these sets will fall into our base macro-cycles of capacity, utilization and peak performance.
 - ▶ These base macro-cycles are also terms we use throughout the entire program when we discuss long term development of swimmers.
 - ▶ Our base micro-cycle of workouts once the challenge and high performance swimmers are in shape is a cycle of Threshold, Active Rest, Quality
 - ▶ Age Group also cycles their work (more so in Imagination than Discovery), but their cycle is more between making sure all the strokes are trained in a week and all energy systems are touched on.
 - ▶ Within this base micro-cycle we do incorporate in recovery as needed.
 - ▶ Within this base micro-cycle, total set length, workout length varies depending on where we are in our macro-cycle and for stroke specific sets (i.e. the freestyle distance threshold set is usually longer than stroke.
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Threshold Examples:

- ▶ With our age group swimmers and our challenge swimmers, we introduce the basic ideas of threshold swimming to them by comparing the stress levels (white–pink–red) to the corresponding colors their face will turn as they move through the energy systems.
- ▶ High Performance swimmers will utilize the colors and the time charts that Coach Urbancek has passed down to us.
- ▶ Set Examples:
 - #1:
 - 10x100 115 white (pulse 22–24 for 10 second count)
 - 5x200 225 pink (pulse 24–26)
 - 3x400 440 red (pulse 26–28)
 - *sometimes we will add in :30 pulse check breaks
 - #2:
 - 2x400 500 1 white–1 pink
 - 4x200 225 2 white–2 pink
 - 6x150 150 4 pink–2 red
 - 12x100 110 red

Active Rest

- ▶ There are many types of active rest, but the ones we primarily use have intervals set up to keep their heart rates up throughout the test.

#1:

1x300 descend 1-3
1x100 loosen
Interval 5:10
3x
1x200 desc 1-4
1x100 loosen
Interval 3:45
4x
1x100 descend 1-3 and hold it!!!
1x50 loosen
Interval 1:45
6x
1x50 descend 1-3 and hold it!!!
1x50 loosen
8x
Interval 1:30

#2:

1x100 1:00
1x25 :20 or :25
16x

#3:

1x300 3:00 hard and descend
1x250 3:00 mod

1x200 2:00 hard and descend
1x150 2:00 mod

1x100 1:00 hard and descend
1x50 1:00 mod

Quality or Race Pace Work

- ▶ Very dependent on the time of the year what type of set it will be.
- ▶ Usually “broken swims” are not used until our peak performance phase.
- ▶ It’s important when setting these sets up to ask yourself, are you training Front End Speed or Middle/Back end for whatever race you are designing your set for.

#1:

30x50 1:00 or 1:30
Kick-Drill-Swim

#2:

100 fast/100EZ
Interval 4:00
Total Rounds ?

#3:

3x50 1:00
1x50 :50
1x50 :40
1x50 :30
200-400 Recovery
Total Rounds ?

Imagination Group Main Set Examples:

▶ Example #1:

- *80 x 25 Free Drills :35
 - 8 Times thru:
 - 1x25 Right Arm Free
 - 1x25 Left Arm Free
 - 1x25 RA- ½ Lap/ LA- ½ Lap
 - 1x25 Perfect Stroke
 - 2x25 Rotation- 8 kicks per side and roll arms at side
 - 2x25 Catch Up- Hands Touch/ 8 Kicks/ Then Stroke
 - 2x25 Perfect Stroke

* Timed 1000 Free Kick

Imagination Group Main Set Examples:

- ▶ Example #2:
 - 2 Times thru:

	<u>A</u>	<u>B</u>	<u>C</u>
1x100 Free	1:20	1:25	1:30
1x100 Free IM	1:20	1:25	1:30
1x 100 IM	1:20	1:25	1:30
1x200 Free	2:40	2:50	3:00
1x200 Free IM	2:40	2:50	3:00
1x200 IM	2:40	2:50	3:00
1x300 Free	4:00	4:15	4:30
1x300 Free IM	4:00	4:15	4:30
1x300 IM	4:00	4:15	4:30

Imagination Group Main Set Examples:

- ▶ Example #3:
 - 4 Times thru:

	<u>A</u>	<u>B</u>
2x100 50K/50D	2:10	2:10
8x25 STR (FAST)	:35	:40
1x100 Free	1:40	1:50
1x75 Stroke (ALL OUT)	2:40	2:50
1x125 Free	2:00	2:10

*Focus on underwater length and quickness off of all walls.

Imagination Group Main Set Examples:

▶ Example #4:

- 6 Times thru:
 - 4x75 Free: 1:15
 - 1x50 Stroke: Dive In Groups*
 - Goal-Best Times

▶ Example #5:

	<u>Free</u>	<u>Stroke</u>
4x100 Kick	1:45	1:50
4x100 Kick	1:40	1:45
4x100 Kick	1:35	1:40

Closing

- ▶ Thank you to USA Swimming and their staff for this opportunity!
- ▶ Thank you to Bob for giving us the guidance/freedom to carry out his vision for this program!

GO NBAC!

GO USA!

