



# Weekly Practice Cycles

## Senior Group

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# Developmental Competitive Swimming

- Working with kids that walk in the door
- Swim Lesson Program
- Age Group Program
- Intensity oriented, not volume oriented
- Skills/Drills in warm-up
- Slight variations based on Distance/Event AND Gender
  - Weights
  - Dryland
  - Pace
  - Paddles



# Results

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- 2008 – 6 18&U Olympic Trial Qualifiers
- 2012 – 7 18&U Olympic Trial Qualifiers
- Multiple Junior National Champions (Sprint to Distance)
- 9 National Junior Team Members since 2007
- Multiple Gold Medals – International Junior Team Competition
- 13 LSC Championships since 2007



# Early Season

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Progressive Build-Up Over 5 weeks

Weights = General Strength

Dryland = Aerobically Oriented

Medicine Balls

No Swimming in the AM



	<b>M, Aug 19</b>	<b>T, Aug 20</b>	<b>W, Aug 21</b>	<b>Th, Aug 22</b>	<b>F, Aug 23</b>	<b>S, Aug 24</b>
Senior 1	OFF	6-8pm	6-8pm	5-6:30am	4-6pm	OFF
Senior 2	OFF	4-6pm	4-6pm	5-6:30am	4-6pm	OFF
Senior 3	OFF	4-6pm	4-6pm	5-6:30am	4-6pm	OFF

	<b>M, Aug 26</b>	<b>T, Aug 27</b>	<b>W, Aug 28</b>	<b>Th, Aug 29</b>	<b>F, Aug 30</b>	<b>S, Aug 31</b>
Senior 1	5-6:30am	6-8pm	6-8pm	5-6:30am	4-6pm	OFF
Senior 2	5-6:30am	4-6pm	4-6pm	5-6:30am	4-6pm	OFF
Senior 3	5-6:30am	4-6pm	4-6pm	5-6:30am	4-6pm	OFF

	<b>M, Sept 2</b>	<b>T, Sept 3</b>	<b>W, Sept 4</b>	<b>Th, Sept 5</b>	<b>F, Sept 6</b>	<b>S, Sept 7</b>
Senior 1	7-9:30am	6-8pm	6-8pm	5-6:30am	4-6pm	7-9:30am
Senior 2	7-9:30am	4-6:30pm	4-6:30pm	5-6:30am	4-6:30pm	7-9:30am
Senior 3	7-9:30am	4-6:30pm	4-6:30pm	5-6:30am	4-6:30pm	7-9:30am

	<b>M, Sept 9</b>	<b>T, Sept 10</b>	<b>W, Sept 11</b>	<b>Th, Sept 12</b>	<b>F, Sept 13</b>	<b>S, Sept 14</b>
Senior 1	5-6:30am 6-8pm	6-8pm	6-8pm	5-6:30am	4-6pm	7-9:30am
Senior 2	5-6:30am 4-6:30pm	4-6:30pm	4-6:30pm	5-6:30am	4-6:30pm	7-9:30am
Senior 3	5-6:30am 4-6:30pm	4-6:30pm	4-6:30pm	5-6:30am	4-6:30pm	7-9:30am

	<b>M, Sept 16</b>	<b>T, Sept 17</b>	<b>W, Sept 18</b>	<b>Th, Sept 19</b>	<b>F, Sept 20</b>	<b>S, Sept 21</b>
Senior 1	5-6:30am 6-8pm	6-8pm	6-8pm	5-6:30am 6-8pm	4-6pm	7-9:30am
Senior 2	5-6:30am 4-6:30pm	4-6:30pm	4-6:30pm	5-6:30am 4-6:30pm	4-6:30pm	7-9:30am
Senior 3	5-6:30am 4-6:30pm	4-6:30pm	4-6:30pm	5-6:30am 4-6:30pm	4-6:30pm	7-9:30am



# Early Season Weekly Cycle

## End of September

### Monday

- AM: Weights/Dryland/Medicine Balls
- PM: EN1/Kick/EN2

### Tuesday

- PM: Speed/EN1/Paddles

### Wednesday

- PM: Rainbow (EN2 to EN3 mix varies depending on where we are in season)

### Thursday

- AM: Weights/Dryland/Medicine Balls
- PM: EN1/Speed/Kick

### Friday

- PM: EN2/Paddles

### Saturday

- AM: Weights/Dryland/Swim: DPS/Technique/Power Kicking
- PM: Off

### Sunday

- off



# Mid-Season

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Weights = Distance/Power Variations

Dryland = Aerobic/Athletic Intensity Oriented

AM Swimming (:30 minutes) = Power Oriented/Stroke Skills



# Mid-Season Weekly Cycle

## Mid-November

### Monday

- AM: Weights/Dryland/Power Kicking/Paddles/Buckets/Underwater Work
- PM: EN1/Kick/EN2

### Tuesday

- PM: Speed/EN1/Paddles

### Wednesday

- PM: Rainbow (EN2 to EN3, may be pace work depending on where we are in season)

### Thursday

- AM: Weights/Dryland/Power Kicking/Paddles/Buckets/Breath Control
- PM: EN1/Speed/Kick

### Friday

- PM: EN2/Paddles

### Saturday

- AM: Weights/Dryland/Swim – DPS/Stroke Skills/Buckets/Power Kicking
- PM: Quality and/or Pace

### Sunday

- off





10/23/13

1. SWIM

2 X 150 100 FT D.A.S. / 50 BT BUILD TEMPO 2 min  
 3 X 50 STK HIGH } DES 1-3 :55  
 2 X 50 STK DRILL } -X 2 TECH :50  
 1 X 50 STK SWIM } BUILD 2:45  
 8 X 75 I.M. ROTATE MID-25 STRONG TECH 1:05  
 9 X 50 CH 1. SPRINT LAST 10 YD'S (FINISH) 1 min  
 1 X 200 FR 2. SPRINT TURN 3-IN/3-OUT 2:30  
 6 X 50 STK 3. SPRINT 1ST 20 YD'S :50  
 2.250 4 X 75 FR D.P.S. / 6-BEAT / 8-BEAT 1 min

2. EN<sup>2</sup> STEADY

1 X 300 FR	3:30	3:40	1 min
2 X 200 EM.	2:40	2:50	:30
50:30 REST			1 min
3 X 150 FR	1:50	1:55	:30
4 X 100 I.M.	1:20	1:25	1 min
50:30 REST			1 min
5 X 50 FR	:40	:40	

3. REC

1 X 75 BT } L/R/SW - 25' :1:10  
 1 X 50 FR } -X3 FINEST STK'S POSSIBLE :30:45  
 3 X 25 } MD 1. = 15M UNDER MD 2. = STK HIGH MD 3. = 3 CYCLES MID :30

4. EN<sup>3</sup> COMPETE!

1 X 150 STK RACE + 1 X 50 CH E.2. 3 min  
 3 X (100 STK RACE + 1 X 50 CH E.2.) 2:10  
 5 X (50 STK RACE + 1 X 50 CH E.2.) 2 min

5. REC

8 X 50 FR 0 - NO BT INSIDE 15M MARK :50:30  
 75 FR E - 1 - BT LAST 25 YD'S - BEAT 1 min  
 4 X 25 ST CH 3 CYCLES MID FAST :30:50  
 1 X 50 DIVE } -X2 5 min → 90% 1:15  
 1 X 100 E.2. } D.P.S. :30  
 50 STK } AT 200 PACE :50



# End of Season

Weights = Distance/Power Variations, sets drop off, not weight

Dryland = Power/Explosively Oriented

AM Swimming (:30 minutes) = Power Oriented/Stroke Skills

Mornings stop about 3 weeks out of LSC Championship for most

EN2 work fades down logically

Mid-February: High School State

End of February/Early March: LSC Championship



# End of Season Weekly Cycle

## Mid-February

### Monday

- AM: Off
- PM: EN1/Kick/EN2

### Tuesday

- PM: Speed/EN1/Paddles/Short bursts of swimming at pace (Easy)

### Wednesday

- PM: Rainbow (EN2, Pace)

### Thursday

- AM: Off
- PM: EN1/Speed/Short Power Kicking/Short bursts of swimming at pace (Easy)

### Friday

- PM: EN2/Paddles

### Saturday

- AM: Quality and/or Pace
- PM: Off

### Sunday

- off





1. SWIM

	4 X 50 FR	} X	D.P.S. COUNT	:40
	2 X 50 BK		DIST OFF WALLS MIN=12.5	:45
.7	1 X 50 BR		FENEST STRI <sup>1</sup> POSSIBLE	:50
1.550	6 X 75 CH MILK		1-MEDIUM 2-E/F/E 3-F/E/F	1:20
	3 X 100 I.M.		ACCEL INTO TURNS	1:25
	4 X 75 STR		50 DRILL / 25 TECH 85%	1:10
	2 X 150 FR/MEDLEY		BUILD EVEN 25'S	2:10
2.250	8 X 25		1-LAST 12.5 2-3 CYCLES MID	:30
			3-1ST 12.5 SPRINT <u>HIGH</u> 4-1ST 12.5 SPRINT SW	

2. BRIST

	5 X 50 FR BRIST	:40
2.5	1 X 50 CH E.2.	

3. SWIM

	6 X 100 FR THRESHOLD		#1. BLD + 5 AT 1000 PACE	1:15
	1:MIN REST			
	11 X 50 CH THRESHOLD		AT 500 PACE	:45

4. REC

	2 X 100 CH E.2.	1:30
	6 X 25 2-BR / 1-BR / 0-BR	:30
4.1	2 X 50 25 → BLD TO FAT / 25 E.2	:55

5. PACE

	5 X 50	} X2	200 PACE	:50
	1 X 100		E.2.	3 min
	5 X 50		BEST AVE	1 min
5.2	1 X 100		E.2.	3 min

6. REC

.3	2 X 100 CH E.2.	1:30
	2 X 50 25 BLD → FAT / 25 E.2.	:5

7. PACE

.6	7 X 25	} X2	BEST AVE	:25 / :30
	1 X 75		E.2.	2 min

8. DIVE

6.2	1 X 25 DIVE + TURN	} X2	
	1 X 75 CH E.2.		



# Questions?

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