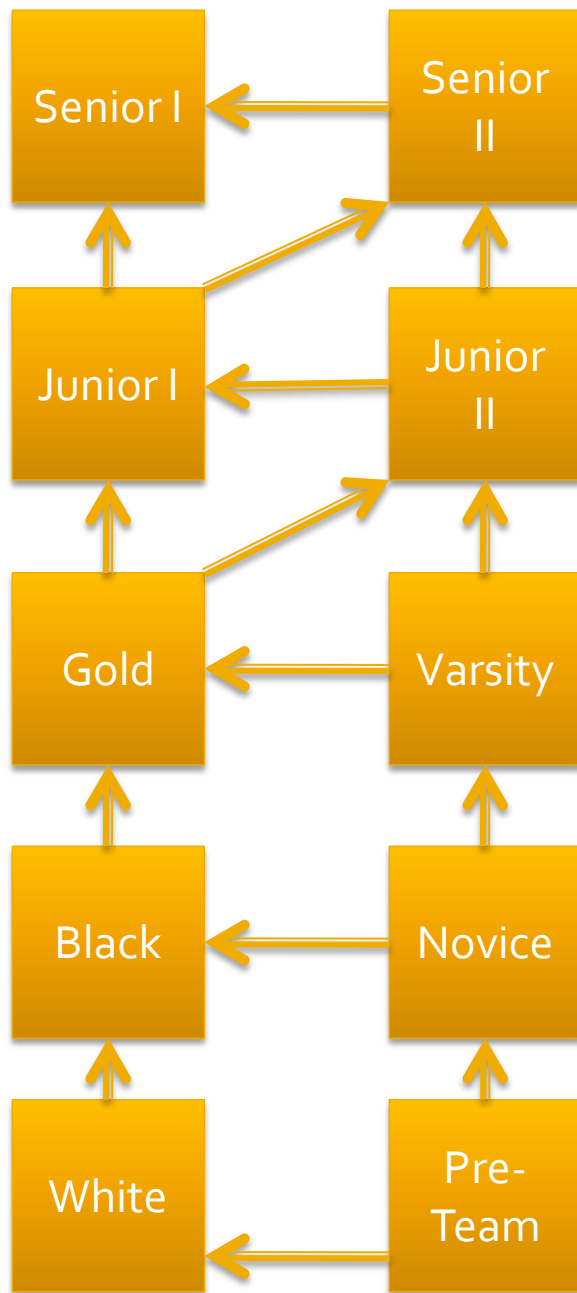




Program Progressions, Workouts and Drills

Brent Arckey and Andrew Eckhart



## Goals of the Program

- A Place for Everyone.
- Smaller Training Groups.
- Long Term Focus.
- More Specific As You Get Older.
- FTT!

## General Emphasis of Groups

- 9-10s: 100 I.M./200 Free.
- 11-12s: 200 I.M./500 Free, not afraid of the 1000.
- 13-14s: 400 I.M/200 Strokes/500 Free not afraid of the 1650.
- High School: Specific for the individual and continuing to develop other events.
- Try to meet everyone's needs.
  - Danielle Valley 800 Free, Olympic Trial Finalist
  - Alex Katz 200 Back Olympic Trial Semi-Finalist
  - Five High School State Champions 200I.M.(2), 100 Fly, 100 Breast and 200 Free Relay
- You just never know what an athlete might end up being great at!
  - Example Bethany Leap, 200 Breast, National Junior Team

# Drill Progressions

- The coaches work closely together and are always trying to get better.
- Keep it simple and consistent.
- Everyone understands they are part of the process.
  - Enjoy The Process!
  - Your job is to move people up.
- Drills, start with the legs and are built from there.
  - Leg Driven Drills!
- Drills have to be coupled with some strength elements to continue progression.
  - Younger athletes, the drill might be enough of a strength element
  - 12-14 pulling, dry-land, important to continue great technique
  - High-school: dry-land, strength additions in water, resistance work, pulling.
- Drills are used all the way through the program.
  - Minor adjustments and additions within the group progressions.
  - Example Single-Arm Backstroke, intensity, for time, etc.

# Drills and Accessories

## Fly Snorkel/Fins

- ↓ Kick hands at side
- ↓ Single-Arm
- ↓ Underwater Recovery
- ↓ Triple Kick
- ↓ Stroke Count/Tempo Work

## Back Hockey Puck/Tennis Balls

- ↓ Streamline Kick
- ↓ Rotational Kick
- ↓ Single Arm and Double Arm
- ↓ L-Drill
- ↓ Stroke Count/Tempo Work

## Breast Snorkel/Tennis Ball/Paddles

- ↓ Kick. On Back, Front,  
hands up and down
- ↓ Sculling
- ↓ 4k-3k-2k-1k
- ↓ Criss-Cross
- ↓ Breast with fly and free kick
- ↓ Stroke Count/Tempo Work

## Free Snorkel/Paddles/Finger-tip Paddles

- ↓ Streamline Kick, hands at side
- ↓ Single-Arm
- ↓ Shark-Fin Drill
- ↓ Finger-Tip Drag
- ↓ Over-kick
- ↓ Stroke Count/Tempo Work

# Dry-land Progression

- We have implemented a program wide dry-land progression.
  - Starts with the 10 and unders
- Little to no weight training.
- All based on functional movement and using the full body
  - Benefits
    - Virtually injury free
    - Visibly stronger
    - Able to do more in the pool
    - Technique is more consistent
    - Underwater kicking is significantly better
- Vern Gambetta
  - The program was initially setup by Vern
  - He works closely with us to manipulate the program
  - For more info about his ideas: [www.gambetta.com](http://www.gambetta.com)

# Sample Sets: Team Wide

## Team Wide 400 Meter Kick for Time

- Once a year we do a 400 Meter Kick with the entire team.
- Post the times for everyone to see.
- Younger athletes love it when they are beating some of the older athletes!

# Sample Sets: Gold/Black Group

9x200 Descend 1-3

3 Free

3 I.M.

3 Stroke

- Adjust for stronger or weaker athletes

Coach Sherwood Watts

- The progressions start here
  - See earlier slide
- Simple, but taught to do it right
- Basis of the rest of the program
- Athlete continues to be challenged as they master technique.

# Sample Sets: Junior Group

## Aerobic-Threshold Set

15x200s Free, FR.I.M.,  
I.M., or Back

Choose Intervals  
according

3x  
1 interval get :20 rest  
3 interval get :10-:15 rest  
1 interval that is :5 rest

## Pace/Active Rest

Adjust intervals for  
strokes and ability.

25@:30 Perfect  
50@:30 Fast  
25@:30 Perfect  
75@:45 Fast  
25@:30 Perfect  
100@1:00 Fast  
25@:30 Perfect  
125@1:15 Fast  
25@:30 Perfect  
150@1:30 Fast  
25@1:00 Perfect

## Quality

Thanks Chris Davis

2x(4x200 Quarters) @4:00

1<sup>st</sup> round Stroke

2<sup>nd</sup> round Free

#1 50 From Block-150

Perfect

#2: 100 From Block-100

Perfect

#3: 150 From Block-50

Perfect

#4: 200 From Block



# Sample Set: Senior Group

## “Broken” 200s

Thanks University of Florida

Coaches

Free or Stroke/I.M.

75 From Block @:45/:50

50 Perfect @ 1:00/1:10

50 FAST @ :30/:35

50 Perfect@1:00/1:10

50 FAST @ :25/:30

50 Perfect@1:00/1:10

25 Fast @ :10/:15

3:00 Rest/Warm Down

## Broken 500s

4x125 from the blocks @ 2:30

Add and see how far under your best you can be.

## 6x400

#1-2: Negative Split by 5

#3-4: Negative Split by 10

#5-6: Negative Split by 15

# Thanks!

Thank you to:

USA Swimming

Head Coach Steve Brown

Head Age Group Coach Sherwood Watts

And all the people we have “borrowed” from. It is what makes USA Swimming Great!

If you have any questions, thoughts, ideas please email us:

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