Making Test Sets Meaningful

Presented by Michael M. Murray, Program Director/Senior Coach; Victor Swim Club, Western NY State, Niagara LSC.
Swimming Background:

- Swam for Jeff Maxwell @ Adirondack Bluefins & Jerry Adams @ Schenectady Swim Club-AD
- Swam 1 year for Chuck Warner @ Rutgers University
- Swam remaining eligibility for Bob Clemmer @ St. Lawrence University.
- Senior National Qualifier, D3 NCAA Qualifier
- B.A. English/Education, St. Lawrence University, 2004.
Coaching Background:

- Grad Assistant @ St. Lawrence University 2004-2006
- Assistant Coach/Aquatic Director, Vassar College 2006-2007.
- Assistant College Coach, Marist College & Head Senior Coach, Marist Swim Club, 2007-2010
- Started Mercury Swimming with Associate Head Coach, Brett Leader from 2010-2013.
- Program Director, Victor Swim Club, 2013-Present
Mentors/Influences:

- Jerry Adams - Schenectady Saratoga Sharks
- Marty Keating - PACK Swim Team of Pittsford
- Chuck Warner - Formerly Rutgers University
- Bob Clemmer - St. Lawrence University
- Skip Kenney & Ted Knapp - Stanford University
- Dick Jochums - Santa Clara Swim Club
- Barry Roeffer - Three Village Swim Club
- Don Wagner - Phoenix Swimming
- Dave Ferris - Long Island Aquatic Club
- John Collins - Badger Swim Club
- John Pisano - Team Suffolk
- Kyle Schack - Crimson Aquatics
- Larry Van Wagner - Marist Swim Club
- The list gets bigger every year!
Victor Swim Club:

- Originally Established as a high school “enhancement” program in 1977
- Currently 141 Registered Athletes
- Club did not have a senior program as of August, 2013.
- Senior group now has 18 athletes, with 4 winter national qualifiers, 1 2016 Olympic Trial Qualifier and a Belgian Olympic Trial Qualifier.
Victor Swim Club:

- Operate out of 3 pools, 2 of them are 6 lane 25 yards and our home base is 8 lanes/25 yards with moveable bulkhead.
- 2 full time coaches, total staff of 6 coaches.
- Our club is within 10 miles of 3 other USAS club teams (including Marty’s team).
- We are a 501-C3 Non Profit organization with a board of 9 members, including myself and associate head coach, Brett Leader.
- We run Learn to Swim, Developmental, Age Group Select, Senior Prep and Senior programs.

*All Technique is based on the principles of stroke technique as described by Charles Silvia (The Big 4), Bill Boomer (Boomer Chronicles) and techniques used by Ted Knapp at Stanford University.
Team Philosophy:

- We train.
- BELIEVE in the premise that test sets build mentality, which IS AS important as the physiological gains!
- 8-10 Workouts per week for Senior Group (Ages 13-up) & 5-6 Workouts per week for Senior Prep (Ages 11-12).
- We aim to educate our athletes to a point where they develop an understanding of the sport, while ENJOYING the process of a shared experience with teammates.
- IMX Series of Events are the immediate focal point of our training and conditioning.
- Dry-land everyday, except on Thursday evenings, which is the night for Lactate Testing!
- Josh Stern: “ATTITUDE & EFFORT.”
If not 100% Satisfied... too bad!

NOONECARES
The Pill for Chronic Complainers

Hypochondria?
Pay too much tax?
Boss not fair?
Not gettin’ any?
Back hurts?
No One Cares is for you!

NOONECARES
attitude

The Pill for Chronic Complainers

Recommended to be taken with a nice warm cup of shut the hell up.

Dr. Hugh Cares
Not Me Laboratories
Bummer, Indiana

MIGHTY MEDS
Test Set Protocol & Restrictions:

*We ONLY perform test sets with our Senior Prep & Senior Level Training Groups.

*The Senior Prep Group is primarily comprised of athletes ages 11-14, with Brett Leader as lead group coach. The higher level athletes in this group use the LSC Championships & Eastern Zone Championships as their focus competitions. This group has a maximum 6 workouts per week.

*The Senior Group is comprised of athletes ages 14-25, with Mike Murray as lead group coach. The higher level athletes in this group use the LSC Championships, Speedo Champions Series (Sectionals) and Jr. & National championships as their season culminating meets. This group has a maximum 8 workouts per week.

*Each athlete must use the interval rest to swim down/warm up in diving well.

*Each repeat is FROM A DIVE; and a lot of our focus on during the test set is getting the kids excited about RACE PACE starts & turns.

*Gives our staff the opportunity to BLAST AC/DC at a high level during the test sets. WHEN “THUNDERSTRUCK” comes on...the kids get FIRED UP EVERYTIME!
Test Set Protocol & Restrictions:

* The Senior Prep & Senior Training Groups practice simultaneously on a daily basis; we encourage leadership at every level of the team.
* ONLY the Senior Level Group has morning practices.
* The Victor Swim Club uses 4 Main Test Sets throughout the course of both the long course & short course seasons, all are completed in SCY pools.
* The Victor Swim Club staff uses the Urbanchek/USAS 7 Energy Zone System for training. Athletes are instructed in heart rate monitoring and encouraged to understand the systems we employ.
* All Technique is based on the principles of stroke technique as described by Charles Silvia (The Big 4), Bill Boomer (Boomer Chronicles) and techniques used by Ted Knapp at Stanford University.
* The Senior Prep group usually performs at lower levels of desired distance and slower intervals, as best set forth by the Program Director and Head Coach.
Why Testing?

- To compile accurate records of data on athlete development across the energy systems (Urbanchek-7 System) throughout the swimmer’s career from age 12-Completion of Collegiate Career.
- To create a COMPETITIVE workout atmosphere EVERY WEEK.
- To emphasize the significance of trying to be better than your best previous test.
- To provide parents a visceral, easily comprehended track record of athlete effort and dedication towards reaching his/her full potential.
- To track the progress of each swimmer on a day to day, week to week, month to month, year to year basis.
- MOST IMPORTANTLY, WE CREATE OPPORTUNITIES FOR OUR MEMBERSHIP TO NOURISH THE CULTURE AND MINDSET OF BEING A CHAMPION!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!
Test Set Definitions & History:

- **Distance Test Sets**: (Primarily Freestyle ONLY) Developed by Bob Clemmer, Mark Bernadino & John Carroll for Preparation of Pete Wright (1500m Free) in 1996.

- **Lactate Test Sets**: (All Strokes & IM) A collaboration of Stanford, Rutgers & Marist training.

- **Aerobic/Anaerobic Best Average Test (AABAT)**: Dave Ferris & John Collins

- **200 Pace Tests (2PT)**: Marty Keating, Barry Roeffer; *Championship Swim Training by Bill Sweetenham & John Atkinson*
Distance Test Sets:

- 5 Week Cycle, 1 Week Off, 7th week start from beginning!
- WEEK 1: 4 x 500 @ 7:30 Best Avg.
- WEEK 2: 3 x 1000 @ 13:30 Best Avg.
- WEEK 3: 2 x 1500 @ 22:00 Best Avg.
- WEEK 4: 1 x 3000 @ 40:00 Best Effort
- WEEK 5: 1 X 1,650 @ 23:30 All Out.
- *Distance Test Set’s are performed on Tuesday evenings & parents are encouraged to come and cheer.*
- *Distance Test Sets are concluded 1 month before season culminating competition.*
Lactate Test Sets:

- 5 Week Cycle, 1 Week Off, 7th week start from beginning w/New Stroke!
- WEEK 1: 4 x 400 @ 10:00
- WEEK 2: 5 x 200 @ 8:00
- WEEK 3: 8 x 100 @ 5:00
- WEEK 4: 8 x 50 @ 3:00
- WEEK 5: 12 x 25 @ 1:30

Lactate Test Sets (Mark was at our workout during one of these) are performed on Thursday evenings.

Lactate test sets are concluded 1 month before season culminating competition.
Aerobic/Aerobic Best Average Test (AABAT):

- 1 time every other week, completed during the Thursday morning workout.
- Alternating IM, Best Stroke, Free by Test.
- 10 x 100 @ :10 Seconds Rest, Maintain Best Average.
- 1 x 200 Loosen @ 4:00
- 8 x 100 @ :20 Seconds Rest, Maintain Best Average.
- AABAT Test sets continue into the rest phase of the season, with more rest added and less repeats required.
- *Challenges the swimmers to be FAST in the morning. *If you can’t be great in the morning, there’s no opportunity to get it done at night.*
200 Pace Prep Test (2PT):

- **2 times/month (Wednesday & Saturday)**
  ONLY AFTER December, add rest and remove repeats as you move closer to focus meets.

- **3 x (5 x 200) Broken @ 50 @ 4:00 EN3/SP1**

- **1st Round Rest:** 05; 05; 05 - Add Splits
- **2nd Round Rest:** 05; 10; 05 - Add Splits
- **3rd Round Rest:** 10; 10; 10 - Add Splits

- **Coaches Note:** We rotate Free, IM & Stroke by monthly cycle.
Pre-Set Preparation; CRITICAL for Performance!

- Just like a pre race set of pace work at a meet, we want to prepare the athletes in a similar way for test sets.
- YOU KNOW your swimmers. Their pre test preparation is based on how you’ve developed their training.
- Consider what type of pace work best prepares the kids for your specific testing!
Victor Pre-Test Pace Prep:

- **Distance test set:**
  6 x 100 @ 1:15, hold -1 than goal pace; 1 Minute rest, fast 100 for time; 100 easy; 1 minute rest-BEGIN TEST.

- **Lactate test set:**
  4 x 50 @ :40 IM, 1 of each, 25 Build/25 fast, 1 minute rest, 4 x 25 @ :20 FAST, 100 easy, 1 minute rest-BEGIN TEST.

**EXAMPLES-SEE WORKOUTS**
Testing @ in season meets?
What do I do with all this data?

- YOU MUST RECORD EACH TEST!
- We create EXCEL sheets for each athlete and maintain that record sheet throughout the swimmer’s career with our team.
- If you have young, motivated assistants...what better way to keep them excited than with DATA ENTRY!
TEST FOR SUCCESS!

- Testing builds character
- Racing in practice develops championship mentality
- Fast swimming begets Fast Swimming.
- “Believe in the power of Belief.” - Richard Quick
Contact: COME VISIT!

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