POWER DEVELOPMENT TRAINING

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OVERVIEW

1. The Express Bucket System.
2. Goals for Power Training on the Bucket System
3. Focus when training with resistance
4. How we use the Buckets at Express
5. Sample Sets
6. Video of it in action
7. Rates of improvement of our athletes
8. Alternatives to using the bucket system
THE BUCKET SYSTEM

1. How the project came about.

2. Putting it together.

3. Challenges/Solutions
   - Making it work
   - Safety Issues
   - Storage when other groups are in the pool
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THE BUCKET SYSTEM DESIGN

BUCKET ATTACHMENT POINT
THE BUCKET SYSTEM
DESIGN

CEILING ATTACHMENT POINT

FLOOR ATTACHMENT POINT
THE BUCKET SYSTEM

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THE BUCKET SYSTEM

DESIGN

GUIDE ROPES
THE BUCKET SYSTEM
DESIGN

SAFETY AREA

STORAGE
GOALS FOR POWER TRAINING

1. Transfer strength gains on land into the water.

2. Swimming specific strength development.

3. Develop stronger kids that can maintain efficiency and body position.

4. Have fun doing something exciting and different.
DRYLAND STRENGTH TRAINING

TRX AND CIRCUIT WORK

YOGA
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CIRCUS RINGMASTER OR COACH??
FOCUS WHEN USING BUCKET TRAINING

1. Technique
2. Efficiency
3. Race Details
Planning – How we Use Power Training

Who should be doing power training?

1. Senior level swimmers
2. Swimmers that swim all different strokes and distances – not just for the development of sprinters.

Frequency

1. 2-3 times per week as a training focus.
2. 30-45 minutes in duration (done as circuit or with recovery swimming between rounds).
HOW WE USE POWER TRAINING (CONTINUED)

Development of power in energy systems

1. Aerobic Power
2. Anaerobic Power
3. Alactate Power
HOW WE USE POWER TRAINING (CONTINUED)

How to Plan for Progression

1. General to specific during the season.
2. Weekly volume increases.
3. Add more resistance.
4. Shorter rest/tighter send offs (distance swimmers).
Reinforce proper stroke technique

1. Improve ability to hold water and working the catch is huge – sculling and catch drills.
2. Drilling and swimming with light resistance to focus on making stroke corrections.
3. Breakouts and head position through the break.
4. Stroke flaws are greatly magnified when pulling resistance.
HOW WE USE POWER TRAINING (CONTINUED)

Underwater Work

1. Buckets and monofin
2. Cones
3. Weights
   a. Explosive off bottom of pool.
4. Turn work off pool bottom
AEROBIC POWER SAMPLE SETS

Distance Group
4 x 100 on 1:40
4 x 100 on 1:35
4 x 100 on 1:30
Sometimes done with an EZ
200 loosen in between each group of 4

10 x 100
2 on 1:50 or 1:45
2 on 1:45 or 1:40
2 on 1:40 or 1:35
2 on 1:35 or 1:30
2 on 1:30 or 1:25
ANAEROBIC POWER

Sample Sets

1 x 100 Dive done as:
   1 x 25 sprint dolphin kick underH2O with zoomers
   Rest :10 (take zoomers off)
   1 x 75 sprint swim
1 x 300 EZ loosen
1 x 100 Dive done as:
   1 x 75 sprint swim from dive
   Rest :15 (put zoomers and bucket on)
   1 x 25 sprint swim with bucket
1 x 300 EZ loosen

***go through the set 4 x’s***
ALACTATE POWER

Sample Sets

4 x 50 on 1:00 with buckets and zoomers

#1 25 build to sprint/25 EZ
#2 25 sprint swim/25 EZ
#3 25 sprint swim to 15m the rest is EZ
#4 scull in place for :05 :10 then sprint swim to opposite flags

1 x 75 EZ loosen
1 x 25 sprint to 15m from dive
1 x 50 EZ loosen

***go through the set 3-4 x’s***
OTHER ALTERNATIVES

POWER RACKS
POWER TOWERS
POWER REEL
PARACHUTES
STRETCH CORDS
PORTABLE GALLON BUCKETS
BE CREATIVE!!