Since August 2007, Coach Scott Colby has been a Sport Performance Consultant for USA Swimming. Prior to that, Scott coached in Ohio, Louisiana (Bengal-Tiger Aquatic Club), Texas (Fort Worth Area Swim Team), served as an assistant at Dynamo Swim Club in Atlanta and coached for 5 years at a YMCA on Long Island. His Louisiana team placed top ten at Nationals.

His swimmers have placed in finals at Olympic Trials, won 2 National titles and 7 Junior National titles including all four strokes, set three National Age Group Records, and won the National Meet Bob Kiputh High Point award. Scott has also produced numerous Top 16 athletes. He holds a Masters degree in Physical Education and is an ASCA Level 5 coach.
IM TRAINING OUTLINE

1. Why Train IM?
2. Measure Your Team
3. IM Training Principles
4. Stroke Exchange Turns
5. IM Training Principles
6. IM Kicking
7. IM Sets
8. IM Taper
9. IM Race Strategies
10. IM Swimming Checklist
11. Questions
IM STROKE TECHNIQUE

WHY TRAIN FOR THE IM?

• Well-rounded athlete
• Variety of Training
• “Cross-training”
• More team points
• Worth more to a college coach
• Other events available when one “dries up”
MEASURE YOUR TEAM
# MEASURE YOUR TEAM

Strengths and Weaknesses – and Why?

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<th>VCC Rank</th>
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# MEASURE YOUR TEAM

## Strengths and Weaknesses – and Why?

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<th>Back</th>
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<td><strong>85,104</strong></td>
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| **% of Total**| **33.15 %** | **10.67 %** | **14.86 %** | **16.38 %** | **10.93 %** | **14.00 %** |
Promote Versatility

Broad Range of Events

Single Age Groups

5 Events for 9-18 yr olds

No Points

No Rankings

My Deck Pass

9-12 Years Old
- Free: 100 for 9/10 or
- Free: 200 for 11/12
- 50 Bk/50 Br/50 Fly
- 100 IM(sc)
- 200 IM(lc)

13-18 Years Old
- 200 Fr
- 100 Bk/100 Br/100 Fly
- 200 IM
- Promote Versatility
- Broad Range of Events
- Single Age Groups
- 5 Events for 9-12 yr olds
- 6 Events for 13-18 yr olds
- Power Points
- Rankings
- My Deck Pass

**9-12 Years Old**
- Fr: 200 for 9/10 or 4/500 for 11/12
- 100 Bk/100 Br/100 Fly
- 200 IM

**13-18 Years Old**
- 4/500 Fr
- 200 Bk/200 Br/200 Fly
- 200 & 400 IM
USING IMX and IMReady

• Educate Your Staff, Parents, and Athletes
• Keep in Mind when entering meets
• Reward for Effort
# USING IMX

## PERFORMANCE LEVELS

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<th>10 &amp; UNDER</th>
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## Events

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<tr>
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<td>100 BREAST</td>
<td>200 BACK</td>
<td></td>
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<tr>
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<td>100 FLY</td>
<td>200 BREAST</td>
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<td></td>
<td></td>
<td>200 FLY</td>
<td></td>
</tr>
</tbody>
</table>

*Courtesy Michael Brooks York YMCA*
IM TRAINING PRINCIPLES

• Work weak stroke
  – at least 2-3x per week
  – train with the best on the club!

• Work stroke exchanges

• Train strokes in order most of the time
  – Ex: 4 x 250 (25 fly/100back/100 breast/25 free)
  – Ex: 20 x 100’s(1-4 fl/5-8 bk/ 9-12 br/13-16 fr/17-20 IM)
IM TRAINING PRINCIPLES

Consider the IM in a T-30 to establish IM training paces

10 x 300’s @ 20 seconds rest

- Subtract 3 minutes from total time of 10x300
- 1-4 free (Get time for all 4 x 300’s for training pace)
- 5-8 IM (Get time for all 4 x 300’s for training pace)
- 9-10 Best Stroke
IM TRAINING TURNS

TURNS

• Fly > Back
  – Simple and easy
  – Experiment with flip?

• Back > Breast
  – Many different alternatives

• Breast > Free
  – Simple and easy
IM TRAINING TURNS

BACK > BREAST TURNS

• Open
  – Simple and easy

• Flip
  – Quick turn, deep, weak pullout, no breath

• Bucket/Spin
  – Breath, Resistance

• Roll/Crossover
  – Fastest, no breath, Danger of DQ
IM TRAINING TURNS

BK>BR OPEN

Step #1: Approach and Touch

Step #2: Touch and Ready Position

Step #3: Ready Position and Go!

Courtesy GoSwim with Steve Haufler
http://www.goswim.tv/
IM TRAINING TURNS

BK>BR FLIP/SOMMERSAULT

Courtesy GoSwim with Steve Haufler
http://www.goswim.tv/#
IM TRAINING TURNS

BK>BR BUCKET/SPIN TURN

Step #1: The Touch

Step #2: The Spin

Step #3: Answer the Phone

Courtesy GoSwim with Steve Haufler
http://www.goswim.tv/#
IM TRAINING TURNS

BK>BR CROSSOVER TURN

Step #3: Kick to the Wall, Touch, and Flip

Step #5: Kick to the Wall, Touch, and Flip

Step #4: The Hands

Step #6: Turn on Each Hand

Courtesy GoSwim with Steve Haufler

http://www.goswim.tv/#
IM TRAINING TURNS

BK>BR TURN SET

9 X 50s 25 Bk>25Br

• #1: 3 pullouts (3x normal pullout length)
• #2: 2 pullouts
• #3: 1 pullout
• Repeat 3x or do 3 in a row of each
IM TRAINING PRINCIPLES

KICK SETS

• Fly (on Back or Arm Lead) Br hands at sides, Bk and free partially on “side”

• Work the weak kick

• Kick your strategy

• Work stroke exchanges during kick sets
  – Swim in and out of turns
  – Insist on great turns (no board)
IM TRAINING SETS

SWIM SETS

1. Forward/Reverse
   (Fl>Bk>Br>Fr>Fr>Br>Bk>Fl)

2. Reverse/Forward
   (Fr>Br>Bk>Fl>Fl>Bk>Br>Fr)

3. Fl>Bk, Bk>Br, Br>Fr

4. Fr/Bk/Br/Fr
   (especially aerobic training)
IM TRAINING SETS

SWIM SETS

5. Build a 100 IM

25 Fl
50 Fl>Bk
75 Fl>Bk>Br
100 (IM) Fl>Bk>Br>Fr
75 Bk>Br>Fr
50 Br>Fr
25 Fr
IM TRAINING SETS

SWIM SETS

6. 300’s (No Free)
   – 100Fl>100Bk>100Br
   – 50 Fl>50Bk>50Br x 2
   – 25 Fl>25Bk>25Br x 4
IM TRAINING SETS

SWIM SETS

7. 10 X 150’s
   • (Odd Fl>Bk>Br, Even Bk>Br>FR)

8. Fr/Bk/Br/Fr (especially 400’s)

9. 1600/1200/800/400/200 IMs
   (once per season)
IM TRAINING SETS

SWIM SETS

10. 125s double Fly, Bk, Br, Fr (IM Order)
11. 125s double weakest
IM TRAINING SETS

SWIM SETS

12. Broken Sets to Work 200 IM Exchanges:

- 25 Fl +5 sec
- 50 (25Fl>25Bk) +10 sec
- 50 (25Bk>25Br) +10 sec
- 50 (25Br>25Fr) +5 sec
- 25 Fr
- (30 seconds of rest during IM)
IM TRAINING SETS

SWIM SETS

13. Broken Sets to Work 400 IM Exchanges:

- 50 Fl + 10sec
- 100 (50Fl>50Bk) + 20sec
- 100 (50Bk>50Br) + 20 sec
- 100 (50Br>50Fr) + 10sec
- 50 Fr
- (60 seconds of rest during IM)
IM CHAMPIONSHIP PREP

CHAMPIONSHIP PREPARATION (TAPER)

• Must do RACE PACE every day (just less than during heavy training)

• Rehearse the first 50, 100
  – (Time, Tempo, AND #Strokes)

• Bring Volume down (how much?)
IM MEET STRATEGIES

• Compete in weak strokes
  – (Phelps and Hoff at Austin Grand Prix)
  – 100’s and 200’s

• Practice Different Strategies
  – Prelims to finals
  – Meet to meet
IM RACE STRATEGIES

100 IM

• All out, all the way?
• Quick Turns, Great Pullouts
• Hold Breath On Finish – Flags In
• Fly>Back Flip?
IM RACE STRATEGIES

200 IM

• All out, all the way?
• Pace like a 200 of a stroke?
  – Smooth, Build, Fast, RACE!
  – Fly=1^{st} 50 of a 200 Fly, etc.
• Beware the 7^{th} length (yds)!!
• Quick Turns, Great Pullouts
• HBOF-FI
IM RACE STRATEGIES

400 IM

• 2nd 50 of each stroke faster than 1\textsuperscript{st}  
  – Especially Fly (effort)  
  – Especially first timers!  
• Build into stroke exchanges  
• Great Pullouts  
• Beware the 1\textsuperscript{st} 50 Free!  
• Quick Turns  
• HBOF - FI
1. The coach should compare the swimmer’s race 200m times in each stroke (second 100m split) to the 400m IM splits. For example, if a swimmer with a 200m personal best of 1:59 with a split of 60 seconds for the second 100m of this 200m swim should have a 400IM freestyle split of 60 seconds.*

2. The swimmer should practice racing the middle or last 100m of the 200m stroke swims at a time equal to or faster than their 400IM split pace.*

3. During workouts, the IM swimmer should train with and against the best stroke swimmer in the group (that is, for backstroke workouts, the IM swimmer should train with the backstroke group or lane.)

Questions?

Scott Colby
scolby@usaswimming.org

GO USA!