

Following is Step #6 of the recommended steps when designing a training season. Be sure to read the rest of the story in the May issue of Swimming World Magazine: "Seasonal Training Design" by Genadijus Sokolovas, USA Swimming's director of physiology.

STEP #6. Distribution of Swimming and Dryland Workload Volumes within the Season

Data collected over a period of 30 years allowed me to develop several computer programs that focused on training designs combining swimming with dryland for both sprinters and distance swimmers of various ages.

The software program uses the data to design and describe the workloads in up to the seven energy zones (swimming portion) and up to three dryland workload energy zones (general, specific mix, and specific anaerobic) during both the Strategy 1 (preparation phase) and the Strategy 2 (competition phase). In addition, the computer program designs the anticipated progression in selected test sets during the Strategy 1 phase. The progression of test sets is a design based on the expected changes in each athlete's working capacity during the season. This knowledge enables coaches to track athlete progression during test sets and make the necessary changes to the workload, if athletes do not progress as anticipated.

The advantage of this program over similar programs is being able to relate the workloads in each energy zone to the conditioning level of the swimmers. To enable the program, a coach supplies input in a number of areas in order to determine the workload. These are:

- * Last season data (workload volumes, duration of season, best performances)

- * New season data (beginning and end of the season, training and competition courses, desired workload volumes and intensities in swimming, number of energy zones, current condition, goal at the end of season, etc.)

- * Optional data (test sets for Strategy 1, test sets for Strategy 2, desired workload volumes and intensities on dryland, etc.)

This allows the program to make individual plans for every swimmer or group of swimmers. Achievement of the best results with minimum effort is the main purpose behind this program.

According to the scientific investigations, workload volume should correspond to the athletes' abilities, increasing as ability increases. Then athletes will progress throughout the entire season.