

SAMPLE WORKOUTS: Tampa Bay Community Aquatics By Coach Rich Rogers

Pick up the June issue of *Swimming World Magazine* and read about the Tampa Bay Community Aquatics swim team, our featured club in this month's Club Spotlight.

Kari Lydersen, a USA contributor for *Swimming World Magazine* who also writes for the *Washington Post*, writes about the success the club has enjoyed at the last two junior nationals, how the club got started, its coaching philosophy and its successful Death Camp that TBAY's senior swimmers coined for last summer's training program, which ran seven hours a day, five days a week, plus a workout on Saturday. Several photos also accompany the story.

Following are some sample workouts provided by TBAY's head coach, Rich Rogers, who was presented the Award of Excellence last year by the American Swimming Coaches Association.

WETLAND WORKOUTS

"TAMPA 2's"

Tampa Bay loves its Buccaneers. We are especially proud of our defensive unit that is consistently ranked among the league's elite. A noted aspect of the defense is the "Tampa 2" scheme that relies on the speed of the players. I developed this set and named it in honor of our city's football team.

A "Tampa 2" (the Tampa Bay Aquatics version) is a 200 yard freestyle broken on 25 yards, designed to develop specific swimming strength and speed. The sendoff for each 25 is 1:20. The athlete swims each repeat with a 5-gallon bucket tethered to his or her body. The time for each 25 is recorded, and the cumulative time is calculated and charted. The swimmers have a great sense of pride in outdoing each other, and even customize their buckets with colorful images and phrases.

"THE IN-WATER CIRCUIT"

Tampa can be a hot place in the summer. Many times, we perform dryland midday in the hot Florida sun. Some days, we switch it up and do an in-water circuit. We utilize short stretch cordz attached to the blocks, vertical kicking with weights, speed-assisted training using long stretch cordz and, of course, more buckets. The send-offs, perceived exertion and rest intervals are designed to reflect our daily energy system goals.-

DRYLAND

An interesting twist to our traditional dryland efforts (med balls, cordz, running, etc.) was the introduction of boxing. The swimmers take turns putting the gloves on and holding the punching dummies (old football dummies). The idea is to use the entire body to generate power. Time of work and rest intervals again reflect the daily energy system goals.

IN-WATER WORKOUT (MID-SEASON)

Following is a sample mid-season workout for our mid-distance swimmers. We normally begin each session with 2,000 yards of warm-up (drills, kick, swim). Our program uses the 5-zone Russian energy zone system for training optimization.

Zone 1a

10 x (200 free, hold 2:08 on 2:20; 75 back, hold :52 on 1:00)

Zone 3b

4 x 200 free, hold 1:53 on 2:10

Zone 1b

8 x 100 back, hold 1:13 on 1:20

Zone 3b

4 x 200 free, hold 1:53 on 2:10

Zone 1b

8 x 100 choice on 1:30

Zone 3a

16 x 50 free, hold 25.8 on :45

Recovery

20 minutes smooth choice

Zone 5b

6 x 50 free, hold 24.4 on 3:30

Warm-down (20 minutes suggested)