

Ziegler – Short Course Taper

Regardless of the season coach Ray Benecki and world champion Kate Ziegler focus a lot on skills and drills. One difference is that the two do a tad more pace work, descending, fast swimming for the short course taper.

Below is a representative sample of workouts during the short course season leading up to Texas short course championships on Wednesday, February 21. Note the use of a basic 5 x 100 free format starting Saturday, February 17. "This year, I tried to really play with the speed on the last day," says Benecki. (Note the splits Ziegler swam on the 5 x 100 on Wednesday, February 21.)

"I found out the last year that wasn't enough of a main set, so we added some longer swimming and some quality descend," he says. Readers will see those sets in the workouts for Friday, February 16 and Saturday, February 17, carried through to the next couple of days, with the distances getting progressively a little less. These elements added another complexity to the taper.

The focus on skill and drill remains, as does the amount of speed play and what Benecki calls the "feel good stuff." The workout on Wednesday, February 24 constitutes a lead-up to the taper, in that Ziegler did not do any really intense sets as she frequently does. "It was kind of a longer, don't worry about your times kind of set," says the coach. "Of course, that's for Kate. For everyone else, it's pretty intense." Benecki regards the long course practice on Thursday, February 15 as a "borrowed" one that he modified to interject stroke specific elements for Ziegler.

Wednesday, February 14

PM

3 x 400 :10 rest (kick / swim / drill / swim)
{ #1 - free; #2 - I.M.; #3 - choice }
18:00 1200

400 free - 300 free - 200 free - 100 free 1:07 base
4:28 3:21 2:14 1:07

400 free - 300 free - 200 free - 100 free 1:04 base
4:16 3:12 2:08 1:04

400 free - 300 free - 200 free - 100 free 1:01 base
4:04 3:03 2:02 1:01

53:00 4200

250 EZ free
4450

57:00

{ 150 free kick }
3 x { 150 free pull }
6:15 @ { 100 free swim }
77:00 5650

1 x (50 free - :05 - 100 free - :05 - 150 free - :05 - 100 free - :05 -
50 free)
(effortless, DPS, consistent, steady, power by hip)
84:00 6100

400 switch cool-down (16 completely different lengths)
6500

Thursday, February 15

LC AM

Warm-Up:

1 x 300 100 free / 200 I.M. 5:00
300

4 x 50 free 1:00 @ 1st ½ - no breath
10:00 500

6 x 50 free :50 @ 10 m fast / 30 m perfect / 10 m fast
16:00 800

4 x 100 free 1:40 @ 24:00
1200

6 x 100 free on 1:30

34:00 1800

1 x 300 100 free / 200 I.M.

4 x 50 free 1:00 @ with fins work on hip/shoulder power

6 x 50 free :50 @ with fins BUILD-UP 2-beat power

4 x 100 free 1:40 @ 59:00 3000

6 x 50 free on :45

65:00

3300

400 free 50 drill / 100 swim / 100 drill / 150 swim

700 free 100 - 150 - 200 - 150 - 100 no rest
first part of each is stretch it out, perfect stroke
last 50 of each is Build-Up

400 free 50 drill / 100 swim / 100 drill / 150 swim 4800

Thursday, February 15

SC PM

3 x (100 drill - :05 - 50 DPS - :05 - 100 drill - :05 - 100 N. S. - :05 - 50 drill - :05 - 50 Build)

FREESTYLE 7:00 @

1st set - high elbows, accelerate hand by hip, use whole body to breathe
2nd set - back and shoulders on catch and pull, accelerate, power from shoulders

3rd set - power from hips, accelerate
22:00 1350

4 x { 400 free descend } Descend, pink to blue
6:00@ { 100 EZ }

4 x { 300 free descend } Descend, pink to blue
5:00@ { 100 EZ }

8 x { 150 free descend } Descend 1 - 4
3:15@ { 100 EZ }

94:00 6950

3 x (50 drill - :05 - 50 DPS - :05 - 100 drill - :05 - 100 N. S. - :05 - 50 DPS - :05 - 50 Build)

FREESTYLE 6:00 @

1st set - high elbows, accelerate hand by hip, use whole body to breathe
2nd set - back and shoulders on catch and pull, accelerate, power from shoulders

3rd set - power from hips, accelerate
113:00 8150

4 x 100 choice (#1 - 25 build, discover perfect spot / 25 sprint / 50 EZ)
1:50 @ (#2 - 25 build, discover perfect spot / 25 EZ / 25 sprint / 25 EZ)

COOL DOWN:

200 free - :15 secs - 100 free 8850

Friday, February 16

SC AM

14 x 100 free (2 p, 3 k, 4 p, 3 k, 2 p)
pull on 1:25 (paddles); kick on 1:50

25:00 1400

4 x { 400 Neg Split 5:00 }
{ 300 descend 3:45 }

62:00 4200

5:00 warm-up

3 x 75 form / build / hard level 1 :16 - :15 -
:14
1:00 @ (at appropriate level) level 2 :15 -
:14 - :13 (Kate)
level 3 :14 - :13 -
:12

10:00 cool-down / warm-up to prepare for next set

3 x 100 pace work
:10 rest descend

84:00 5100

400 EZ

5500

Saturday, February 17

600	12 x 50 choice (1 kick; 2 swim; 1 drill; 2 swim) :50 @	12:00	
	4 x (350 Neg Split (250 descend	4:15) 3:00)	43:00 3000
	18 x 50 free (1 kick; 2 swim; 1 drill; 2 swim) :50 @	61:00	3900
	2 x { 50 thumb-up - :05 rest - 50 free 2-beat } 1:45 @ { 50 TARZAN - :05 rest - 50 free 2-beat } { 50 stress R-L - :05 rest - 50 free 2-beat }	74:00	4500
	5 x 100 :10 rest at RACE PACE (:57 - :57 - :57 - :57 - :56 - Kate's targets)		
	12 x 50 choice (1 kick; 2 swim; 1 drill; 2 swim) :50 @	93:00	5600
free)	4 x 300 free (odd - 50 free - :05 - 100 free - :05 - 150 4:30 @ (even- 150 free - :05 - 100 free - :05 - 50 free) 4 times thru, 4 different layers	113:00	6800
	8 x 50 (odd - fast 25, cruise 25) 1:00 @ (even- explode 12½, cruise 25, explode 12½) (first 2 and last 2 - free, middle 4 - choice)		
400 cool-down 7600		130:00	

starts and turns

Tuesday, February 20

AM LC

3 x (50 drill - :05 - 50 DPS - :05 - 100 drill - :05 - 100 Neg. Split - :05 - 50
DPS - :05 - 50 Build)

FREESTYLE 7:00 @

1st set - BASICS (high elbows, accelerate hand by hip, use whole
body to breathe)
2nd set - back and shoulders on catch and pull
3rd set - power from hips

23:00 1200

6 x 150 free Build each 150
2:30 @

40:00 2400

12 x 50 Descend 1-3
:55 @ #1 - :01 over pace; #2 - pace; #3 - :01 under pace
53:00 3000

100 free - :10 rest - 200 free - :10 rest - 300 free - :10 rest - 200 free
- :10 rest - 100 free

**first part of each is stretch it out, perfect stroke
last 50 of each is Build-Up**

69:00 3900

4 x { 50 free :10 rest 10 m fast / 30 m perfect / 10 m
fast }
2:30 @ { 100 DPS GOOD TURN }

80:00 4500

500 cool-down play with speed
5000

Tuesday, February 20

PM SC

450 free (200 DPS, 150 vary pace, 100 build)
375 free (175 DPS, 125 vary pace, 75 build)
300 free (150 DPS, 100 vary pace, 50 build)
225 free (125 DPS, 75 vary pace, 25 build) 22:00
1350

{ 50 thumb-up / 50 free 2-beat }
2 x { 50 TARZAN / 50 free 2-beat } 1:40 @
{ 50 stress R-L / 50 free 2-beat }
33:00 1950

4 x (200 free Negative Split 2:30)
(100 free Descend 1:15)
49:00 3150

8 x 75 EXCELLENT TURNS (odd - 25 free, 25 back, 25 free)
1:10 @ (even - 25 free, 25 free, 25 back)

60:00 3750

5 x 100 :10 rest at RACE PACE
(:57 - :57 - :57 - :57 - :56 - Kate's targets)

250 - :10 rest - 150 - :10 rest - 50 free cool-down
78:00 4950

4 x 300 free (odd - 50 free - :05 - 100 free -
:05 - 150 free)
4:30 @ (even - 150 free - :05 - 100 free - :05 -
50 free)
4 times thru, 4 different layers

98:00 6150

20:00 starts and turns

Wednesday, February 21

PM

WARM UP :

6 x 150 choice (50 drill / 25 swim - :05 rest - 25 drill / 50 swim)
2:30 @

3 x 250 free BALANCE (H / sw / RS / sw / LS / sw / RH / sw / LH / sw)
3:30 @

4 x 200 free Negative Split and Descend
2:30 @

8 x 50 EXCELLENT TURNS (odd - 25 free / 25 back)
1:00 @ (even - 50 free)

48:00 3050

PACE SET :

5 x 100 :10 rest at RACE PACE

special speed play twist

Kate - 12/06

#1 - 50 EZ speed (27+) / 50 Hang on (27+) 27.15 / 27.95

55.10

#2 - 75 cruise / 25 build	45.08 / 13.73	58.81
#3 - 50 EZ speed (27+) / 50 cruise	27.19 / 29.78	56.97
#4 - 75 cruise / 25 build	45.59 / 13.87	59.46
#5 - 50 cruise / 50 HARD	30.40 / 26.11	56.51

45:00 2550

COOL DOWN :

200 EZ free

following kick / pull is to transition in and out of stroke

8 x 100 choice (odd - 25 kick / 25 swim / 25 pull / 25 swim)
1:50 @ (even - 25 pull / 25 swim / 25 kick / 25 swim)

{ 50 choice DPS }
6 x { :05 rest } (same stroke groups of 2)
1:30 @ { 25 choice swim } (odd 25's - build; even 25's - sprint)

300 cool down 92:00

5400

25:00 starts and turns