

Following are Christmas training schedules and sample workouts for three teams that are featured in the October issue of Swimming World Magazine: NOVA of Virginia (age group), Fort Worth Area Swim Team (senior group) and the University of Richmond (college). Pick up a copy of the magazine and read about the different coaching philosophies of these three teams on holiday training.

AGE GROUP HOLIDAY TRAINING: NOVA OF VIRGINIA

Below are NOVA of Virginia Christmas-period practices for elite 11-12s. The first two focus on stroke and technique; the second two stress training and conditioning. "Fun" is a huge component of Schreck's creative Christmas practices.

AGE GROUP PRACTICE

WEDNESDAY, DEC. 15, 2004

WEEKLY TEAM VALUE: RELIABILITY

CONSISTENCY IN TRAINING AND OUTLOOK

1 x 300 Free (S/K/S) @ 5:00

Rest :30

4 x 100 Breast (PLD/EXTREME Shrug & Shoot/PLD/EXTREME Shrug & Shoot) @ 2:00

STICK YOUR TURNS; SUPER PULLOUTS!

6 x 50 Back/Breast

2 - R/swim (R to L x-over turns) @ 1:10

2 - L/swim (L to R x-over turns)

2 - swim (x-over turns, use stroke count!)

Rest :30

10 x 25 Back (3 ct. rifle/build to fast finish) @ :35

Rest 2:00

FREESTYLE

20 X 50 Free

5 - R/L (4 STAGE breathe away) @ 1:05

5 - FAST @ :45

5 - 10 KICK opposites with a fingertip drag @ 1:05

5 - FAST @ :40

ZOOMERS ON!

GREAT, GREAT STREAMLINE!! Work on your underwater speed and distance!!

2 x 100 Fly kick on your back @ 1:45
8 x 25 Fly swim fast @ :35
Rest :15
2 x 100 Back streamline kick @ 1:45
8 x 25 Back swim fast @ :30
Rest :15
2 x 100 Free kick with kickboard @ 1:40
8 x 25 Free swim fast @ :30

BREASTSTROKE

GREAT UNDERWATER PULL-OUTS!

16 x 50 Breast
 4 - lunge kick/PLD - hands up, Lunge fast forward (x2) @ 1:10
 4 - swim (distance per stroke) (x2) @ 1:00

LET'S HAVE SOME RELAY FUN!

* * * * *

AGE GROUP GOLD PRACTICE

THURSDAY, DEC. 16, 2004

WEEKLY TEAM VALUE: RELIABILITY

CONSISTENCY IN TRAINING AND OUTLOOK

Warm-up: Perfect Drills

1 x 300 (50 Free/50 Back) @ 5:00
Rest :30
3 x 100 Fly (25 tipping/3 tip shuffle/25 sky fly L/25 sky fly R) @ 2:00
3 x 100 Back (25 L/25 R/25 6 kick touch-up/25 10 kick opposites) @
1:45
3 x 100 Breast (25 Lunge kick/25 PLD/25 3K-1P/25 3 ct. glide) @ 2:00
3 x 100 Free (25 R b-away/25 L b-away/6 K catch-up/10 K opposites)
@ 1:45
Rest 2:00

ALL KICKING, ALL FAST...BURN THOSE LEGS UP!

5 x 100 Free kick with board (goal should to break 1:45) @ 2:20
1 x 100 Fly tipping hands down @ 2:30
6 x 75 Kick with board 50 Breast/25 explosive Free @ 1:40
1 x 100 Fly tipping hands up @ 2:30

ZOOMERS ON

Rest 1:30

5 x 100 streamline 50 Fly on back/50 Back @ 2:00

ZOOMERS OFF

"ROLL OF THE DICE"

ROLL FOR THE STROKE

1 & 3 = FREE

2 = FLY

4 & 5 = BACK

6 = BREAST

THE DISTANCE

1 & 3 = 50s

2 & 5 = 75s

4 & 6 = 100s

HOW MANY:

If distance is 50s, roll both dice and double the number

If 75s, roll both dice and take the number

If 100s, roll one dice and triple the number

* * * * *

AGE GROUP GOLD PRACTICE

TUESDAY, DEC. 28, 2004

MONTHLY TEAM VALUE: RELIABILITY

CONSISTENCY IN TRAINING AND OUTLOOK

Warm-up:

1 x 300 Choice @ 5:00. Loosen up

Rest :30

4 x 100 Fly (R sky fly/3 tip shuffle/L sky fly/3 tip dead man) @ 2:15

6 x 50 Back

1-2 L/Swim, left to right turn @ 1:05

3-4 R/Swim, right to left turn

5-6 Swim (use your stroke count not favorite arm!)

Rest :30

10 x 25 Fly (tipping/Perfect swim, straight-arm recovery) @ :35

Rest 2:00

3 x 400 Free (breathe 2L2R or every 3, LLRR or RRLL turns) @ 6:00

Rest :20

3 x 100 Kick Fly on your back in a streamline @ 2:05-2:15

Rest 1:00

6 x 200 Free (breathe 2L2R, LLRR/RLLL turns)

2 @ 3:00-3:10

2 @ 2:50-3:00

2 @ 2:40-2:50

Rest :20

3 x 100 Fly (LRW/2L2R2W/3L3R3W/4L4R4W) @ 2:05-2:15

Rest 1:00

BE TOUGH!

12 x 100 Free

4 - 1:30-1:37

4 - 1:27-1:32

1 - 1:24-1:30

1 - 1:20-1:28

2 - 1:15-1:25

Rest 1:00

ZOOMERS ON QUICKLY! (OPTIONAL)

3 x 100 Fly swim FAST! @ 1:45-1:45

MORE DRYLAND WORK!

* * * * *

AGE GROUP GOLD PRACTICE

WEDNESDAY, DEC. 29, 2004

MONTHLY TEAM VALUE: RELIABILITY

CONSISTENCY IN TRAINING AND OUTLOOK

1 x 400 (100 Free/100 Choice) x 2 @ 7:00-8:00

Rest :30

4 x 100 IM (3 tip shuffle/6K touch-up/3K-1P/fingertip drag) @ 2:00

4 x 50 Back/Breast (no glide into wall, 2 pull-outs) @ 1:00

Rest :30

8 x 25 Back (kick free over 2 lines, roll over and 8 dolphins kicks)

@ :40

Rest 2:00

GREAT DRILLS AND PERFECT STREAMLINING ON THE 25s

1 x 200 Fly (50 R sky fly/50 kick with board/50 L sky fly/50 kick) @ 4:00-4:15

12 x 25 Fly FAST (work underwater 8-12 dolphin kicks) @ :30-:35

Rest :10

1 x 200 Back (50 R arm/50 kick/50 L arm/50 kick) @ 3:45-4:00

12 x 25 Back FAST (work underwater 8-12 dolphin kicks) @ :30-:35
Rest :10

1 x 200 Breast swim (2 UPOs at every turn, DPS 9) @ 3:45-4:00

12 x 25 Breast swim FAST (use a few dolphin kicks underwater)
@ :30-:35

Rest :10

3 x 100 IM swim (Descend 1-3) @ 1:40-1:45

1 x 100 easy @ 3:00

FREESTYLE CHALLENGE

8 x 100 Free

2 - 1:25-1:35

1 - 1:15-1:20

2 - 1:25-1:35

1 - 1:15-1:20

1 - 1:20-1:30

1 - 1:10-1:15

Rest 1:00

8 x 75 Free

2 - 1:00-1:10

2 - 1:20-1:30

2 - 1:00-1:10

2 - 1:20-1:30

Rest :45

8 x 50 Free @ :40-:45

Rest :30

8 x 25 Free @ :22-:24

EXERCISES

SENIOR GROUP HOLIDAY TRAINING: FORT WORTH AREA SWIM TEAM (TEXAS)

Following are some specific sets from the Fort Worth Area Swim Team (FAST) that were used as Christmas-period training done over the past few years. All were swum long course meters.

SAMPLE WORKOUT #1

Swimmers had an option. For some, the extra 2,000 meters was just not doable, so they could choose what they wanted. (Dana Vollmer picked Option 1-she actually liked doing things like this, which were hard, but hard in a different way than just grind-it-out pace times.)

OPTION 1

(Sometimes the pace times aren't the hard part)

8 x 100 on 1:45 Mix Swim

4 x 1000 on 16:00

6 x 800 on 13:00

-- 8 min. break --

10 x 200 on 3:15

10 x 100 on 1:30

10 x 50 on :50

300 Cool-down (minimum)

*Note: Some went longer to get "up" to 14,000 meters

Total: 13,400 meters

OPTION 2

8 x 100 on 1:45 Mix Swim

100 x 100 on 1:50

"Nike's" (aka "Just Do It")

Every 10th = Fly (Double Breathing)

No drill, no equipment

400 Easy (minimum)

Total: 11,200 meters

* * * * *

SAMPLE WORKOUT #2

"General" workout during our Christmas training period. Nothing too over-the-top.

800 Swim (Alt. 150 Fr/50 Rev. IM)

8 x 150 on 2:20

- 2 - Fr - breath 3-5-7 x 50
- 2 - Fr/Head Up Fr/Fr x 50
- 2 - Fr/Fly/Fr x 50
- 2 - Fr/Bk/Fr x 50

8 x 50 on 1:00

- 2 - Drill (best-no Fr)
- 2 - Stroke count Fr
- 2 - Drill (worst stroke)
- 2 - Build Fr

30 x 100 on 1:35 - Heart Rate work

- 10 @ Max HR level - 30 bpm
- 10 @ Max HR level - 20 bpm
- 10 @ Max HR level - 10 bpm.

2x (3 x 100 on 2:00 Drill - no Fr

2x (4 x 50 Fr on :45 - with Technique and Stroke Efficiency

6 x 100 on 1:45 w/ Fins

- 25 Drill/25 Sculling/25 Drill/25 Swim Easy

Total: 7,000 meters

* * * * *

SAMPLE WORKOUT #3

Practice done Jan. 2, 2004. It was scheduled for 8,000 meters. To demonstrate flexibility when he saw good swimming, Forrest offered "get-out" times.

24 x 100

- 4 Fr on 1:30
- 4 Drill on 1:50 (last 25 = swim) Br
- 4 Fr on 1:30
- 4 Kick (no board) on 2:00 (last 25 = swim) Fly
- 4 Fr on 1:30
- 4 Pull on 1:45 Bk

3 x (4 x 200 Fr

- Round 1 @ 3:30
- Round 2 @ 2:40
- Round 3 @ 3:30

3 x (4 x 200 IM
Round 1 @ 3:10
Round 2 @ 3:40
Round 3 @ 3:00 (tough)
2 min. rest - between

Rounds 1 and 3: Fr = Desc. 1-4; IM = Hold BT +:20 sec. (or make)

Round 2 = Reverse

Coach Forrest: This was a day that the group was broken down, but some were still swimming fast. I gave each person a "get-out" time, which, if they made it, would end their workout. Dana Vollmer's was a 2:05.99 (from a push LCM, as I didn't want to give handouts). Dana went 2:05.2 from a push. Her total for the day was 4,000 meters.

No one else made his/her goal time. The last round of the set was done with fins because they were absolutely dead by the end of the second round.

800 Easy Scull/Drill

Total: 8,000 meters

COLLEGE HOLIDAY TRAINING: NOVA OF VIRGINIA

Here is the 2003-2004 holiday training schedule used by the University of Richmond. The first three days were mostly aerobic in focus with increasing intensity, and designed to get swimmers back into a rhythm together:

MONDAY

P.M.

Primary Focus: Loosen from initial travel

Everyone: 5,000 yards

TUESDAY

A.M.

Primary Focus: Aerobic capacity

Sprint Group: 5,000 meters, 12 x 200 free, HR 24-25

Middle Group: 6,000 meters, 9 x 300 free, HR 24-25

Distance Group: 7,000 meters, 8 x 400 free, HR 24-25

Afterward: Weights (lower body emphasis)

P.M. (LCM)

Primary Focus: Aerobic capacity

Sprint and Middle Distance Group:

15 x 100 fly kick on back or 2 breast/1 free @ 15-sec rest, best average

4 x 200 IM drill/swim

200 stroke/free by 50, HR 25

4 x 100 free @ 1:30/1:20 odd/even, descend 1-4

Total: 6,500 meters

Distance Group: 7,500 meters

WEDNESDAY

A.M.

Stroke Groups: Aerobic capacity

Breast & IM: 5,000 meters

Back & Free: 6,000 meters

Fly: 5,500 meters, 24 x 50, 1 kick fast @ 1:10, 2 swim, hold 200 pace (=goal 200m time/4)

Afterward: Dryland (shoulder, abs, med balls, upper body emphasis)

P.M.

Everyone: 3,200 warm-up (focus on streamlining and DPS)

20 x 200 holding parametric time (interval given designed to provide about 15 seconds rest for distance group and up to 30 seconds for more sprint-oriented athletes)

Note: Brooke Boncher (best time in 50 free at this time, 22.88); hold 2:08 @ 2:35 with HR < 160 (25-26); held 2:06s, focused on breath control and distance off of walls

Casey Dluhos (best time in 200 back at this time, 2:05.8); hold 2:19 @ 2:45 with HR 26-27; held 2:19-2:22

Sprinters: Speed work at end (20 x 25 alternate 1st and last 12.5 sprint, 2 underwater, 2 on top @ :45)

Distance Group: 20 x 100 either IM combos or 75 swim/25 kick freestyle @ 1:25

THURSDAY (NEW YEAR'S EVE)

A.M. (LCM)

Stroke Groups: Aerobic emphasis

IM'ers and Backstrokers: 100/200/300 x 4, negative-split each swim, last 100 of 200 faster than 100, last 100 of 300 faster than 200

Breaststrokers and Freestylers: 4 x 50 pull with snorkel (25 br/25 free), 4 x 100 swim (25 free/25 breast), focus on spine extension and head position

Distance Free and Fly: 2 x (2 x 50 fly @ :55, 2 x 200 free @ 2:40, 4 x 50 fly, 2 x 200 free @ 2:30, 6 x 50 fly, 2 x 200 free @ 2:40 faster than 2nd pair); all 200s are NS and 2nd faster than 1st; fly is rhythmic and relaxed

P.M.

Skill and Power Circuit

40 min. warm-up and focus on momentum in freestyle

3 x 25 min. stations:

1.) 25s with tempo trainer, fastest possible time at .60 for free, 1.5 for breast, 1.15 for fly, .70 for back

2.) Swim with Chutes

4 x 50 (focus on eliminating dead spots, continuous rhythm, descend 1-4)

2 x 25 sprint

3 x 50 no chutes (max DPS and descend to 90%)

3.) Mid-pool Turns: 3 descending with no wall, 3 descending on wall (best strokes, repeat)

FRIDAY (NEW YEAR'S DAY)

A.M.

Everyone: Aerobic power

Sprint and Middle Distance Group:

6 x 400 free or back @ 5:30 or 6 min. (30-45 sec. rest), best average

Brooke: 4:57, 5:03, 5:03, 5:03, 5:03, 4:54

Distance Group:

9 x 400 free or 8 x 400 IM @ 5:30 or 5:10 for free, 6 min. for IM, best average

Caitlin Geary: Freestyle, best 500 time 5:03, averaged 4:50

Shoulder Series and Abs

P.M. (SC)

General Aerobic Swimming: Focus on distance per stroke (arranged sets by distance group and arranged to have enough time on wall for plenty of feedback)

SATURDAY

A.M. (LCM)

Everyone: First hour, warm-up, then team freestyle set

3 x 100 @ 1:25 relaxed

3 x 100 @ 1:20 fast

3 @ 1:25 relaxed

3 @ 1:15 faster

3 @ 1:25 relaxed

3 @ 1:10 race

1,000 loosen

Stroke Groups: Kicking emphasis, adding kick to full stroke

Afterward: Weights (lower body)

P.M.

Main Focus: Anaerobic efficiency for everyone

36 x 50 @ interval that gives 20-sec. rest (extra :30 after every 6)

Each Swimmer has Goal Time:

Brooke = 26.7, Casey back = 30.9, Caitlin free = 28.3 (goal is to swim time as efficiently as possible)

After Set:

Distance Free Group: Pull 4 x 200 relaxed, rest :20, 400 fast

Sprinters Group: 1,000 loosen, then some 15s from a dive

SUNDAY (SCY)

A.M.

5:30-8 a.m. Swim

Distance: 10,000

Main Set: 10 x 500 (3 @ 5:50, 4 @ 5:40, 3 @ 5:30)

Middle and Sprint Groups: Total 7,500

Main Set: 6 x 500 @ 6:30 (last 3 HR 28)

8-8:30 Breakfast

8:30-10:30 Swim Meet (not pretty at all)

10:30-11:30 Dryland (lower body focus: lunges, squats, band exercises, glute/hamstring exercises with med ball)

P.M.
Afternoon Off

MONDAY

A.M.

Long loosen swims and kicking focus, EN1-2
6 x 200 descend 1-3, then
9 x 100 best average @ 2:30
Dryland: Upper body focus (med balls, shoulder tubing, abs)
Everyone: 6,000 meters

P.M.

Distance Group: EN2 focus
100/200/300 up to 1,000 @ 1:17 (rounded up to nearest 5) per 100,
race each other
Middle and Sprint Group: Skill and power focus
Circuit with chutes, tempo trainers, turn work, breakouts with fins
4 x 50 fast from a dive with low stroke count goal.

TUESDAY

A.M.

Stroke Groups: Technique and EN1 focus, IM'ers with flyers
Fly: 6,000 meters
Back and Free: 6,000 meters
Breast: 5,500 meters
Finish with Everyone: 12 x 50 kick best average @ 1:10

P.M. (SCY)

22 x 200 parametric times
Brooke: Ave 2:06 with lower HR and stroke count than last week
Casey: Ave 2:18 with lower HR and stroke count
Afterward: Weights (upper body focus)

RETURN TO RICHMOND