

Letter from League Coach – September 2010

Coaches,

In accordance with a careful and goal oriented season planning, you are now about to complete the first phase of the GENERAL ENDURANCE PERIOD (of a total of 8 weeks) which provides the foundation of your training and competition program. Therefore, swimmers now ought to increase competition level condition by applying more End-2 (Threshold Endurance - slow and short rest interval training) and gradually implement End-3 (Overload Endurance). Emphasis in all trainings should be given to skills of competitive swimming, i.e. five mechanics in all strokes, starts and turns, the two latter involving the “5th stroke”, i.e. the dive.

During the latter part of the 8 weeks, the SPRINT TRAINING varieties can gradually be included more frequently. Sprint training includes: SPR-1 (Lactate Tolerance), SPR-2 (Lactate Production) and SPR-3 (Power Sprints). After about 8 weeks, these trainings should become standard weekly, however administered with care and should be coupled with all three Endurance trainings (highest in mileage). Thus we achieve throughout the season the needed increase in training quality and quantity.

Head Coach Challenge Events and Long Distance Championship

The first combination of the HCC – 50 m Butterfly and 200 m Backstroke - was planned for October 23/24 in RTA and/or October 30/31 in GKN and KMC.

The above events and the Long Distance Championship following mid-November require a unique preparation. It is a challenge for coaches and swimmers. So present and display what you can create in the coming weeks to be successful in these higher level swims.

Tip: Breathing is one of the 5 mechanics in each stroke and is a key in the preparation for these events, especially the Freestyle. Breathing technique and its anatomic principles must be paid attention to and are a key to obtain efficiency, i.e. negative split performance. Correct breathing technique will make or break the Long Distance Freestyle events, as well as the 200 m and 400 m Freestyle, and 200 m Backstroke.

Training / program design, involving mechanical and anatomic principles and methods of training and competition was a main subject of the Coaches Clinics. If there is anything unclear in the above, please contact me BY PHONE – 00-36-22-598.020 (landline) it is easy and quick two-way communication, or contact your divisional head coach.

Best of Luck to everyone!
Peter