

September 26, 2011

COACHES,

You are soon to complete the General Preparation period (base of your season – 6 weeks) of the Macrocycle of the 2011-2012 swim season, which should consist in improvement of overall endurance, speed, strength, flexibility and reflect in the technique of the swimmers.

#### League Head Coach Challenge Events

Within your continuous Macrocycle program, as you are advancing toward the Specific Preparation phase (from mid-October until Long Distance Championship) a 1-2-week Mesocycle is necessary to activate specialized training unit to prepare the interested swimmers for the first of the three LHC challenge events – 50 m butterfly, 200 m backstroke on October 9 or 15, 2011.

Of course all of your competition swimmers should be included in this specific training for the benefit of their overall swimming ability and to gain more and more experience in preparation for the Long Distance Championship in early November.

For butterfly and backstroke, all workouts should include lots of technical exercises such as stroke segment drills, drill/swim combination sets – all in End.-1/basic endurance pace and also include dive technique from starts and especially out of turns (attention: complete turn mechanics).

Preparing for the sprint race of 50 m butterfly, exercise some Spr-3/power sprints combining starts and turns with about 12 ½ m all out sprints. Also practice Spr-1/lactate tolerance/race pace swim - 25's and occasional Spr-2/lactate production/race – swim 50's. Attention: Respect frequency, duration and relevant rest intervals.

Preparing the mid-distance 200 m backstroke, I suggest to elavate the intensity of Endurance Training to End-2 (Threshold Endurance). For example swim 8–12 x 100 – 125 m at 65-75 % effort with 25-30 sec rest interval between the swims. Plus some End-3 (Overload Endurance), for example swim in sets of 3-4 x 200 m. The effort should be maximum and evenly paced, with 40-45 sec rest interval between the repeats and 3 to 5 min. active rest between sets. Two of these sets per workout are recommended.

Also apply Spr-3/power sprints (see above). Spr-1/lactate tolerance/race pace – sets of 50's, 75's and occasional Spr-2/lactate production/race, for example 50's, 75's or 125's faster than race pace (of 200 m). Attention: Respect frequency, duration and rest intervals. Please make sure you apply the rest intervals correctly, i.e. min. 3 to 5 minutes active rest occurs in Spr-2 between swims, whereas in Spr-1 between sets.

Peter Trummer

