

WORKOUTS FOR SEASON 2005-2006

Introduction:

In our opinion preparation for main competition is a process, in which the most important part are not individual training sessions but the fact that they appear systematically followed by adequate rest periods. This also should be combined with proper nutrition. The three factors mentioned above: systematic training, appropriate rest and good nutrition are crucial for the success of the program.

The plan for season 2005-2006 contains 53 training weeks based on 4 swimming workouts per week. 3 weeks of heavy training are followed by 1 week of rest to allow swimmer to build appropriate adaptation. Resting week appears usually before in season competition. In our opinion this should not be time for full taper but just short periods of less intense training. The peak performance should appear twice: first during week 38 (Canadian Nationals) and second during week 49 (Worlds).

Weights and run or bike trainings are optional. They are marked on the plan to show the timing when they appear during entire preparation.

Tips 'do':

1. Show up at workout's systematically.
2. Make sure you have enough rest.
3. Eat healthy.
4. Watch your weight. It has to be natural, not too high and not too low.
5. Take an easy swim session if you feel tired. Even 1000 meters is better than nothing.
6. Switch strokes and do dry land cross training. It prevents injuries from overuse.
7. During hypoxic set swim maximum 25 meters without breath. More can be dangerous even for very fit swimmers!
8. Watch your swimming technique all the time.
9. Do kicking sets.
10. Swim backstroke! 😊

Tips 'don't':

1. Don't be too serious. It is masters swimming!

Explanation of some terms and abbreviations:

Threshold speed: speed of 1500 meter race pace. E.g. if swimmer's PB for 1500 = 20:00 then threshold speed per 100 = 1:20

4 x 100 choice desc. 1-4: every next 100 should be swam faster than the previous one.

Negative split: second part of the distance should be swam faster than the first part.

Silent swim/kick: swim without splashing water

Hypox.: Hypoxic set. Restrict breathing

Golf: The sum of numbers of strokes and time must be as low as possible.

E.g. 50 free: 24 strokes + 35 sec. = 59. Good number!

Choice: Stroke of choice, most often swimmer's best stroke.