

## Swim Ontario “Train to Win” Camp

April 3-5 2009

McMaster University

### Camp Focus:

- Understanding and Applying Personal Responsibility **KEITH**
- Balance (Invisible Training and Well Being)
- Train with Purpose (Swim with Purpose) “it really doesn’t matter what the practice is—it is what you do with the practice that matters!”
- Value Kicking as one of the key foundations to High Performance Swimming
- Skill Development and Refinement (Turns and Starts)
- Dry Land and Conditioning component leads to your High Performance Capacity (Winning Routines) **KEITH**
- Have Fun!

### Friday April 3 (Swim Practice- 2 hours SCM)

- Technical Focus (Stroke Length x Stroke Rate = Velocity) Stroke Counting and Pace Control
- 300 Kick Factor (Grow the set to Perform)
- Value of Turns

400 choice (No Kicks—3k-4k-5k off walls)

200 IM K-D/25 (underwater on the kick)

300 choice (3k-4k-5k off walls)

100 IM Drill

8x25 @40 15m HVO (high velocity output)-10m ez mix strokes

\*10x50 @1:10 Free (50 PB round up +10 is your starting point—descend 1-10 one second each 50/ Count strokes – Record)

100 ez

Turn Exercises: Vertical Blast offs/ Deep Vertical Turns/ Pushoffs/ Pushoffs with Quick turn

6x75@115 free or back (3k-4k-5k off walls with the intensity of exercise)

100 ez

Kick 6x50@105 (fast in and out of turn)

\*Kick 300 for time- Beat your 400 Swim Time

300 (25 DA bk—25 Scull—25 min breath free or fly)

Swim 4x25@35 Fly (Form- high hips/ strong catch-push thru- minimal breathing)

Pull 3x50 @50 back (Negative split effort—pick up SR 2<sup>nd</sup> 25) [crossed legs]

Drill 4x25 @40 Breast 2k1p (Streamline on the surface—Fast heels “snap & pop)

Pull 150 @ 230 free B-3-5-7 (decrease SC by 1or 2 on the 3<sup>rd</sup> 50) crossed legs

X2

200 cool down

Stretch & De-Activate

Saturday October 4

- Technical Focus (Stroke Length x Stroke Rate = Velocity) Stroke Counting and Pace Control
- 300 Kick Factor (Grow the set to Perform)
- Starts

7x200 :30 rest 1) choice (glides off walls) 2) fr-bk 5k off walls 3) fr-br (3 pullouts) 4) fr-fly 5k off walls 5) 4x50 fr alt 45-35 stk count on evens 6) DA bk/br kick egg beater \*\*7) 4x50 stroke @1 \*\*focus on SR on the 2<sup>nd</sup> 25—coaches measure SR

\* 20x100 Free “Training Camp Fitness” Interval determined by PB rounded up +20 sec—Even split and Even count (Record every 4<sup>th</sup> as a check) Maintain minimum 3 kicks off walls/ no breath into walls (Stroke swimmers alt 1 free/1 stroke interval determined by Stroke PB +15)

300 (DA bk—Scull—Fly 3RA3LA3K under)

\*Kick 9x100 @2 (every 3<sup>rd</sup> Fast Record add up 300)

200 ez

Pull 600 every 3<sup>rd</sup> 25 breast-dolphin pull build fast (check SR last 10m) build feel outward/ pickup acceleration on inward (avoid diving down)  
100 ez

Starts—Dive & Glides  
Dive & Kick  
Dive-Kick-Breakout

Dive 100 stroke  
Initiate Proper cool down protocol

Stretch/De-activate

Sunday April 5

- Technical Focus (Stroke Length x Stroke Rate = Velocity) Stroke Counting and Pace Control
- 300 Kick Factor (Grow the set to Perform)
- Value of Turns

Activation (10 min)

3x300 30 Rest 1) choice No Kicks off walls 2) alt 5k/ 2 pullouts 3) IM order  
KDS

12x25 @40 1) 15m HVO 2) kick choice streamline

Turns ( breast/ fly) (IM exchanges)

\*10x50 @110 (PB + 10 desc 1-10 Count strokes ) \*another stroke if you wish

100 ez

4x75 kick1:30 (cycle sprint 25)--300 kick timed (beat Friday's time)

100 ez

25 fly@40--1x50 bk (SR)@50—4x25 br (4k4S/4P4S/2k1p/swim)@40--100 free  
@140 Neg split (0-3-4-5kicks)

X 4

100 ez

\*8x50@1 1 ez/1 swim fast for add up 200

200 Cool down/ De-activate