



MIDDLE DISTANCE SWIMMING

*By Doug Frost
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FORWARD

It is not any coach's intention, nor should it be when in a club or home program, to specialise in any particular event or distance, although it is quite obvious that several very successful coaches have a tendency to produce regularly in certain areas.

Success breeds success as the saying goes and this applies very much to swim coaching; having an athlete perform well at the international level in a particular event has a two-fold effect on your program. Firstly, other team members aspire to that performance and secondly, there is a natural tendency for the coach to gravitate towards that event when setting up the training structure. Another scenario is a tendency to attract swimmers from other programs because of your results in that area.

I believe that all coaches should be in a position to provide the window of opportunity in all events and distances, but this is not always practical or possible with more demand on pool space, time and costs requiring programs to be more generalised, much larger and less workable.

It may be of interest to all those attending today that I worked in that situation from 1979 until 1995 at the Padstow Swim Centre in metropolitan Sydney, a 25-metre 5-lane pool which I still lease and have operated for the last 20 years. The most successful athlete during those years to emerge being Philip Bryant, 1992 Olympian, World Championship Finalist and Commonwealth Games Medallist in the 400m Individual Medley, a result I am very proud of, considering the training environment we had to contend with.

During all the fuss over Philip there was another young star in the melting pot, that being Ian Thorpe.

It was in 1995 that I started to sing Ian's praises, all about this young 12-year-old doing fantastic things in the training pool. You might "ask" ... who gets excited about 12-year-old age

groupers? "I did" and still do ... particularly if his name is the "Thorpedo".

The difference from then until now being four years of growth and development, not only for that young man but also for my club program. I moved to Sutherland Leisure Centre in October 1997 to take up the position of elite coach at this well-appointed centre, operated by the Sutherland Shire council.

This followed a period where I utilised both the Padstow Indoor Centre and the Sydney International Aquatic Centre. The new pool at Homebush is home for the 2000 Olympics. When the new Olympic pool complex opened in 1995, I decided to combine both pools for training, doing five long course and five short course sessions per week.

After enduring the increased travelling for two years, I applied for my new position at Sutherland. The Sutherland complex is situated on the southern tip of the Sydney metropolitan area and extends from the coast and inland towards the Georges River. I live in Illawong close by the Georges River, also in the Sutherland Shire; access to Padstow or Sutherland is only 10-15 minutes in either direction.

ON THE BOGEY TRAIL

This is a common term used in golf, one I am very familiar with, regularly having one over par and that's on a hole-per-hole basis ... "then why not birdies instead of bogeys?" I will start off today with a quote, which I found in a book compiled by Wynn Davis...

"Successful people are not afraid to fail. They have the ability to accept their failures and continue on - owing that failure is a natural consequence of trying. The law of failure is one of the most powerful of all the success laws because you only really fail when you quit trying."

Of course everybody wants to coach somebody talented and if you wait for that talented youngster to appear on your doorstep it will never happen. You must develop an environment that will provide an opportunity for that to occur.

Be prepared to support and instruct your athletes in all areas of their development, not just while they're at the pool. This includes how they conduct themselves away from the pool, their education, diet, personal hygiene sports science support. Advise them of all the advantages associated with swimming, the healthy lifestyle, friends with a common interest, travel and the list goes on; remember the harder you try the luckier you get.

This may not help you with your golf but it certainly helped Greg Norman. Apparently he was asked not to practice in certain areas of his home course, the Queensland Golf Club, due to the damage caused with his divots, the practice area resembling a ploughed field.

Today my intention is to enlighten you with how I went about setting up my practice area and developing my program in middle distance so that I could get “lucky” and get off that Bogey Trail.

WHAT CONSTITUTES MIDDLE DISTANCE?

Specialised and Personalised Preparation

The important aspect to remember is that to be successful at the international level in any event on the competition calendar, the athlete must be prepared and trained for that event and distance; specialised and personalised preparation for each individual athlete is most important. Their training requirements must be addressed “individually”.

400m Freestyle

I would describe the 400m Freestyle as the event most aligned with this Middle Distance classification although the 400m Individual Medley has very similar requirements.

200m Freestyle

Training for the 200m Freestyle can be incorporated into the middle Distance area. I have found the competitor coming down in distance has different characteristics than those moving up in distance. The competitor with an endurance background appears to have some distinct advantages over the competitor coming from the sprint area.

WHY A MIDDLE DISTANCE PROGRAM?

Area to Consider

Middle Distance events have the same characteristics as both sprint (100m Freestyle) and distance (1500m Freestyle) events combined, insomuch as the areas to address in training reflect in both of those events.

Prepare for the Event

Therefore, it is important to note that the reason for this area of Middle Distance to be addressed is so that training session preparation is not restricted to any one area. If this occurs and is neglected in your initial structure, then the preparation and final outcome will be curtailed.

The Training Load

It is important to remember that not all athletes can cope with the same workload and this should be addressed when preparing the workouts. It is your responsibility as the coach

to assess the athlete’s strengths and weaknesses and incorporate changes in the training structure to develop those.

The advantages of having a middle distance group in your program are numerous ... for all of the following reasons...

1. Develop good work ethics
2. Improve aerobic qualities
3. Identify different talent
4. Add variety to your program

These are just some of the reasons a Middle Distance program should be addressed.

SELECTING THE ATHLETE

Make Allowances

Not all teams provide the opportunity to develop this area and it appears, in many cases, athletes end up in the distance or middle distance lanes as a last resort, having tried everything else.

It’s your responsibility as the coach

As a result, many coaches have failed in their responsibilities to develop those they are coaching, or have missed out on an area which could be very successful for their program, if the time to improve and develop the middle distance athlete had been considered.

Set Your Standards

The reason some gains have been made in this area in my squad is due to the testing procedure I have in place, allowing suitable workout time and space and more consideration when preparing the workouts.

The Test Sets

The tests I incorporate include...

3000m Freestyle timed test every four weeks.
8x(4x100[1.15] on [6.00]. 5x200m [5] Freestyle test set every four weeks, at the fastest possible speed, holding even pace throughout the set.

6x100m[6] Freestyle every four weeks maximum effort. 4x50dive timed + 450 active rest. Every four weeks 200/400m Freestyle kick goal sub. 3:00/6:00.

The test sets involve a wide range of training demands that identify prospective athletes capable of enduring the increased workload, who also have a capacity to excel in the following...

1. Repeat even-pace sets in workout
2. Have a low resting heart rate
3. Lower working heart rate at a2 –at
4. A higher flotation position in the water
5. Balanced stroke
6. Above average kick

DESIGNING THE PROGRAM

Be Prepared

In an attempt to create an exciting and challenging program, I still spend much of my time preparing workouts on a week-to-week

basis. The final results due to past experiences, involving many years of testing response and observation of athletes of all levels.

Expand on your Knowledge

Seek out the experts. This has evolved for me from contact with numerous coaches including Les Lazarus, Terry Gathercole, Bill Sweetenham, John Carew, Laurie Lawrence, Ken Wood, Don Talbot and the late Joe King.

This contact and involvement with coaches and their athletes at national event camps and on national teams has provided me with a wealth of knowledge to assist me with my application in my own environment.

The Good Oil

The overheads at the end of this article will paint a better picture of the way I prepare my cycles leading into major events.

BEING INNOVATIVE

Stereotyped

Although I have gathered much information over the years with my involvement at club, state and national level, it is very important we don't get stereotyped in our presentation of programs. The reason I put this to you is "a change is as good as a holiday". It is possible to alter the workouts slightly without losing the effect you require at that session.

Warm Up Suggestions

The idea that Bill Sweetenham presents of a different warm up at every workout has good merits and something I incorporate into each session. The important aspect regarding warm ups is the relationship to the main set and preparing for this.

Change the focus regularly on the kick and pull sets with over-distance and short-rest repeat sets on a structured basis, depending on the training stimulus required for that session. Don't be afraid to include extra kick into the workout, I include 2km sets twice per week, in addition to the kick sets at every other session.

In and Out of the Pool

To encourage variety, I have several alternative dry land programs in place, changing on a season-to-season basis. They include...

Running Monday, Wednesday, Friday and
Medicine Balls Tuesday, Thursday, Saturday

Or

Skipping/Medicine Balls

Or

Circuit Medicine Balls

Or

Boxing/Medicine Balls

Or

Stretch Cords/Medicine Balls

I should add that running continues at all times if required.

All Squad Members must have their Own Training Equipment

Following is the Equipment my Squad Members require...

1. Mesh Bag
2. Kickboard
3. Paddles two sizes finger paddles and large paddles
4. Pull Buoy
5. Drag Suit
6. Leg Tie (band)
7. Fins

I supply the Swim Harness and Dive Gauge.

Following is how I utilise all the training accessories available.

Include drag suits for both swim and kick sets, as well as paddles – pull with buoy and band or band only – kick with or without a board – fins swim, kick, drill, speed sets and swim recovery – swim harness for resistance and speed assist; the dive gauge to improve distance off the wall.

The important aspect to remember with accessories is to use them to your advantage, not just for the sake of using them.

TRAINING CAMPS

I have been involved with training camps at all levels during the past 20 years and have found training in this environment has its advantages and disadvantages. There are several areas to be considered prior to preparing for a camp, be it at club, state or national level. The purpose for the camp must be the main consideration and this can be for a wide range of reasons.

The following are some pointers for prior consideration before setting up a camp.

On the PLUS side:

1. A change in the training venue gives an added training stimulus
2. Improved climatic conditions
3. Different training partners
4. Suitable accommodation close to the training venue
5. Correct and controlled meals
6. Support staff

On the DOWN side:

1. Restricted lane space and training times
2. Timing of camps
3. Unprepared athletes
4. Accommodation distance from the training venue
5. Meals timing and type

Following are some of the venues I have experienced during my last 10 years of coaching:

- New South Wales State Squad Camps ... various venues from 1985 till 1998.
- Australian Institute of Sport for both State and National Level.
- Hawaii, 1991 Three Nation Distance Training Camp.
- National Team Camps.
- National Event Camps ... 1992 till now.
- Altitude (2) ... Flagstaff, USA, 1995.
- NSWIS Gold Coast 1998.
- Middle Distance Event Camp, Thredbo, October 1998.

In January 1998 I spoke with Head Coach, Don Talbot, in regard to the introduction of another category in the National Event program. It occurred to me all events were covered with the exception of the 200-400m Freestyle events. The reason I raised this question is because of my involvement with athletes in this category and I felt they were not being serviced to the same extent as the other Freestyle groups. In this day and age a more specialised approach would have a far greater effect on developing the talent in this area. The introduction of a Middle Distance Freestyle Group would enable us to...

- Identify athletes in this area.
- Give recognition to those events.
- Further develop the skills of this group in a common arena.
- Develop the knowledge of the coaches involved.
- Increase the depth of talent and standard in the middle distance area.

As a result of my initial contact with the National Head Coach, a Middle Distance Program was up and running at the beginning of the 1998 summer.

The first National Event Camp for Middle Distance Freestyle was at the Thredbo Alpine Training Centre from 25th-31st October 1998.

The selection of athletes, coaches and support staff was the responsibility of the National Event Coach. A total of 11 swimmers, four coaches and five support staff were selected for the first camp.

The overheads at the end of this article will outline the weekly structure.

NATIONAL SELECTION TRIALS

To prepare an athlete for their first Australian Open and/or National Trials is a very challenging period for the coach and at times a very ambitious move on behalf of the developing

athlete. It does help if you have athletes at Open level in your team to assist the younger athletes in their transition from Age to Open.

All national competitions should be introduced as a learning curve with challenges set by the coach – i.e. better your entry time, improve your ranking, quality for the “A” or “B” Final (Semi-Final). You must be realistic in your goal setting.

In many cases the athlete struggles with the higher level of competition and this is why goals must be set in place.

NATIONAL TEAM SELECTION

The greatest satisfaction as a coach is having your swimmer selected on an Australian National Team.

This could lead to several exciting situations. For your swimmer to be selected is one of the major hurdles they will have to achieve, because they are then members of a team that will represent their country and “the sky is the limit”. They must be part of that team if you have any ambitions of your athlete winning a gold medal at the Olympics. In my experiences, once making the national team and because of the high level and standard within our ranks, the athlete has a very good chance of being very successful in the international arena. Then the prospect of you making team selection depending on your swimmer’s ranking and the total number of coaches required is a distinct possibility.

I waited a long time to achieve my first ambition as a coach (not my last), and have not been disappointed. Each occasion has been a fantastic experience, both challenging and rewarding.

INTERNATIONAL COMPETITION

The reason I have included this segment is so all coaches who attend today or read this presentation at a later date understand the importance of setting your own goals. To achieve at the highest level and aspire to that is most important for the development of your program. This means that to be successful at the international level you should have no restrictions in place for either yourself or your athlete, thus enabling you to move forward to the next level. On numerous occasions I have heard and seen coaches who do not project themselves or their athletes as being at the Open level. Having restrictions in place – no matter how large or small – will affect the results of your program in both the short and long term.

If you, as the coach, believe your athlete can achieve at the highest level, and you are not prepared or not in a position to provide this, then move your athlete to a program that can further develop those skills.

MAINTAINING THE FOCUS

In assessing the attitude of my athletes over several seasons, an important step for me each year is to reflect on each season's results for each athlete and to establish the future direction best suited to improve those results.

It is important that for the athlete...

- The previous year's performance is the first consideration.
- What makes them committed?
- Did they achieve their goals?
- Is their attendance consistent?
- Are they enjoying the sport?
- Are they managing their swimming and education commitments?

For the coach...

- Have I been well prepared?
- Where can I improve my performance?
- What is my overall assessment of the season's results?
- Did I achieve my goals?

Having this in place can only highlight the highs and lows and hopefully rectify those problems in the future.

In closing ... It is vital that I should stress the importance of continuing personal growth to improve your professional development. I would like to quote a very good friend, be it his quote or a borrowed one ... *"NO MAN IS AN ISLAND"*.

I have learned a great deal over the last 10 years from Training Camps (Hawaii, ASCA Scholarship Coach), working with elite athletes, working with **senior** athletes, working with **legend** and respected coaches, attending conferences, team camps and workshops, presenting to my peers such as this conference, mixing with international coaches, using resources outside my program such as the NSWIS sport scientists.

Without the assistance and interaction from my peers, the cooperation and support from the Australian Swimming Coaches and Teachers Association, Australian Swimming Inc., and the New South Wales Institute of Sport, my level of knowledge would be very shallow. I am sure this has gone a long way in advancing me to the level of coaching I am enjoying today.

PREPARED BY DOUG FROST FOR THE WORLD CHAMPIONSHIP TRIALS/WORLD CHAMPIONSHIPS/AUST. AGE CHAMPIONSHIPS/COMMONWEALTH GAMES TRIALS/COMMONWEALTH GAMES

WEEK COMM.	WKS NAT.	COMPETITION	TESTING	TRAINING PHASE	STRENGTH PROG.	TRAINING PHASE	STRENGTH PROG.
SEPTEMBER							
1			4x50	5}Quality 50			
6-7		NSW Open S/C					
8			2000m	4}Quality 60			
15			5x200	3}Quality 70			
22			6x100	2}Pre-Comp			
29			4x50	1}Pre-Comp			
OCTOBER							
5-11 >>>		Aust Open C/S		>>>>>>>>>	>>>>>>>>>	>>>>>>>>>	>>>>>>>>>
6		World C/S Trials					
13		Brisbane		14}Maint			
19-26		Training Camp	World C/S Team	Hobart			
20	25th	StG/S Dist 1pm	2/3000m	13}Aer 50		12} Aer 30	
27			5x200[5]	12}Aer 60		11} Aer 40	
NOVEMBER							
3			6-8x100[6]	11}Adp 50		10} Adp 30	
10			4-6x50+450ar	10} End 60		9} End 45	
17	21st	StG/S Dist 6pm	2/3000m	9} End 70		8} End 55	
24			5x200[5]	8} End 80		7} End 65	
DECEMBER							
1			6-8X100[6]	7}Adp 50		6} Adp 30	
8			4-6x50+450ar	6}Qly 50		5} Qly 40	
13-14		Metro					
15	20th	StG/S Dist 2pm	2/3000m	5}Qly 60		4} Qly 50	
22			5x200[5]	4}Qly 70		3} Qly 60	
29			6-8X100[6]	3}Pre-Comp		2}Pre-Comp	
1998							
JANUARY							
5			4-6x50+450ar	2}Pre-Comp		1}Pre-Comp	
1-11		Training Camp	World C/S Team	Perth			
12		Day1 Swimming	till Sun 18th	1}Pre Comp			
19		World Champs					
21-22	Syd.	World Cup					
24-28		NSW 13-18yrs		M/DIST FS	IM/BK	SPRINT/BR	AUST AGE
26				13}Aer		13} Aer 35	11}Aer
FEBRUARY							
Jan 29-1		NSW Open					
2			3000Timed	12} Aer 50		12} Aer 45	10}Aer
7-8		NSW 9-12Yrs					
9			5X200[5]	11} Aer 70		11} Aer 55	9}End
16			6-8X100[6]	10} Adp 50		10} Adp 30	8}End
23			4-6X50+450AR	9} End 60		9} End 40	7}End
MARCH							
2			3000 Timed	8} End 70		8} End 50	6}Adp
9			5X200[5]	7} End 80		7} End 60	5}Qly
16			6-8X100[6]	6} Adp 50		6} Adp 30	4}Qly
23			4-6X50+450AR	5} Qly 50		5} Qly 35	3}Qly
30	5 Apr	NSWIS Invit	5X200[5]	4} Qly 60		4} Qly 45	2}Pre-Comp
APRIL							
6			6-8X100[6]	3} Qly 70		3} Qly 55	1}Pre-Comp
11-15		AUST Age	ADELAIDE	RACE		RACE	
13			4-6X50+450AR	2}Pre-Comp		2}Pre-Comp	
20	Melb	NSWIS	Pre Comp Camp	1}Pre-Comp		1}Pre-Comp	
27							
MAY							
Apr 27-2	Melb	Aust C/S & C/W	Games Trials				
4	Melb	ASC&TA	Convention				
9-17	TBC	CWGames Team	Training Camp				
11				18}Maint			
18				17}Maint			
25				16}Maint			
JUNE							

1				15}Maint			
8				14}Aer			
15			3000Timed	13}Aer		13 TH QLD	V NSWIS
22			5X200[5]	12}Aer		20 TH SA	V NSWIS
29			6-8X100[6]	11}Adp			
JULY							
6	Hrbob	School Holidays	4-6X5-+450AR	10}End		5 TH QAS	V NSWIS
13		School Holidays	3000Timed	9}End		13 TH Sanyo v	NZ v NSWIS
18-19		METRO Winter					
20			5X200[5]	8}End		17 TH NSWIS	V VIC
27			6-8X100[6]	7}Adp		25 TH WA	V NSWIS
AUGUST							
1-2		NSW Open S/C				1-2 ND	NL SEMI
3			4-6X50+450AR	6}Qly			
10			3000Timed	5}Qly		8-9 TH	NL FINAL
17			5X200[5]	4}Qly			
24			6-8X100[6]	3}Pre Comp			
31	TBC	CWGames Team	Camp TBC 50's	2}Pre Comp			
SEPTEMBER							
5-6		NSW Age S/C					
7				1}Pre Comp			
10-20		C/W Games	Kuala Lumpa				
14		C/W Games					
21							
24-27		Aust S/C Perth					
28				11}Aer			
OCTOBER							
5				10}Aer			
12				9}Adp			
19				8}End			
26				7}End			
NOVEMBER							
2				6}End			
9				5}Adp			
16				4}Qly			
23				3}Qly			
30				2}Qly			
DECEMBER							
7				1}Pre Comp			
12-13		Metro					
14				16}Maint			
21				15}Adp			
28				14}Aer			
1999			3000Timed	13}Aer			
JANUARY							
4			5x200[5]	12}Aer			
6-7		NSW Age 9-12					
11			6-8x100[6]	11}Adp			
18			4-6x50+450AR	10}End			
21-24		NSW Open					
25			3000Timed	9}End			
27-31		NSW Age 13-17					
FEBRUARY							
1			5x200[5]	8}End		9}Adp	
8			6-8x100[6]	7}Adp		8}End	
15			4-6x50+450AR	6}Qly		7}End	
22			3000Timed	5}Qly		6}End	
MARCH							
1			5x200[5]	4}Qly		5}Adp	
8			6-8x100[6]	3}Pre Comp		4}Qly	
15			4-6x50+450AR	2}Pre Comp		3}Qly	
22				1}Pre Comp		2}Qly	
24-27		Pan Pac Trials					

PREPARED BY DOUG FROST – 12 WEEK MACRO CYCLE /THREE WEEK MICRO CYCLES

Wks1-3	MON	TUE	WED	THU	FRI	SAT	SUN
AM 1 st Phase AER 1-50K's 2-60 per 3-70 Wk	Aerobic A2 300-500's Pull Tube Fr Band Bk FSR Sprint [400] total Kick Fr	Aerobic A1 O/D Fr 3-6x1000/1500 Include Drills 8xSwimins Kick Bf	OFF	Aerobic A1 O/D Pull Tube 6-12x500 Include Drills 8xSwimins Kick Bf	Aerobic A2 O/D Fr IM-Br set Sprint [400] total Kick Fr/M Br	Aerobic A1 500/800/ 1500's 200/300/400's Bf set Kick Vertical Or on pool side	OFF TEST SETS 1)3000Timed 2)5x200[6] 3)6-8x100[6]
PM	Lac.Tol. Example 15-20x100 Fr 12-15x100 IM Kick Fr/IM Br	Anaerobic T 100's S/R set 2-3000m Bf set Kick Bk Time Trial	Aerobic A2 2-4000m 400'sFree 200's Form Slow/Fast swim Kick Fr	Anaerobic T. 50's S/R Set 2-3000m Bf Set Kick Bk	Anaerobic T. Descend to Threshold Slow/Fast swim TimeTrial/ Club	OFF	OFF
Wk 4	ADAPTION	1st WK PRE	COMP				
Wks5-7	MON	TUE	WED	THU	FRI	SAT	SUN
AM 2 nd Phase END 4-60 K's 5-70 per 6-80 Wk	Aerobic A2 300's Bf set Slow Fast swim Kick Fr	Aerobic A1 Sprint [400] total Pull Tube 2-4x1500 Kick Bf	OFF	Aerobic A1 Sprint [400] total 4-8x800 Kick Bk	Lac.Tol. 20-30x50 or 10-15x100's Kick Fr/IM Br	Anaerobic T. 200's Slow Fast swim Pull Tube Kick Vertical	OFF TEST SETS 1)4x50 + 450ar 2)3000Timed 3)5x200[6]
PM	H.R. Max V02 Example 10x200[4] Kick Fr/IM Br	Anaerobic T. 300'sShort Rest 2-4000m Bf set 8xSwimins Kick Bk	Aerobic A2 400'sFr-IM Bf set Slow/Fast swim Kick Fr Time Trial	Anaerobic T. 100-150's SR 2-4000m Bf set 8xSwimins Kick Bf	Aerobic A1 Drills 400Kick Timed TimeTrial/ Club	OFF	OFF
Wk 8	ADAPTION	1st WK PRE	COMP				
Wks9-11	MON	TUE	WED	THU	FRI	SAT	SUN
AM 3 rd Phase QLY 7-50 K's 8-60 per 9-70 Wk	Aerobic A2 Pull Tube O/D Set Sprint [400] total Kick Fr	Aerobic A1 1000-1500's Slow/Fast swim 8xSwimins Kick Bf	OFF	Aerobic A1 500-800's Slow/Fast swim 8xSwimins Kick Bf	Aerobic A2 O/D set Sprint [400] total	Lac.Tol. Example 30x50[60]fs 28x50[75]jim Bk band FSR Kick Fr/IM Br	OFF TEST SETS 1)6-8x100[6] 2)4x50
PM	H.R. Max Vo2 Example 100's or 200's Bk Band FSR Kick Fr/IM Br	Anaerobic T 100's S/R Set Bf set Time Trial (Bkn Swim) Kick Bk	MaxVO2/LT Example 5(400[5]) x(4x50[45]) A.R. Kick own stk 200	Anaerobic T. 100'Ss/R Set Bf set Time Trial (Bkn Swim) Kick Bk	Anaerobic T. Descend to 400's Fs or 200's Form Kick Fs/IM Br Time Trial/ Club		
(21 or 10) DAYS PRE-COMPETITION PHASE							
Wk12-	MON	TUE	WED	THU	FRI	SAT	SUN
AM 4th Phase Start 21or10 days out wk1 50/70 wk2 40/50 wk3 30/30	Aerobic + Speed pull set/drills Kick (Qly) 50's Push Off Practice	OFF BKN SWIMS 100m B.T.- 3sec 200m B.T.- 6sec 400m B.T.- 9sec	Aerobic + Speed pull set/drills Kick Qly 10 days out Race Rehearsal Warm Up *Heat Swim* Swim Down	OFF	Aerobic + Speed pull set/drills Kick (Qly) 50's	H.R. Lactate Tolerance 50's Kick 100's Push Off Practice	Aerobic A2 (Race Specific) BKN Swims [Pre Race Warm Up Practice Later]
PM PRE- COMP.	H.R. Max Vo2 100's Turn Practice Jump Turns	Aerobic A2 Srraight Swim (Race Specific) BKN Swim or 4-8x50for pace Start Practice	Aerobic + Speed pull set/drills Kick Qly 10 days out Race Rehearsal Warm Up *Final Swim*	Aerobic A2 150's or 75's (Race Specific) BKN Swim or 4-8x50for pace Start Practice	Aerobic A2 ?x Race Dist. Desc. to 30bbm (Race Specific) BKN Swim Turn Practice	OFF	OFF

		Kick 400's1or2	Swim Down	Kick 200's	Jump Turns Vertical Kick		
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THE PADSTOW SUCCESS STORY DEVELOPMENT & SQUAD STRUCTURE					
GROUPS	AVAILABLE SESSIONS/WEEK	DURATION	ATTENDANCE/ WEEK	LANE ALLOCATION	SESSION TIMES
ROW BOATS (Half Way)	6 Sessions	½ Hour	Recommend 2 Average 1-2	Lane 1	3.30-4.00PM Mon to Fri 4.00-4.30PM Mon to Fri
ROW BOATS (Full Length)	6 Sessions	½ Hour	Recommend 2 Average 1-2	Lane 2	As above
TUG BOATS	6 Sessions	45 Minutes	Recommend 3 Average 2-3	Lanes 1 & 2	4.30-5.15PM Mon to Fri 9.30-10.15AM Sat
JET BOATS (now Bronze Squad)	6 Sessions	1 Hour	Recommend 3-5 Average 3	Lanes 3 & 4	4.00-5.00PM Mon to Fri 8.00-9.00PM Sat
JET SKIS (now Silver Squad)	3 Sessions	1½ Hours	Recommend 3	Lanes 1 & 2	5.15-6.45PM Mon & Wed 7.30-9.00AM Sat
STATE SQUAD (now Gold Squad)	8 Sessions	1½ Hours	Recommend 5-8	Lanes 3, 4 & 5	5.30-7AM Mon, Tue & Wed 5.15-6.45PM Mon to Fri
NATIONAL SQUAD	10 Sessions Average 7 SC 3 LC	As requested	As requested	Lanes 3, 4 & 5	