

# Taper Week Schedule

Planned set of age group activities the week of taper

Adjusted based on swimmer readiness and pool space during the week

	T-7day	T-6day	T-5day	T-4day	T-3day	T-2day	T-1day		day 1	day 2	day 3
Age Group Activities:	Fri	Sat	Sun	Mon	Tue	Wed	Thu	before 1st race	Fri	Sat	Sun
Meet Warmup (Group)	x		x	x	rest	x	rest	shave	meet	meet	meet
Meet Warmup (On Own)			x		rest		rest	shave	meet	meet	meet
Jump-ins				x	rest	x	rest	shave	meet	meet	meet
Turns (MOP or well)				x	rest	x	rest	shave	meet	meet	meet
Relay Exchanges		x			rest		rest	shave	meet	meet	meet
7 & 7s (50s)		x		x	rest	x	rest	shave	meet	meet	meet
Super Build-ups (25s)	x	x	x		rest	x	rest	shave	meet	meet	meet
Pacing 50s, 75s, 100s	x	x	x	x	rest	x	rest	shave	meet	meet	meet
3x200 (or 3x150s) d1-3 to MAX		x	x	x	rest	x	rest	shave	meet	meet	meet
Blast Offs (15yd Sprints)		x	x	x	rest	x	rest	shave	meet	meet	meet
Dragsters (from stopped position)					rest		rest	shave	meet	meet	meet
broken swim				x	rest	x	rest	shave	meet	meet	meet
25s timed off blocks					rest	x	rest	shave	meet	meet	meet
50s timed off blocks	x		x		rest		rest	shave	meet	meet	meet
Indiana 50s	x	x	x	x	rest		rest	shave	meet	meet	meet
Discuss Meet Wup/Wdown	x				rest	x	rest	shave	meet	meet	meet
Discuss IM splits/strategy		x			rest	x	rest	shave	meet	meet	meet
Discuss "break pyramid"		x		x	rest	x	rest	shave	meet	meet	meet
Discuss Team Goals	x		x		rest		rest	shave	meet	meet	meet
Discuss Taper (rest, nutrition, shave)	x			x	rest		rest	shave	meet	meet	meet

## 1. Meet Wup/Wdown

If the scheduled warmup time is limited (ex - 20 or 25 minutes), then we may do two warmups at the meet. (1) "group", the rest of the Wup is (2) "on your own" (you'll need to find open pool space somewhere)

"Group Wup": 50Free, 4x75Free desc legs, 4x75 Back, desc arms, 8x50 25IMObuild+25kick@back along laneline, 25FreeSPRINT+25Vup

"On Your Own Wup": 200alt. Swim/scull, 6x50ChoiceBuildTurns or 8x25s blasters, 100ez

Wdown 300 after every swim, this is very critical for feeling fresh on day 3

work on little things in Wup/Wdown (streamlines, technique, balance, breathing pattern, head position, etc)

## 2. IM splits/strategy

all turns must be excellent build-ups

always get after the "flutter strokes" (Free and Back)

try to match your Fly and Free splits

when tired on Breast - remember to keep the eyes down on each stroke

6-8 beat kick on Freestyle

## 3. Break Pyramid

without a doubt, the best statistical model to help you "do the math" and make finals

top 3 heats - break your pyramid and you have 80% chance of making finals

4th heat back - finish 1st or 2nd and you have a 20% chance of making finals

5th heat back - finish first and you have a 10% chance of making finals

## 4. Discuss Taper

rest as much as possible all week

shave the night before

eat right (no junk, pop, etc) for 2 weeks out

drink a lot of water/fluids all week, especially during/after practice

establish a sleep patter (go to bed and wake up at the same time each day)

Think about your goals each day; sometimes it's best to keep your goals simple