

Meet Preparation, Nationals 2007

Hopefully, all WMST swimmers will enter our Nationals August 10-13. The best way to swim well at that meet is to make a commitment to workout at least 3 (better 5-6) times weekly and to workout hard! On intervals, swim the hardest you can, on descending sets, start fairly fast and really watch the clock.

One way to get ready for a target meet is to look at the last 6-8 weeks before the event as a time to do sets where the swimmer swims as close as possible to his race pace (designated *quality workouts*). Workouts will vary depending on whether the swimmer is a sprinter or distance person, but all swimmers, even triathletes, need some sprint work to get faster.

For sprinters to swim close to race pace in workouts, they must swim fast in smaller increments than the total yardage of the event. To get ready for 100's, sprinters do broken 100's, sprint 50's and sprint 25's at race pace with lots of rest. As one gets closer to the meet, the sprinter will continue to do sets of build-up broken 100's or descending 50's where one descends down to race pace on last one of a descending set. The key for sprinters is to stop all out sprints at least 5-7 days before the meet, as sprinting makes it harder for muscles to recover (why one does the build-ups or descending sets closer to the meet).

Swimmers who concentrate on 100's and 200's also do similar quality sets as the sprinters, but add other sets: a broken 200 or a set of 9-12 x 50, descending down to slightly faster than 200 pace. Swimmers whose best events are in the 400-1650 range will still do some fast 100's and broken 200's, but will also do main sets (from 8-3 weeks before the meet) of 8-10 x50 on tight interval, or 50's on a longer interval swimming slightly faster than race pace, or (for milers) 10x100 on their race pace on an interval on which they can swim the target pace. As they get closer to the meet they continue to swim those sets at race pace but with more and more rest (longer intervals). The last 5-7 days, their sets are descending (e.g. 12x50 on a moderate interval, descending down to race pace). 1-2x weekly and swimmers do regular workouts the rest of the time. *It is very important that on the regular workout days swimmers work hard on tight intervals or tight descending swims.*

Swimmers who are not competing can benefit from the quality days as their initial speed will improve. If a swimmer starts swimming slower on his quality days, he should take more rest before his next quality workout. The amount of quality yardage in a quality workout will lessen as the swimmer gets closer to the meet and intervals will be longer, often using the descending sets. Weight workouts and running should also taper off. Stop weights 2-4 weeks before the target meet. Total workout yardage will also taper over the last 2 weeks, but Carolyn keeps her yardage at the normal amount until 7-10 days out. **No all out sprints the last week. Doing some tight intervals /pace sets for distance swimmers is fine until 4 or 5 days out.** Sometimes a swimmer fears that he is getting out of shape when he gets to the end of the taper, so he does not rest as much as he should and may end up swimming tired in the meet. You will not get out of shape in one week. Rest is the most important ingredient that last week – get more sleep if possible.

Give this to one of the coaches.

Name of Swimmer _____

I want to concentrate training for these events:
