

## Rancho Bernardo High School Training Plan

Monday	Tuesday	Wednesday	Thursday	Friday
Butterfly	Butterfly	Distance free	Butterfly	Prime Stroke
Backstroke	Breastroke		IM	2 <sup>nd</sup> Prime Stroke
			Free	

The strokes listed in the chart are primary for that specific day. Other strokes and kicking will be added as secondary to complete the workout so as to cover all basis.

The Monday, Wednesday and Friday morning workouts will consist of running, stretching, general warm-up, starts, turns, finishes and relay starts so as to complement the afternoon sessions.

### Points of Emphasis:

- Emphasis 6 beat kick
- Manage energy systems
- Descend sets by adding in dolphin kicks off the walls
- Hold water throughout the entire stroke
- Posture, line and balance all the time
- Get into the catch phase early in the stroke
- Extend front to back
- Stay tall
- Long neck, relax shoulders
- Better kick, better line, better leverage
- Stretch into the catch

### Concepts and Ideas:

- Coming in and setting standards.
- True Champions fight one more round.
- Commitment to Excellence.
- Starting on time – no time like right now to make a statement.
- Don't get excited about every little step, stay hungry!
- Do the basic things really well.
- Set standards – Don't compromise.
- WIN (What's Important Now)
- My job is to get you in the ballpark. Your job is to get your hand on the wall.
- You will never know, if you never try.
- The strength of the team, is the team.
- Toughness must account for something.
- The picture is more important than the individual.
- You can't swim to be second.

- Start earlier, stay later – no substitute for hard work.
- You must take ownership of the workout.
- Deal with the elephant in the room.
- You don't get to say you want to be a Champion without being held accountable.
- You swim for the team – BE Proud!
- We make our own luck.
- Everyone is capable of high achievement.
- Make the difficult look easy.
- It is not about me, it about we.
- The individual carries the team, the team carries the individual.
- We will will ourselves to win.
- Victory goes to those who believe in it the most, those who believe in it the longest, we will believe.
- Enjoy every minute, relish it!
- Right now is the time to do it!
- Challenge them now as you look towards the future.
- Coaches shouldn't have to make teammates cheer for each other at swim meets – genuine interest in others.
- Teach relationship between individual goals and how they contribute to team goals.
- Protect the team environment.
- Champions won't be proud of something everyone can be a part of.
- Belief and trust in yourself – this is a process.
- Before you ask me, ask yourself.
- Think outside the box.