

Level 5 Skills Development

Training Set Goals

| | |
|--|---|
| | Physical: |
| | 1. Swims 4 x 400 IM on 5:00 |
| | 2. Kicks 12 x 100 on 1:30 |
| | 3. Swims 24 x 100 Fr on 1:05 |
| | 4a. Swims 12 x 100 Fr on 1:00 (Men)/ 1:05 (Women) |
| | 4b. Swims 12 x 100 Fly on 1:10 (Men)/ 1:15 (Women) |
| | 4c. Swims 12 x 100 Bk on 1:10 (Men)/ 1:15 (Women) |
| | 4d. Swims 12 x 100 Br on 1:20(Men)/ 1:25 (Women) |
| | 5. 8 x 3 x 50 best on 200p + :03 on 3:30 restart – sprinters 8 x 2 on 200p + :03 on 2:10 RS |

Competitive Performance

| | |
|--|--|
| | 1. Attends meets as recommended by coach |
| | 2. Is actively working toward National Level meets |

Biomechanical Progression

| | |
|--|--|
| | Physical: |
| | 1. Continue to improve distance per stroke and/or swimming speed during competition and training |

Physiological Progression

| | |
|--|---|
| | Physical: |
| | 1. Muscular strength and endurance: demonstrates improvement in muscular endurance (stroke specific) |
| | 2. Swims a threshold set using proper stroke technique & walls three times per season |
| | 3. Lactate tolerance: performs a set of 12 x 100 (or until failure) on 2:30 holding current 200 pace (2 nd 100 split) three times per season with continuous improvement. |
| | 4. Sprint capacity/CP systems: 12 x 15 on 3:00 specialty stroke at maximum velocity three times per season with continuous improvement |
| | Cognitive: |
| | 1. Demonstrates knowledge of energy system: a) Demonstrates knowledge of personal training velocities for each training category, b) Can discuss training needs based on test-set results |
| | 2. Develops and understand the nutritional requirements of training and competition. |

Character Development and Life Skills

Championship Behavior and Accountability:

1. Demonstrates leadership responsibility by working with younger swimmers (e.g. giving talks, water works)
2. Understands the importance of seasonal, yearly, and quadrennial planning and the consistency of the plan within each of the cycles
3. Recognizes the effects of poor communication
4. Demonstrates Leadership by example in all aspects of swimming and life.

Work Ethic & Self-Discipline:

1. Exhibits pride in doing the little things well and goes beyond the call of duty
2. Demonstrates self-motivation.

Commitment and Team Loyalty:

1. Swimmer sets an positive example for younger or less experienced swimmers
2. Understands and accepts the responsibility as a role model for the team
3. Swimmer leads team cheers and encourages others to support and cheer on teammates during practice and at meets.

Muscle Control:

1. Skilled at managing competitive pressure (uses relaxation techniques pre-race)
2. Maintains perspective before big meets and can have fun in big competitions.
3. Is aware of tension in muscles and can relax them on cue as needed
4. Develops and uses relaxation cues preperformance to maintain control of anxiety

Imagery and Visualization:

1. Can successfully utilize coping imagery for mastering stress
2. Able to create more vivid images in mind
3. Has developed control of internal images and can turn negatives into positives
4. Can assess past races to develop peak performance

Goal Setting

1. Can utilize ultimate goal in sport to persevere in the face of setbacks, obstacles, and losses
2. Completely intrinsically driven

Race Mentality

1. Understand that swimming fast is about not thinking
2. Develops a sense of trust in self and abilities pre-race
3. Learns to let the fast swim happen

Self-Image

1. Able to keep racing and swimming in perspective
2. Does not tie up self-image in swim results