

B.R. Ryall YMCA Competitive Training Program

The training philosophy at the B.R. Ryall YMCA Swim Team(BRRY) could be simply summed up with “Dynamic Overload”. The science behind this training philosophy is not new. The general design of the program is a proven method and is the method of choice for a number of the top teams in the country. The BRRY training program has the goal of preparing swimmers for the long term by teaching both swim skills and life skills. Our goal is for our swimmers careers to extend through the end of their education and beyond, and for each swimmer to emerge from swimming with skills needed for success outside the pool. The underlying foundation for our physical training is built upon the core values of hard work, goal setting, tenacity, embracing failure, joy in the process, sportsmanship, accountability, and never ceasing to strive for excellence. This document will include:

Training Overview

Annual Plans

Season Cycles

Program Components

Program Fundamentals

Workout Formulas

Summary

Competitive Training Overview

BRRY has three distinct competitive groups; Discovery, Imagine, & Prepare. As the term Dynamic Overload implies, our philosophy of training is one of constant change and constant progression. This is not only through the early stages of athletes development, but also through season cycles (Macro, Meso, Micro). The BRRY program relies heavily on blending both art and science, with the goal of finding the right balance that the athletes can understand.

We achieve success throughout the season by building fitness through the introduction of new stressors throughout, allowing for adjustment, then changing the stressors. This helps build speed, both aerobic and anaerobic, as well as strength and power

The Annual Plan

The swimming year is divided into multiple seasons, which differ by each group.

Discovery swimmers(Mostly ages 6-10): This groups is handled in multiple mini seasons. The idea is to completely reset all the athletes between each meet. Most of these training splits are 4-5 weeks in length and will have a 2 weeks of foundational mechanics, 2 weeks of training, and 1 week of Race Prep. The result of this is athletes are never more and a couple of weeks away from any point in the training. This allows for athletes to be very busy throughout the year and still have access to all aspects of the training program. Due to their very young age and physical development, both physical and mental, athletes will regularly improve times at meets, far more often than the older groups.

Imagination Swimmers(Mostly ages 10-14): This group operates on 3 training cycles per year. These cycles culminate in December, March, and July. Each of these training periods gets broken down further into Meso Cycles that have a very targeted focus such as mechanical focus during the early season, aerobic focus during the mid-season, and race development during the prep phase. The result is

Notice that during the first months of each competitive cycle the vertical axis climbs very slowly. We will then operate on three week cycles of increasing volume and intensity. This pattern repeats and builds on previous fitness levels, constantly increasing until towards the end of the cycle. The constantly changing volume, rest, number or repeats, and intensity create natural adaptation within the athlete. As the year goes we build more and more on the groundwork laid during the start of the year, with longer focus on higher intensity training. Using this model we are able to improve the athlete's ability to handle intense work, resulting in faster swims.

Training Focus's

The BRRY training is constantly focused on preparing athletes for certain ideals, which varies by group.

White – 100 IM, 50 Free

Blue – 200 Free, 100 of strokes

Bronze – 200 IM, 500 Free

Gold – 500 Free, 200 of Strokes

Senior – LCM Specialties

White & Blue – Training with Proper Technique

These 2 groups are creating a fun way to get kids involved in swimming and by teaching the foundations. They focus almost purely on technique, but are always exposed to some more challenging training so as to prepare them. The three main principles are

Proper Head Position

Improving Lines and Balance

Awareness to stroke count

Bronze and Gold – Training for Distance with power

These 2 groups are transitioning from a fun focus to a training focus, building their foundation for long term. Heavy mechanics are still focused on, but are now being tested through rigorous training and volume. As swimmers age their training focus increases as targeted meets goes down. The ultimate goal is to create athletes moving to the Senior Group who have optimal flexibility in their performance. The three main principles are

Improving Lines and Balance

Develop Powerful Front Quadrants with stroke count emphasis

Work the 5th stroke

Senior – Training for their Needs

This is our highest performing group, and at this level we begin to emphasize specificity in the workout design. The overall training model remains dynamic throughout the year, but each athlete is on a slightly separate path designed to fit their needs. This creates extremely high probability for individual success at the athletes highest levels. The three main principles are

Increasing Power through strength

Mechanical and Training focused on LCM

Individualization of mechanics based on Body Comp

Mechanical Fundamentals

Though there is a variation in the focus of each group the core fundamentals remain the same throughout

1. Balance and Body Position
2. Legs as a propulsive component
3. Drill to develop the full stroke
4. Test Sets
5. Dryland to develop better general athleticism
6. Always explore

Balance and Body Position

This is the single largest priority of our mechanical training. Athletes are constantly being taught and trained to swim in the proper line through the water so as to minimize drag. This balance will allow for more speed and efficiency as leg and arm propulsion is added. Dryland, water drills, technical details, and mental focus are all designed to develop this.

Legs/Kick

This is tightly connected to Balance and Body Position. Though legs don't generate a extremely large proportion of the speed, they are necessary to aid in balance as the legs are tightly connected to the center line("Core") of an athlete. There is no greater measuring stick of an athletes balance and aptitude than their ability to kick fast.

Drills

Drills are incorporated constantly, and always varied. Drill are used to breakdown the stroke to allow for smaller simple focused points.

Test Sets

The team does 2 test sets on a regular basis.....

Dryland

Dryland is an integral part of our training program, and is designed to improve each swimmer's general athletic acumen. We focus on core strength, body balance, and body awareness. These are crucial aspects of an athlete general development, as well as fit in very well with our focus on balance, lines, and kicking. This time is also used to discuss goal setting, effort, racing, embracing failure, joy in the process, sportsmanship, accountability, and never ceasing to strive for excellence.

Always Explore

The BRRY coaching staff is always looking for new and exciting ways to engage your children. The coaches regularly have staff meetings, attend clinics, and visit other swim teams to see how they train and coach. We use a wide variety of toys to aid in maintaining engaged athletes, as well as the toys intended advantages.

General Workout Formula

BRRY workouts are based on developmentally appropriate sets to challenge each swimmer at their level. As athletes age they are introduced to the "Color" System to help us explain different desired intensities and Heart Rates. This goes white, pink, red, blue, purple as they go faster, this roughly matches the color of their face.

Senior Elite

Senior Elite group workouts vary greatly with no real formula other than the days primary and secondary objectives.

An Example Senior Elite Distance set

4 Rounds

600 @ 8:00 – Descend 1-4 4=All Out

1x200 @ 3:30 – Sprint Kick

100 @ 2:00 P1000

An Example Senior Elite 200 of Stroke Set

7 Rounds

200 @ 2:30 – Pink Free, BP3 + 3k/wall

100 @ 2:00 – Stroke Drill Progression by 25

75 @ 1:15 – Red Stroke

4x25 @ 20/25 – Blue Stroke

An example Senior Elite Sprint Set

3 Rounds

100 @ 3:00 – All Out From Dive

4x25 @ 40 – Straight Arm Free Drill

2x50 @ 1:30 – All Out from Push – Fins

4x25 @ 40 – Straight Arm Free Drill

4x25 @ :45 – All out from Push – Fins and Paddles

4x25 @ 40 – Straight Arm Free Drill

Senior

The Senior Group does extremely similar training to the Senior Elite group. However, their focus remains in the middle with most workouts and sets build from the 200 of stroke type of sets.

Imagination Gold

The primary focus of the Gold group is to prepare our athletes to perform at the highest level in the Senior Elite Group. Workouts are extremely high in volume and intensity as their bodies are going through puberty and are capable of handling the workload on a daily basis. Workouts still include a heavy amount of mechanical focus and leg drive. More stressors are introduced in the form of using toys and equipment for training purposes and not just mechanics. Race strategy is regularly taught and incorporated into workout design.

An Example Gold Main Set - Free

3x200 @ 3:30 Descend 1-3 Start at White
100 @ 2:00 Pads and Snorkel, Perfect Free
3x200 @ 3:15 Descend 1-3 Start at Pink
100 @ 2:00 Pads and Snorkel, Perfect Free
3x200 @ 3:00 Descend 1-3 Start at Red
100 @ 2:00 Pads and Snorkel, Perfect Free
3x100 @ 1:25 Descend 1-3 Start at Red+

An Example Gold Main Set – IM

4 Rounds
16x25 @ :35 – Rotate by rd. 1-12 smooth rhythm, 13-16 Purple
4x100 @ 1:45 IM Smooth Swim, Explosive Turns
200 @ 4:00 All out IM
4x50 @ 1:00 Snorkel Free – Perfect

Imagination Bronze

The primary focus of this group is to transition from a fun focused practice to a training focused practice. The athletes lines and balance are constantly reinforced still, but athletes are also introduced the front quadrant of the stroke. Training is extremely focused on longer aerobic development swimming, but things are constantly being enforced to get faster through the set, much like a longer race.

An example Bronze Main Set

4 Rounds
200 @ 4:00 – 2nd 100 faster than 1st 100. Breathe 3/5/7/5 by 50
3x50 @ 1:30 – IM Order – Race Effort
50 @ 2:00 – Coaches Choice Drill

Discovery Blue

The primary focus of this group is on some very limited training in an environment where fun is the focus. Almost all workouts are spent on working body position, lines, and balance. Athletes are also introduced to some proper basics such as streamlining, breathing patterns, dolphin kicking, and colors.

An example Blue workout

5 minutes warm-up
35 minutes body position drills and light swimming
15 minutes Swimming at variable intensity
5 minutes racing games

Discovery White

The primary focus of this group is building athletes basic movements till they are legal. All training is extremely basic and we don't ask the swimmers to do much more than very basic drills. Due to the nature of the athlete at this age we are normally asking swimmers to slow down more than anything. Athletes that move out of this group are usually the most patient and focused ones

An example White workout

5 minutes warm-up

35 minutes body position drills

5 minutes racing games

Training Program Summary

The BRRY philosophy of Dynamic Overload is based on the blending of proven science with the art of coaching. As our sport and our swimmers evolve, so does our training. We are committed to ongoing coach education, attending clinics, and keeping abreast with the latest trends and technology not just in swimming but in all of sports and fitness. We train and develop our swimmers for the long term; expecting a competitive swim career to span more than a decade, with countless crucial life lessons to be taught and mastered. At the end of this journey individuals will emerge with the experience equipped for life

At the core of our training we consider athletes and coaches as educators, with the pool as our classroom. We want each and every swimmer to reach their ultimate potential.