

## Gold Group Weekly Practice Plan

Below is a brief description of our weekly training schedule. Throughout each swim session, practice adjustments occur due to high school athletic conflicts or school closings. That said practice adjustments to the daily focus might occur. Each practice your swimmer will experience the proper levels of endurance and sprint training along with stroke drills, starts and turns.

### Monday:

- Focus is aerobic endurance and Freestyle work. Monday's are high in yardage and sets are typically high volume with short rest intervals. We also work on underwater streamline and kicking endurance.

### Tuesday:

- Stroke day, working on Butterfly, Backstroke and Breaststroke. Swimmers have the option to choose which stroke they will work on that day, whether it be improving their weakest stroke or strengthening their best stroke. Sets range from working on technique, endurance and speed.

### Wednesday:

- Focus is on swimming all four strokes. Sets include swimming IM and gives coaches a way to see where the group needs improvement. Swimming IM gives the swimmers versatility and endurance.

### Thursday:

- Stroke day, working on Butterfly, Backstroke and Breaststroke. Swimmers have the option to choose which stroke they will work on that day, whether it be improving their weakest stroke or strengthening their best stroke. Sets range from working on technique, endurance and speed.

### Friday:

- Focus is Speed. Practices are lower in volume and sets are high intensity with longer rest intervals. Fridays are meant to simulate race speed and race conditions. Working on speed gives the swimmers anaerobic endurance.

### Saturday:

- Similar to Friday but with higher volume. Sets include high intensity and high volume and building anaerobic endurance. Practice is meant to put everything from the week together and lets them apply what they've learned. Sets are meant to challenge swimmers to perform at swim meet intensity with short intervals/recovery to build lactic tolerance and build confidence in their abilities.

## **Silver Group Weekly Practice Plan**

The Silver Group spends one-week increments focusing on each of the four competitive swimming strokes. Each week has a different focus to ensure swimmers are not missing out based on attendance. Weekly focus alternates between each of the four strokes Butterfly, Backstroke, Breaststroke, and Freestyle. The early part of the season is heavily focused on technique and endurance while the later part of the season is more focused on swim meet speed.