

Lightning and Senior 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:

- The focus on “Big Monday’s” concentrates on aerobic conditioning that challenges the swimmers strength and endurance training levels. This will include sets that range from sprint, middle distance and distance freestyle. Swimmers will experience intense endurance sets at the threshold and overload levels they can handle each week.

Tuesday:

- The focus on this day allows the swimmer to concentrate on their major stroke or weakest stroke for the individual medley and swimmers who are middle distance or distance freestylers. The distance swimmers sets will include more threshold and overload endurance training while the stroke swimmers focus on sprint and endurance training.

Wednesday:

- The focus on this day is sprint training for all strokes. This day will incorporate ultra short race pace training (USRPT) philosophy. The premise for this training methodology is that race-specific high intensity swimming will yield the optimal performance results and fastest times in competition. The overall goal is to simulate a racing situation in a workout to better prepare an athlete’s body for the actual race. Swimmers will have enough time to recover along with continuing their endurance base training.

Thursday:

- The focus on this day allows swimmers to recover from three days of high intensity swimming. That said, we would continue with a recovery day along with breaking into stroke groups. Distance and middle distance freestyle swimmers will have a modified endurance training session as well.

Friday:

- The focus on this day is to continue with aerobic conditioning similar to the beginning of the week. Depending on the competition season swimmers may do more broken swims to help monitor their strength and speed.

Saturday:

- The focus on this day is sprint training for all strokes. This day will incorporate ultra short race pace training (USRPT) philosophy. The premise for this training methodology is that race-specific high intensity swimming will yield the optimal performance results and fastest times in competition. The overall goal is to simulate a racing situation in a workout to better prepare an athlete’s body for the actual race. Swimmers will have enough time to recover along with continuing their endurance base training.