

Biomechanical Progressions

Physical

1. Continue to decrease the number of stroke cycles, or swim faster with the same number of cycles.
2. Decrease the number of cycles per length during competition.

Cognitive

1. The swimmer can calculate swimming speed, distance per stroke, and stroke rate.
2. Stroke Control/speed control
 - a. Swim faster by increasing DPS while maintaining SR.
 - b. Swim faster by increasing SR while maintaining DPS.
 - c. Choose precise DPS/SR combinations for different races.

Physiological Progressions

Physical

1. Aerobic endurance: performs T30 or other threshold set three times per season with continuous improvement.
2. Lactate tolerance: performs a set of 12 x 100 (or until failure) on 2:30 holding current best 200 pace (2nd 100 split) three times per season with continuous improvement.
3. Sprint capacity/CP system: performs 12 x 25 on 3:00 (specialty stroke) at maximum velocity.

Cognitive

1. The swimmer demonstrates knowledge of energy systems.
 - a. Can describe the relationship between training sets and energy systems.
 - b. Demonstrates an understanding of training periodization.
2. The swimmer understands how to use heart rate measurement to monitor training.

Dryland

1. The dryland program follows the swim program through structured rotation of the exercises that have purpose and intent.
2. The swimmer continues with an athletic based strength program:
 - a. The intensity and volume is monitored with daily and weekly prioritization
 - b. The swimmer's dryland program is optimized physically, emotionally and socially for the training group.
 - c. A wide variety & catalog of exercises is used to accommodate all needs (injury prevention and different body types).
3. The swimmer will do a plyometric program which will emphasize landing properly and jumping as quickly and as high as possible
4. The swimmer continues to work on different body parts that go into good aquatic posture.
5. The swimmer participates in dryland 4-5 times per week with optimal of 3x/week strength and 2x/week general athleticism (approximate time of 40-60 minutes each session)

Character Development & Life Skills

Time Management

The swimmer has mastered time management skills so outside activities do not interfere with practice and meet attendance

Psychological Skills

Peak Performance Management

1. Demonstrates an understanding of factors that excite and relax the athlete.
2. Utilizes relaxation techniques under meet duress to perform optimally.
3. Maintains optimum relaxation level ("good nervousness"), regardless of uncontrollables.
4. Learns to utilize imagery skills to manage competitive stress.

Imagery and Visualization

Through instruction is able to visualize a race from start to finish in complete detail (seeing, hearing, and feeling).

Self-Image and Goal Setting

Can use ultimate goal in sport to maintain intensity and work ethic in practice.

Concentration

1. Demonstrates and ability to rebound quickly from mistakes and failures.
2. Able to successfully use pre-race routines and control focal points to maintain concentration during a race.
3. Consistently swims "in own lane" in practice and meets.

Self-Talk

Able to positively reframe uncontrollables and adversity to enhance confidence.

Physiological Progressions

Nutrition

1. Has a healthy meal/snack routine throughout the week that is time efficient
2. Can meal prep when needed.
3. Makes smart decisions at the grocery store.
4. Can compare nutrition labels for healthier options.

Suggested Training Set Guidelines

Competitive Performance

1. Maintain senior sectional time standard. Failure to do so will result in moving out of the group.