

How to get to the Next Level Up - or Down !! (by Bud McAllister)

1) **Consistently Improve your Best Workout Times**– the best swimmers do this better than everyone else. You are either:

- 1) doing the same,
- 2) Improving,
- 3) getting slower
- 4) **PRE = Progressive resistance exercise** - you need to keep making the training get progressively harder through the season ; go on faster intervals, swim faster times in practices, swim a higher % of your practice at race pace, etc.

(15 x 100 > 18 x 100)

5 – fly – 1:15	6 – free – 1:30
4 – free – 1:25	3 – fly – 1:10
3 – fly – 1:10	4 – free – 1:30
2 – free – 1:25	2 – fly - 1:05
1 – fly - 1:05	2 – free – 1:30
	1 – fly – 1:00

5) **Faster Training = Faster Meet Times**

* 92 % chart - 24 x 100 ~ 2:00 #@4th – fast

24 x 50 ~ 1:00 @ 4th fast

24 x 200 ~ 4:00 @ 4th fast



6) **Examples of really fast training**– the best swimmers do sets that no one else in the world can do – Don't say " I work sooo hard – why don't I go faster ?" That is subjective and has

very little meaning. Look and see what FAST training is -

* Ian Thorpe - 6 x 100 @ 1:30 (56 – 51)

* Tracy Wickham - 4:09 – 400 free (WR at the time was 4:07)

* Shirley Babashof – broke WR in practice from a push

* Janet Evans 12 x 150

3- 2:05 8 x 300

1- 1:50 2 – 3:45

2 – 2:00 2- 3:25

2 – 1:45 2 – 3:45

1 – 1:55 2 – 3:20

3 – 1:40 (1:06/100)

7) How do you get to the next level down?

- A) Stop improving your best workout times
 - B) Question your coach – “Why am I doing this set?”
 - C) Tell your coach how you need to train – “I don’t need to do this set”
 - D) Gain weight (body fat)
 - E) Replace water workouts with dryland workouts
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