

# National & Senior Team

## Training Log Planning Guide

The explanations below are to help you log and keep your training on track. Keep this guide on the first few pages of your workout log book. Please update all five strokes and their corresponding **Zone & Race Goal Pace Training charts**, Fly, Back, Breast 50 – 200 distances, Freestyle 50 – 500 distances, and I.M. 200 / 400 distances as you get faster. To get your 50 distances in Fly, Back, and Breast take your best 100 / 2 less 1.5. Example my 100 Breast is 1:14.60 / 2 = :37.60 – 1.5 = :36.10 for best time in 100 Breast.

Energy Zone formulas for your reference in making your charts:

Zone 1: Recovery make it for as long as you want. It is like walking.	Zone 2: Treshold make it x for up to +- 2000 yards in best Zone 2 conditioning.	Zone 3 VO2: You would interval off Zone 1 chart and hit or swim faster than times below.	Push Max or SP 1: Done with Active recovery or very long intervals hit times below.	Dive Max or SP2: Done with Active recovery or very long intervals hit times below.
Distance 50	Distance 50	Distance 50	Distance 50	Distance 50
Best +:11	Best +:07	Best +:04	Best +:03	Best +:01
Distance 100	Distance 100	Distance 100	Distance 100	Distance 100
Best +:21	Best +:14	Best +:09	Best +:06	Best +:03
Distance 200	Distance 200	Distance 200	Distance 200	Distance 200
Best +:45	Best +:25	Best +:21	Best +:12	Best +:09
Distance 500	Distance 500	Distance 500	Distance 500	Distance 500
Best +1:40	Best +:50	Best +:45	Best +:24	Best +:21

### Example Zone Chart: Sam Freestyle

Zone 1: Recovery make it for as long as you want. It is like walking.	Zone 2: Threshold make it x for up to +- 2000 yards in best Zone 2 conditioning.	Zone 3 VO2: You would interval off Zone 1 chart and hit or faster than times below.	Push Max or SP 1: Done with Active recovery or very long intervals hit times below.	Dive Max or SP2: Done with Active recovery or very long intervals hit times below.
Distance 50	Distance 50	Distance 50	Distance 50	Distance 50
:34s good	:30s good	:27s good	:26s good	:24s good
Distance 100	Distance 100	Distance 100	Distance 100	Distance 100
1:10s good	1:03s good	:58s good	:55s good	:52s good
Distance 200	Distance 200	Distance 200	Distance 200	Distance 200
2:32s good	2:12s good	2:08s good	1:59s good	1:56s good
Distance 500	Distance 500	Distance 500	Distance 500	Distance 500
6:24s good	5:34s good	5:29s good	5:08s good	5:05s good

For example, using Sam's chart, I could train Sam for a 500 in many ways here would be how I would organize my thoughts into training sets on days when I focus on the 500:

- **General Zone 2 conditioning example for his 500** = 4 x 500 @ 5:35 make it.
- Sam's mathematical goal 500 now: Current 500 = 4:44 into 10 x 50 = +- :28.50 Current 200 = 1:47 into 4 x 50 = +-26.50. 28.50 + 26.50 = :55.00 x 5 = 4:35. Average 50 pace for this is :27.50.
- **Goal Race Pace Conditioning for his 500** = 10 x 50 @ 35 hold :27s, and Sam has come close to achieving this type of set recently. Training says he is ready for the new goal time on the right competition and day!
- **Push Max SP1 Conditioning for this 500** = 3 x 500 @ Active Recovery 200 Push Descend :05 by # so 1: 5:18, 2: 5:13, and 3: 5:08 or faster.
- **Dive Max SP2 test for his 500** = 1 x 500 dive be at or faster than 5:05.

**Using your chart to score or grade a set in the workout:** Learn how to log and score your sets within a practice to give yourself an accurate grade for the results of that practice session. You will need to learn and identify within a practice and individually a set the following areas: **Skill / Tech, Energy Zone 1 intervals, Energy Zone 2 intervals, Energy Zone 3-time targets** (can have VO2 and or lactate tolerance within or in combination), **Push max time targets, Dive max time targets,** and Race Pace or Goal Pace Training. Race and Goal Pace Training is another chart and doesn't consider intervals but just hitting the pace on the chart!

Example Race Pace / Goal Pace Training chart:

Freestyle	Backstroke	Breaststroke	Butterfly	I.M.
Distance 25	Distance 25	Distance 25	Distance 25	Distance 25
Best 25 + Best 25 w. Fins /2	Best 25 + Best 25 w. Fins /2	Best 25 + Best 25 w. Fins /2	Best 25 + Best 25 w. Fins /2	Best 25 + Best 25 w. Fins /2
Distance 50	Distance 50	Distance 50	Distance 50	Distance 50
Best 50 / 2 + Best 25	Best 50 / 2 + Best 25	Best 50 / 2 + Best 25	Best 50 / 2 + Best 25	Best 50 / 2 + Best 25
Distance 100	Distance 100	Distance 100	Distance 100	Distance 100
Best 100 / 2 + Best 50	Best 100 / 2 + Best 50	Best 100 / 2 + Best 50	Best 100 / 2 + Best 50	Best 100 / 2 + Best 50
Distance 200	Distance 200	Distance 200	Distance 200	Distance 200
Best 200 / 2 + Best 100	Best 200 / 2 + Best 100	Best 200 / 2 + Best 100	Best 200 / 2 + Best 100	Best 200 / 2 + Best 100
Distance 500	NA	NA	NA	NA
Best 500 into 10 x 50 + Best 200 into 4 x 50 = Goal 100 pace x 5				

*LCM add 4 seconds per 50 for an approximate pace or make another chart for LCM!*

Example Kai's Race Pace or Goal Pace Training Chart for Freestyle.

Freestyle Each distance average out 15s – 100 25's ALL 50's ALL 100's for 200 & 500	Backstroke Each distance average out 15s – 100 25's ALL 50's ALL 100's for 200	Breaststroke Each distance average out 15s – 100 25's ALL 50's ALL 100's for 200	Butterfly Each distance average out 15s – 100 25's ALL 50's ALL 100's for 200	I.M. Each distance average out 15s – 100 25's ALL 50's ALL 100's for 200
Distance 25	Distance 25	Distance 25	Distance 25	Distance 25
<b>9.05</b> 25s: 9.4s 15s: 4.9s	Best 25 + Best 25 w. Fins /2	Best 25 + Best 25 w. Fins /2	Best 25 + Best 25 w. Fins /2	Best 25 + Best 25 w. Fins /2
Distance 50	Distance 50	Distance 50	Distance 50	Distance 50
<b>20.04</b> 50s: 20.8s 25s: 9.5s 15s: 5.1s	Best 50 / 2 + Best 25	Best 50 / 2 + Best 25	Best 50 / 2 + Best 25	Best 50 / 2 + Best 25
Distance 100	Distance 100	Distance 100	Distance 100	Distance 100
<b>43.23</b> 50s: 21.6s 25s: 10.8s 15s: 5.7s	Best 100 / 2 + Best 50	Best 100 / 2 + Best 50	Best 100 / 2 + Best 50	Best 100 / 2 + Best 50
Distance 200	Distance 200	Distance 200	Distance 200	Distance 200
<b>1:37.33</b> 100s: 48.6s 50s: 24.3s 25s: 12.1s	Best 200 / 2 + Best 100	Best 200 / 2 + Best 100	Best 200 / 2 + Best 100	Best 200 / 2 + Best 100
Distance 500	NA	NA	NA	NA
<b>4:30.00</b> 100s: 54s 50s: 27 lows 25s: 13.4s				

**Identifying a set:** Example a Skill / Technical training set, could be a set that has any of these things video work, drills for kicking and swimming, sculling, turns, underwater work, body position, breakouts, stroke rate, stroke count, and breathing focus points. A skill / technical training set can also be mixed into any of the energy zone focus sets or even race pace training targets. That would be a two in one set to log. Example of a skill / tech + energy zone 3 with specific focus on the lactate tolerance with active recovery training would be:

3 rounds:

100 Max looking to be +:09 seconds are faster of your best 100 time.

200 I.M. Drill Recovery working on correct breathing timing for Fly (air 2 second cycle of a 2 – 2 – 2 drill) Back (sculling chair position) Breast (double kick breaststroke) Free (air 5 easy low stroke rate).

You would evaluate this set in your log book in two ways:

1. Skill / Tech set for 200I.M. hitting all the tech points every round would give you a perfect score of 1 point.
2. Energy zone 3 set of hitting a time that was +:03 or better per # would give you up to 3 points.

Total for the set would be a score out of 3. 1/3 = F, 2/3 = C, 3/3 = A for this set example. Note that if training equipment were added it would make the energy zone 3 times easier to hit. That is what the equipment is for, use them when you need to hit the times! It is better to succeed than to fail....

Another example would be a Race Pace or Goal Pace Training set: I will be very clear about what we are trying for in a Race Pace Set. It will be for a single race distance and you **should know your goal and pace from the chart you made above**. I love race pace sets. They are a big part of being successful in this program! Classic example of a harder race pace set I run for the 200, with a combo of energy zone 1, and maybe even energy zone 2 added for extra conditioning is this set:

- 40 x 50 Total broken like this
- 16 x 50 @ :50 every 4<sup>th</sup> fast other numbers recovery zone 1 times.

The 4 x 50's fast need to add to your goal time 200 which is your current 200 / 2 average plus your current best 100. IE: Current 200 Free is 2:15 / 2 = 1:07.50 + Best 100 Free of 1:02.00 = my next goal 200 of 2:09.50. My 4 fast 50s need to be at or better than 2:09.50 to score 1 point. I get another point for being under my energy zone 1 pace on the recovery 50's. Total 2 points after 16 x 50.

- 12 x 50 @ 1:00 every 3<sup>rd</sup> fast other numbers recovery zone 1 times. Same as the explanation above total 2 points after 12 x 50.
- 8 x 50 @ 1:15 every 2<sup>nd</sup> fast other numbers recovery zone 1 times. Same as the explanation under the first step 16 x 50. Total of 2 more points after 8 x 50.
- 4 x 50 @ 1:30 every number is fast. You get 1 point for a time under your 200 mathematical goal, in the example that was a 2:09.50 or faster.

This 40 x 50 Race Pace Set for a 200 has a total of 7 points from to focus areas, race pace training, and energy zone 1 work. Rubric 1 or 3 = F, 4 or 5 = C, 6 or 7 = A

Those are 2 examples to work from for obtaining a score and grade on a given set. What I did in the examples was identify the set focus points of all my choices: Skill / Tech, Energy Zone 1, Energy Zone 2, Energy Zone 3 (can have VO2 and or SP1 / SP2 within or in combination), and Race Pace or Goal Pace Training. Just like the two examples above a single set will often have 2 or 3 of the focus points listed. The more you practice identifying the sets focus point, it will only become easier to create your scoring correctly. **If you ever want a copy of the days program, simply email me so I can forward it to you.** Every set I do has a focus. **Log everything and you will see gains!**

The above is just an insight into how I design daily, weekly, monthly, and yearly plans. I also consider the group. It is an age group program and I like I.M. / Skill general conditioning with movement toward race pace goal speed swimming at different focus points in an annual swim year. It works and I have many ways to generalize a practice while still making it individually appropriate by speed, age, and overall skill ability. That is how I have created so many micro race plans and sets that include ultra-short distance high quality training sets with distances like

25s, 15's, and even 10's. Within those distances the same training zones apply to the planning.

That is plenty to read, ask me questions about it. Start now and log everything. Enjoy getting to update your charts every time you improve in a distance and stroke. It is a major step you can take to make the progress in swimming that you want!

Coach Cyrus