

## Senior Swimming

### INTRODUCTION

- Outside perception of Lakeside
- Controlled chaos
- Be yourself & learn what makes you a better coach
- You have to change as your swimmers change
- Avoid over coaching & swimmers should become their own best coach

### BREAKDOWN OF LAKESIDE SENIOR PROGRAM

1. Pre-Senior - Late starters/slow development
2. Senior - Limited event swimmers
3. Senior I - "Normal" Development, majority of future National Team members
4. National - Top of program
5. Movement - Power points, social and building a team

### EXPECTATIONS

1. High Expectations, never think they can please me
2. Fun but serious - great atmosphere
3. Responsibility on swimmer
4. I can't make you fast, I can only help, they are not fast just because of me
5. Open Mind - coach and swimmer
6. 100% attendance
7. Be your best
8. Worry about who's there versus who's not there

### TRAINING

1. Short Course - 55,000+ per week, Long Course 60,000+ per week
2. Short Course - Mornings (5:00-6:30 MWF) are specialty, fun, toys, etc...
3. Short Course - Afternoons (3:30-5:30 M-F) are more general, IM, Free, etc...
4. Saturdays (7:00-9:00 AM) - Normally Crazy
5. Weights/Drylands - 3 days a week 1 hour - great atmosphere and helps build team unity
6. Workout Design - new and different each day, good and bad approach
  - A. Don't have a yardage goal in mind, have a set or amount of time in mind and build around it
  - B. Design for what I want in a race or what they experience in a race
  - C. Not much recovery time
  - D. Copies to the lanes, keep it moving, notes, etc...
8. Overall Training
  - A. Sprint 25 and less anytime, underwater for time, etc...
  - B. Mixed Distance for quality
  - C. Aerobic Pace - half 200 plus 7-10 seconds
  - D. Kick prior to main set & amount of kick
  - E. Short Rest
  - F. Boys versus Girls - Ed Bachman observation, guilt, yelling
  - G. IM Training
  - H. Drills - specific, with purpose, stroke work and no drills
  - I. Individual versus Team, allow to develop, swimmers change
  - J. Everyone is different and no one way to do anything, strokes, racing, training
  - K. Progressions - training, coaching, swimmers
  - L. Increasing & changes

## M. Too much of anything - mix and change stimulus

### Good Sets/Ideas

- 250's - Sprint, Mid Distance, Distance
- 6 x 200 400 IM Predictor Set
- 30 x 100 Free 1650/1500 Predictor Set
- Crazy Sets - basically anything you can do to challenge
- 20 x 100 IM Set
- 75 or 150 kick sets
- Lactate Sets - mixed
- Circuits
- Resisted Training
- Different distance & same send off
- Dice sets
- Percentage of times and points
- Games or different twists on sets