

6th Virtual Coaches Talk May 7th, 2020 (Southeast Asia)

Favorite Sets

Great coaches talk with a lot of sharing the favorite sets and:

- Focus of the Set.
- How/When you use them?
- Do they Evolve throughout the season?
- How it Correlates, to how they swim at the end of the season?

Here are some of the sets that coaches presented and send them to me:

Danny Yeo (AquaTech Swimming, Singapore)

Start of season

8 by 50s Kick with 15 secs rest, challenge total time (2 to 3x)

Progress towards 12 by 50s Kick (2 to 3x) before start of first main competition

Use to build a little fitness and endurance in the early part of the season, getting their legs conditioned for the season ahead

2nd part of season

6 by 100 Kick with 15 secs rest, challenge total time (2 to 3x)

Progress towards 8 by 100 Kick with 15 sec rest (2 to 3x)

Higher level of kick endurance to finish off races well.

Gil Levy (Swim Schooling, Singapore)

The sets I referred to in the conference call is from Coach Bob Bowman's presentation on a Christmas Training Camp he did with Phelps.

Coach Bob said he got it from Coach Dennis Cottrell who used to do it with Grant Hackett.

Coach Bob said this is it - "this the integral set for Phelps when they realized there was magic going on and the WR was in trouble"

The Warm Up for me is our Swim Meet warm up to help set the tone and mindset of "going fast and giving a best effort"

The main set / test set (1cm) (all push):

16x50 on 45" every 4th 50 is fast ! (as a reference Coach Bob said the Butterfly WR pace at that time was 29.5 and Phelps went 29.0-28.7)

12x50 on 50" every 3rd 50 is fast !! (as a reference Coach Bob said the Butterfly WR pace at that time was 29.5 and Phelps went 28s)

8x50 on 55" every 2nd 50 is fast !!! (as a reference Coach Bob said the Butterfly WR pace at that time was 29.5 and Phelps went 27s))

4x50 on 1 min all 50s are fast !!!! (as a reference Coach Bob said the Butterfly WR pace at that time was 29.5 and Phelps went 27.3-26.5)

I do it 4x a year and usually about 2 Saturday's out from a 'big' meet.

The swimmers seem to get confidence out of it and track where they are at. They have thrown down some ridiculous speeds in the last 3 seasons and its very motivating for them and my coaches and I. As I approach the biggest meet of the season, it also helps me to determine if we're ready to move into taper, if they're tired and need rest or if I need to push on a little bit longer before starting to rest.

A different set (not a test set though) I use is from Simon Burnett - British swimmer who swam with Coach Frank Busch at Univ of Arizona. I always thought he was fantastic.

It's a killer:

Freestyle

6x

Dive 150m on 2.30

Push 100m on 1.40

Push 100m on 1.40

Push 50m on 50"

round after round with no rest in between.

I adapted it to try and prepare a medley swimmer of mine to bring in his back end speed on Freestyle at the end of his medley swimming as follows:

Medley Switch set:

6x

150 as 50Fly 50Back 50Breast

100 as 50Bk 50Br

100 as 50Br 50Fr

50 as 50 Fr

Ivan Bunakov (Nexus International School, Singapore)

Our favorite sets which not necessarily favorite in every cycle but, always looking for the new variations of those sets. Three things to achieve when I construct those sets:

- Technique - DPS, Underwater, Breathing pattern and Form
- Positive Times (Splits)
- Make kids happy so they know they progress

Moved away from the long- repetitive sets like 100's and 200's (2x12x100 on 1:30 for example but saying that still do that time to time). Instead, we are doing similar but broken (a lazy version of those sets)

At the start of the aerobic-based period could be during the 3rd week or right at the start depends how conditioned they are we being with as follows:

EN1/EN2

6x(2x100 Free on 1:30 EN2 + 100 Free on 2:00 EN1 + 2x50 Main 45 + 100 Free on 2:30)

Then we progress...

1x100 Free on 1:30 EN2 + 50 Free on 1:00/2x50 main on 45/50 Depends Fly/Breast or Back + 50 Free on 1:30

2 x100 Free on 1:30 EN2 + 50 Free on 1:00/3x50 main on 45/50 Depends Fly/Breast or Back + 50 Free on 1:30

3 x100 Free on 1:30 EN2 + 50 Free on 1:00/4x50 main on 45/50 Depends Fly/Breast or Back + 50 Free on 1:30

4 x100 Free on 1:30 EN2 + 50 Free on 1:00/5x50 main on 45/50 Depends Fly/Breast or Back + 50 Free on 1:30

5 x100 Free on 1:30 EN2 + 50 Free on 1:00/6x50 main on 45/50 Depends Fly/Breast or Back + 50 Free on 1:30

EN3 (VO2Max)

5x(2x100 Free MAX Effort on 1:20 + 100 Free on EN1 on 2:30)

OR specialists

5x(3x50 Main on 45, 100 Free on 2:30)

OR Mix sets

4x(200 Free EN2 on 2:45 + 4x50 Main MAX effort on 45 + 100 Free EN1 on 2:30)

SP1 Largely used in the Aerobic - Based period

3x50 on 1:30, 1:15 or 1:00 later in the cycle

200 Drill with FINS or Kick but in variation like side, hands up on the back and etc

4x50 on 1:30, 1:15 or 1:00 later in the cycle

200 Drill with FINS or Kick but in variation like side, hands up on the back and etc

5x50 on 1:30, 1:15 or 1:00 later in the cycle - DISCOUNT SYSTEM KICKS OFF!!! + 1.5 to BP you get one-off

200 Drill with FINS or Kick but in variation like side, hands up on the back and etc

6x50 on 1:30, 1:15 or 1:00 later in the cycle - DISCOUNT SYSTEM KICKS OFF!!! + 1.5 to BP you get one-off

SP2 Used in the specific part of the cycle 6 to 2 weeks before the meet

Ask them to swim 50 off the block to get their PB

Pair them up and get them to sum their times

Challenge to put an effort and finish whole set at targeted time as a team: For example 6x50 on 3:00 off the block (Best time + Best Time +/- 0.5 to their combined time)

If they lucky they swim 7x50 in total if lazy they might end up going more...

NOTHING CLEVER IN THIS SET, BUT THIS APPROACH ALOWES THEM TO THINK AND LERN HOW TO FIGHT FOR EACH OTHER.

SP3/POWER Sets - My favorite - Kids love them the most so here we can be creative and use the whole pool to set up fast and fun circuits.

PABLO MALVACIO – Municipio de Esteban Echeverria & Pileta Aguas Abiertas

Test set

Test kicking 1000 mts (in SCM or LCM) with board.

Kick Set

4x50 @1'30" all in out + 100@2' keep the pace

4x50 @1'30" all in out + 200@4' keep the pace

4x50 @1'30" all in out + 300@6' keep the pace

4x50 @1'30" all in out + 400@8' keep the pace

Vo2 and using the subacuatc

4x100 @2'10" RP400

3x100 @1'40" RP 200 1° 100 with 6 UW kick / 2° 100 with 6 UW kick / 3° 100 with 4 UW kick

Another with the subacuatic

Repeat 4 times.

3x200 @2'40" -40 bpm

2x15 subacuatic kick FAST

2x12 subacuatic kick FAST

2x200 @2'40" -30 bpm