7th Virtual Coaches Talk May 7th, 2020 (America)
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:

Mark Jayasundara (SG Frankfurt, Germany)
This is more a Quality intensity set rather than a test set. Progressions would then be more rounds or less.
Middledistance
3-4x
25 200 FES + 25 easy
4x50 200 Pace @ 1:00/55/50
3x100 PB+15/PB+10/PB+6 as efficient s possible @ 1:40

Sprinters
3-4x
25 100 FES + 25 Easy
4x50 Max @ 1:30 or 1x Max 1:00/1x easy @ 55/1x Max @ 50
3x100 easy Fins @ 1:40

Kyle Williams (New Jersey Race Club, USA)
Test set: Golf!
Place each member of your team on a team of 4. That is your golf (Foursome)

The set is usually 8x 100s or 8x 50s or sometimes 4x 200s

You set parameters of how the set is scored.
Example:
If a swimmer swims a best time - it equals a Birdie! That's -1

If a swimmer is within 1 to 2 seconds of their best time - it is a par - that is 0

If a swimmer is within 2.1 to 3 seconds off their best time - it is a Bogey - that is +1

Over 3.2 or more it's a double bogey! - that is a +2

Example 4 some score after the first 100 All out! -
If each swimmer swam a best time they would all make a BIRDIE (which is -1) so their score after the first 100 would be -4

Lowest score after all 8 wins!

Scott Thacker (Roanoke College, Virginia-USA)
A set that we have used here at Roanoke College is a very simple one (there is beauty in simplicity, yes?

6x50 @ 2:00 primary stroke, goal is 2nd 50 of your 100. This has correlated incredibly well with our 2nd 50 splits in our 100s when we are tapered and shaved.

We test this in October, November, December and January. Prior to the set we do a general warm up, with some speed and light power work with parachutes.

Richard Hall (Hackney Aquatics Club, London-UK)
Test set from me is a kick test.

400/300/200/100 best effort kick @ 2.15 base

We then get an average per 100 on each distance and an overall average. We use this average for any future kick sets

Nicole Kaupp (The University of Chicago, Chicago-USA)
One of my favorite test sets is 8-10 x 175 (from a dive) on 3:30 with the goal being faster than your goal 200 time. Really, I like the idea of training for the time you plan on swimming a race to mix up with just a set of pacing.

This year, we did a very different variation of that set, with the same idea behind it of hitting goal times in shorter distances (or with equipment). It was definitely a hard set, but we got really good effort and great results out of it (and we did it 2 weeks out of our championship meet).

Jon Sakovich (Lakeside Aquatic Club, Texas-USA)
90x100 free
1st 30   3 at 127, 3 at 124, 3 at 121, ..., 3 at 1:00
2nd 30   2 at 128, 2 at 126, ... 2 at 1:00
3rd 30   5 at 120, 5 at 115, 5 at 110, 5 at 105, 5 at 1:00, 5 at 2:00 all out fast
Also 3-4x per week right after warm up or as part of warm up
this is to teach swimmers how to swim fast.
This has helped us learn to swim the 50 & 100 much better

16x25 on :40 - :45
   1 - 15blast no breath from dive - 10ez
   2 - 15blast from swamp (no pushoff) start - 10ez
  3 - ez
   4 - FAST no breath or limit breathing

Trevor Rill (JCC Swimming, Maryland-USA)
31x100 stroke @ 2:00 desc -2 sec/100 and you swim until you can't make them anymore!

Hard lactate set that allows swimmers to track progress throughout the season

Do the set two times a year beginning of the season (late September/early October and then again in December before winter break)

Pablo Malvacio (Municipio de Esteban Echeverria & Pileta Aguas Abiertas, Argentina)
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 subacuatic
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 bbm
2x15 subacuatic kick FAST
2x12 subacuatic kick FAST
2x200 @2'40" -30 bbm