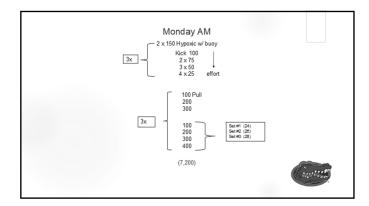
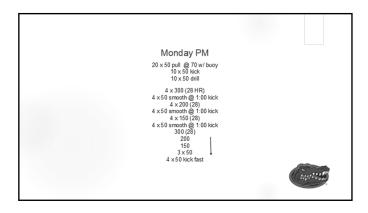
<b>Distance</b> Swimming		
Training/Ideas		
ANTHONY NESTY, HEAD SWIM COACH		
UNIVERSITY OF FLORIDA		
Why are you a distance swimmer?  • Do you enjoy the events: 800/1,500; 1,000/1,650?  • Do you enjoy the grind = practice?		
<ul> <li>Do you enjoy the grind = practice?</li> <li>Do you have what it takes in other words?</li> <li>Do you have the distance mindset?</li> </ul>		
Strategies For Distance Events  • Go out and hold on		
<ul> <li>Go out and maintain</li> <li>Descending effort throughout the event</li> <li>Negative split</li> </ul>		
A		
	Control of the Contro	

Coaching The Event  - Have a plan (Fall, Spring, Summer)  - Know your system  - Run your/the system  - Know your athlete	
A. Have a Plan  Yearly Plan = Goals long-term Monthly Plan = Goals Mid-season Weekly Plan = Short-term	
B. Know Your System  Aerobic Anaerobic threshold Quality sets Pace-oriented sets	

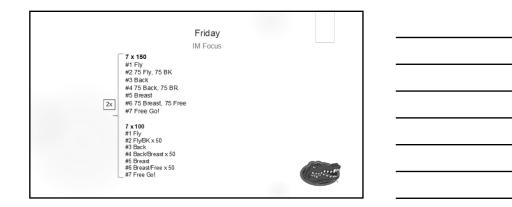
C. Run Your System  ✓ Each workout compliments the workout before & after	
The state of the s	
D. Know Your Athletes  Become familiar with their likes & dislikes	
<ul> <li>✓ Know their skill set</li> <li>✓ Prepare to educate and teach</li> <li>✓ Determine whether or not your athlete is teachable/coachable</li> </ul>	
Goals:	
❖ Short ❖ Medium	
<ul> <li>Long practice</li> </ul>	
"No path is straight" Being consistent is #1	
Charles III	







Tuesday & Thursday AM Power = Towers	
3x   6x 20 mts on the tower(s) 3 x 100   1.3 3 x 50 fast	
2 <sup>nd</sup> Hour 3x - 20 x 50 Hold @ .35/:40 2 min rest	
Tuesday & Thursday PM	
40 x 100 @ 1:40 7 x 200 Dive @ 6:00/7:00 3 @ pace 1 EZ	
30 x 100 @ 1:40 5 x Dive 150 2 @ pace Push 3 x 50 @ :35 1 EZ	
30 x 100 Best Average @ 1:30/1:30 1 @ pace 1 EZ  3X  To pace 4X  To pace 4X  To pace 5X  T	
Wednesday	
No stress Lots of Toys!!! (6,500)	



	Satu	rday	
	Speed	I Work	
	10 x 25 kick 8 x 8 x 6 x 6 x 4 x 4 x 2 x	ast @ 30 (fast @ 40 25 25 25 25 25 25 25 25 25 25 25 25 25	
	Set #1	Set #2	
Threshold Set —	2 x 50 kick 3 x 300 (28) 2 x 50 kick 2 x 300 kick (28) 2 x 50 kick 300 (28++)	@ :45/50 2 x 50 kick 3:30 3 x 200 (28) @ 2:30 2 x 50 kick 2 x 200 (28+) 2 x 50 kick 200 (28++)	Sept Sept Sept