


Distance Swimming
Training/Ideas

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Why are you a distance swimmer?

- Do you enjoy the events: 800/1,500; 1,000/1,650?
- Do you enjoy the grind = practice?
- Do you have what it takes in other words?
- Do you have the distance mindset?



Strategies For Distance Events

- Go out and hold on
- Go out and maintain
- Descending effort throughout the event
- Negative split




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



D. Know Your Athletes

- ✓ Become familiar with their likes & dislikes
- ✓ Know their skill set
- ✓ Prepare to educate and teach
- ✓ Determine whether or not your athlete is teachable/coachable




Goals:

- ❖ Short
- ❖ Medium
- ❖ Long practice


*"No path is straight"
Being consistent is #1*





Week of _____

Monday	AM	PM
Tuesday	Power	Basic Drills
Wednesday		Recovery
Thursday	Power	Quality
Friday	HR	Open Distance
Saturday	1 Hour - Speed Work 1 Hour - Endurance	
Sunday		




Monday AM

3x { 2 x 150 Hydroic w/ buoy
Kick 100
2 x 75
3 x 50
4 x 25 } effort

3x { 100 Pull
200
300
100
200
300
400 } { Set #1 (24)
Set #2 (26)
Set #3 (28) }


(7,200)



Monday PM

20 x 50 pull @ 70 w/ buoy
10 x 50 kick
10 x 50 drill


4 x 300 (28 HR)
4 x 50 smooth @ 1:00 kick
4 x 200 (28)
4 x 50 smooth @ 1:00 kick
4 x 150 (28)
4 x 50 smooth @ 1:00 kick
300 (28)
200
150
3 x 50
4 x 50 kick fast



Tuesday & Thursday AM
Power = Towers

3x { 6 x 20 mts on the tower(s)
3 x 100 | 1-3
3 x 50 fast

2nd Hour 3x { 20 x 50 Hold @ :35/:40
2 min rest



Tuesday & Thursday PM

40 x 100 @ 1:40
3 @ pace
1 EZ


30 x 100 @ 1:40
2 @ pace
1 EZ

30 x 100 Best Average @ 1:30/1:30
20 x 100 @ 1:30
1 @ pace
1 EZ

7 x 200 Dive @ 6:00/7:00


5 x Dive 150
Push 3 x 50 @ :35

3x { Dive 300 fast
2 x 50 EZ
200 fast
2 x 50 @ EZ
Push 150 fast
3 x 50 EZ
Dive 100 fat
on push



Wednesday

No stress
Lots of Toys!!!
(6,500)



Friday
IM Focus


2x

7 x 150

#1 Fly
#2 75 Fly, 75 BK
#3 Back
#4 75 Back, 75 BR
#5 Breast
#6 75 Breast, 75 Free
#7 Free Go!

7 x 100

#1 Fly
#2 Fly/BK x 50
#3 Back
#4 Back/Breast x 50
#5 Breast
#6 Breast/Free x 50
#7 Free Go!



Saturday
Speed Work

10 x 25 fast @ :30
10 x 25 kick fast @ :40

8 x 25

8 x 25

6 x 25

6 x 25

4 x 25

4 x 25

2 x 25

2 x 25


↓

Set #1

2 x 50 kick
3 x 300 (28)
2 x 50 kick
2 x 300 kick (28)
2 x 50 kick
300 (28++)

Set #2

@ .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++)



Threshold Set →
