TRAINING SPEED IN SWIMMI	NG -
Anthony Nesty, Head Swim Coach	
University of Florida	
Simolony St. Honau	
Ideal Sprints	
✓ Athletic Physiology – System (an aerobic system), musculature, Type II =	white fibers
Athletic Tendencies	
✓ Athlete make-up: ✓ Body Type	
✓ Muscular build ✓ White fibers	
<ul><li>✓ Functional strength</li><li>✓ How athletic is he or she</li></ul>	
<ul><li>✓ Power ratio</li><li>✓ Body position</li></ul>	
<i>(</i>	
Training Fundamentals	
A. The Sprinter's System	
B. Training Methods	
C. S & C	
Train the whole system: Hypertrophy: Get faster = increase muscle = stay lean	
Muscular Endurance:	-
White fiber development Longer race improve?	
The Aerobic Component:	
Multi-Day meets Multi-Event Days	
Recovery	Warner Commencer of the
	•

## White Fiber Recruitment

- #1 Goal: Produce the largest amount of force possible both quickly & efficiently #2 Anaerobic Training #3 6-8 weeks to recruit consistent speed cycling Maintain throughout yearly, monthly, weekly, taper cycle\*

- Training Chart:

  VO² Maz

  Anaerobic (hardcore training)

  Aerobic (conditioning/endurance)

  Weight Control (fitness)

  Moderate activity (maintenance/warmup)



## How to Train: Energy System Cycling

\*Aerobic
\*Anaerobic threshold
\*Lactate Tolerance: 4-6 x100
\*Lactate Production

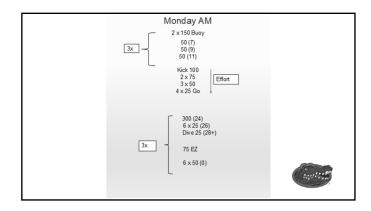
Dive | 4 x 50 @ 2:00
8 x50 | 2 @ 1:30
2 @ 1:20
\*Race Speed – Power + Speed Series

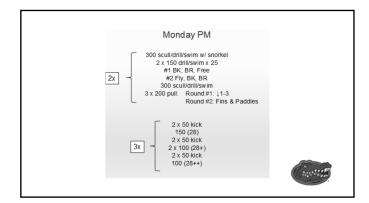


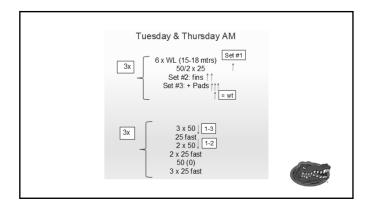
## Sprinters Toolbox

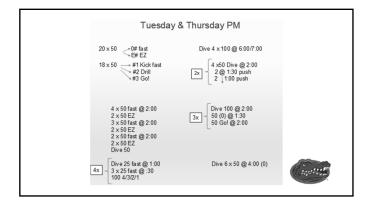
- Tempo Trainers
- · VASA or Tubing stations
- Surgical tubing
- Bands
- Fins/Paddles
- Snorkel
- Parachutes
- Towers

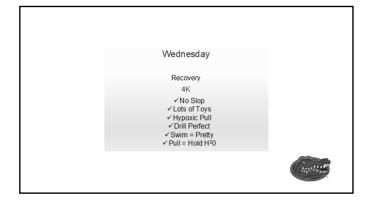


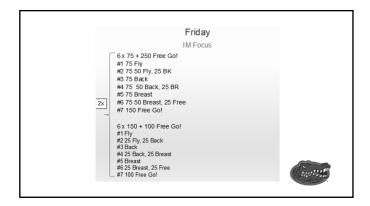












Saturday	
(1) Hour of Speed with partner pull/tubing P.P. = 6 x 50	
with partner pull/tubing P.P. = 6 x 50 6 x 50 drill  4 x 25 pull max	
4 x 25 "blast" 4 x 25 (0) Dive	
300 skull, 75 d.p.s. w/fins	
second 50 miles	