



Principles of Training & Specific Coaching Focus for Female Success

Full Week Training Overview



- **Something Fast EVERY Session**
- **3-4 Main quality Sessions each week**
- **3-4 Weights/Strength Sessions each week**
- **3 Circuit (Medicine Ball / Core / Body Weight) each week**
- **30 min Pre-Pool every session**
- **Additional Individual Sessions (Spin Class, Yoga, Stretching, Nutrition, Coach Chat!)**
- **2 Massages / Physio Sessions each week as a target**
- **Additional Recovery (Hot/Cold, Norma etc)**

3-4 Main Quality Sessions each Week



1) Speed / Race Pace 800-1200m & Removal Set (Pull / Swim Focus)

- Focus on Top end speed / production. Race pace more towards 100m speed (backend)
- Starts and Race Quality Skills
- Removal Set at HR-30 as an average
- Usually Monday PM, SCM.

2) Heart Rate / Race Pace 1600-2600m & Kick Set (small removal)

- Focus on 100 / 200 back-end speed for RP (usually a little faster!)
- HR work at more like HR-10/20
- Mix in the HR work (longer reps) with the RP work (shorter reps)
- Usually Wednesday AM (LCM) or Wednesday PM (SCM)...depends on athlete and week

3-4 Main Quality Sessions each Week



3) Soft HR / Race Pace 2200-3200m

- Focus more on 200m RP (sprint mix of 100/200)
- HR work more at HR-30, or progressing from HR-40 to HR-10 (isolated efforts)
- Often on other strokes (i.e. Freestylers include Backstroke on HR)
- Usually Friday PM (SCM)

4) Over-distance or Individual Focus

- Session starts with warm-up and Kick set
- Then split off onto individual workouts, based on what they can do GREAT
- Over-distance Set only for select, 1500's/1000's/800's/600's etc. (last rep fast)



EXAMPLE OF MID SEASON WEEKLY PLAN, Week 12, Full Training (100/200 Women)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30min Prep 120min Swim Aero Dev (Sp) K / P / S Tech 6.5-7.5k	15min Prep Exercises 30min Med ball / Core 120min Swim Kick Development Aerobic Dev (<u>short</u> rest) 6.5-7.5k	15 min Prep 60 min Weights 90min Swim Tech Skill / Filming Low Aero 4.5-5.5k	15min Prep 30min Med Ball / Core 120min Swim Res Pull (Power & Aero/Prog) Aero Development 6.5-7.5k	15min prep 60min Weights 90min Swim Tech Skill / Filming Low Aero 4.5-5.5k	15min Prep 30min Core / Leg Circ 120min Swim Kick Development & Individual Workouts 5.5-7k	
15min Prep 60min Weights 105min Swim <u>Speed / RP</u> Production Pull Removal Set 5.5k		30min Prep Exercises 120min Swim <u>HR / RP</u> & Cold Tubs 6-7k		30 Min Prep 120min Swim <u>SOFT HR / RP</u> 6.5-7.5k		

Fast every Session, 3 QUALITY per week.

Full Weights.

2x Filming per week

Total Volume = 55k



EXAMPLE OF MID SEASON WEEKLY PLAN, Week 12, Full Training (200/400+)

SUMMER McIntosh

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30min Prep 120min Swim Aero Dev (Sp) K / P / S Tech 7.5k	15min Prep Exercises 30min Med ball / Core 120min Swim Kick Development Aerobic Dev (short rest) 7.5-8k	30min Prep Exercises 120min Swim <u>HR / RP</u> i.e., 30x100 or 150/50 set 7k	15min Prep 30min Med Ball / Core 120min Swim Res Pull (Power & Aero/Prog) Aero Development (backstroke) 7k	15min prep 60min Weights 90min Swim Tech Skill / Filming Low Aero 5.5k	15min Prep 30min Core / Leg Circ 130min Swim Kick Development & Over-distance 8k	
15min Prep 60min Weights 105min Swim <u>Speed / RP</u> Production Pull/Swim Removal 6k		15min Prep Exercises 60min Weights Tech Skill / Filming Aero prog IM 6k		30 Min Prep 120min Swim <u>SOFT HR / RP</u> 7.5k		

Warm-up and swim down with Main group as much as possible. Additional Spin Class

Total Volume = 60/65k

MONDAY PM – Speed / RP (intro into Taper)



2 x (Dive 20 Max+25 ez, 4x25 Max 15/20 (K or Res Pull or Sp Drill) + 150 (50 @ 200 RP))

3 Sets...

4x25 MAX (kit) on 1.15

- A. 50 / 25 / 50 / 25 / 50 @ 200 RP on 45**
- B. 3x50 @ 100 RP on 1.15/1.15/1.00**
- C. 2x50 @ Faster than 100 RP on 2.00/1.30**

25 Recovery on 45

100 Swim (1-3) as -20/-10/Best

3x75 as 1. Rec, 2. Tech Focus (kit)

50 Ch Recovery



$+R/\underline{RP}$

Skill
POINTS
LOW/MOD. HIG

WEIGHTS

300 Ch as $100^A / SB$

6 sets
+ 100 kick
EZ
ON 230
after each
block

242

S/D SO: PACE. 100:

① 4 | 2 | 2
② 2 | 4 | 2
③ 2 | 2 | 4
RT BL SLs

MD SO: FK PACE. 2.FC

2. SUMM 1.FIN.

SEPARAT 100:

2. FIN. $\left\{ \begin{array}{l} 25 \text{ MAX} \\ \text{SOG } 100 \\ \text{TIME} \end{array} \right.$

2. NO. $\left\{ \begin{array}{l} 25 \text{ MAX} \\ \text{FIN.} \\ \text{SOG BACKWARD} \\ 100. \end{array} \right.$

PO SO: 100:

6. SUMM PART 200 RP
2. 250 100

KM. 100:

↑ MORE 25 FIN.
↑↑ MORE 50 SUMM
↑↑↑ MORE 25 SUMM
set 5 = MORE 200 RP.

2.FC S/P FK 10-20
1. BL FAST
200 = SOG FAST
(150 FT)

Dist

DIVE 150 as 30/31/31 + 3x50

1. EZ 115
1. FACE (23) - 100
1. EZ - 130.

3x [9x100 BEST AVG - 140
300 FINS 200G 100% FACE
~430. 100ch EZ.]

4x50 FACE!! - 100.

9x200 ② BL 100K - 310
100S
③ FC (1-3) - 240

600 FINS 100SEN (200S)
Ch 100K

HR / RP Example



2 x 50 on 2.30/1.00 as Dive 35@ frontend 100 & Dive 50 @ frontend 200

100 CH Recovery / Prep on 2.30

3 x (8x50 on 1.15 + 3x100 on 1.40 + 200 fins)

4 x 50 on 1.00 Fins & Padd @ 100 backend speed

Main Set – 50's as 6 @ 200 RP, 2 as 25 @ 100 RP (26.8-27.6 for free Women)

100s as HR-10/20 pace (1.00/1.01 for free Women)

200 fins as MAX 50 F+P (23/24. for free Women)

WEDNESDAY AM – HR / RP



500 as 150P/100S/150P/100K.
 8/10/12x50 (8) 3 TECH fows, 1 MAX 20 - 15
 (10) 4 TECH fows, 1 MAX 20 - 100
 (12) 5 TECH fows, 1 25 RP - 50
 3x100 CH (1-3) - 140 To HR-30
 300 S/K/S FINI (25/50 RP) then PASSP.

HR/RP
VARIOUS

DIVE 200 FINI: (58+58) - 2:30

4x50 ① PACE ② REC 3:100
1:130

27x100 ② HOLD HR-10
-140 ③ K-P-S HR-40
(+35)

8x50 1. DPS
2. RP ~100.
1. DPS
2. RP
1. DPS
1. RP

2x100 K/M HR-30/40 - 2:00
4x400 ① 150 BU | 50 K HR-40

② FC FINI. HOLD 104

① 150 BU | 50 K HR-50

① S/K/S/K LOOSEN.
↑
SOFT RP

4x50 ~ 1:45

2x [6x50 ~ 50
2x100 ~ 1:40
6x50 ~ 1:15
4x100 ~ 1:40]

(+35)

8x50 ~ 1:00.

600 LOOSEN
200 S/100 K (MAX 10)

SP

400 RP

① HR-20
① EZ (70)

⑤ G 200 RP
① 25G 100 RP

③ HR-10
① REC (70)

PO/MID

1. G HR-10
1. G HR-50

① HR-20
① EZ (70)

② G RP
① EZ

③ HR-20
① HR-10
① REC (70)

KM/MMC

1. G HR-50
2. G HR-10

① EZ (70)
① HR-10

① EZ
① 25 RP
① PACE!

① REC (70)
② HR-20
① HR-10

JH

1. HR-10
2. HR-50

① EZ
① HR-10

① EZ
① 35/25/50 RP.

① REC (70)
① HR-20
① HR-10
① REC (70)

A 1. FINI G 100 SPEED 1. SWIM G 200 RP 1. EZ
B 1. FINI G 100 SP 1. 25 SWIM G 100 RP 1. EZ ~ 1:20

2x100 K HR-30/40 ~ 2.

6x150 K-A-B FINI: ~ 2:15.
② HR-40 ③ HR-40/50 ④ HR-50

300 K/S/K LOOSEN.

AFTER 6x50 ON SET 2

+ 100 REC

+ 6x50 ① FINI: G 29.
① SWIM 25 RP
~ 1:10. ① EZ.

600 LOOSEN 200 S
100 K (MAX 10)

Summer – HR / RP (Wednesday AM)



Dive 200 Fins (even) $58.5/58.9 = 1.57.4$ on 3.00

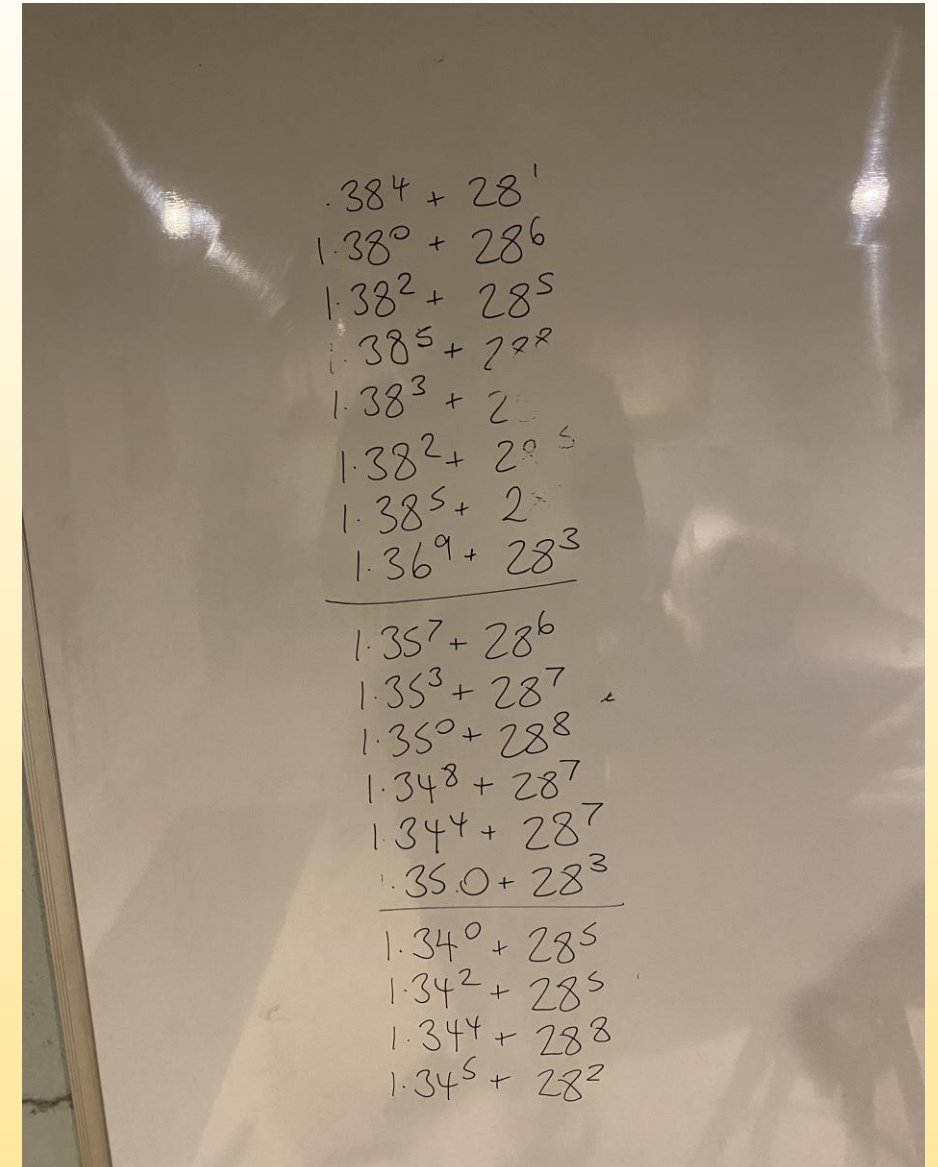
8 x (150 Hr-20 + 50 @ 200 RP) on 2.00 / 1.00

100 BK Recovery on 2.30

6 x (150 Hr-10/20 + 50 @ 200 RP) on 2.15 / 1.00

100 Back Recovery on 2.30

4 x (150 Hr -10) + 50 @ 200 RP) on 2.30 / 1.00



Summer – HR / RP (Wednesday AM progression)



Dive 100 Fins (even) $27.2/28.1 = 55.4$ on 2.00

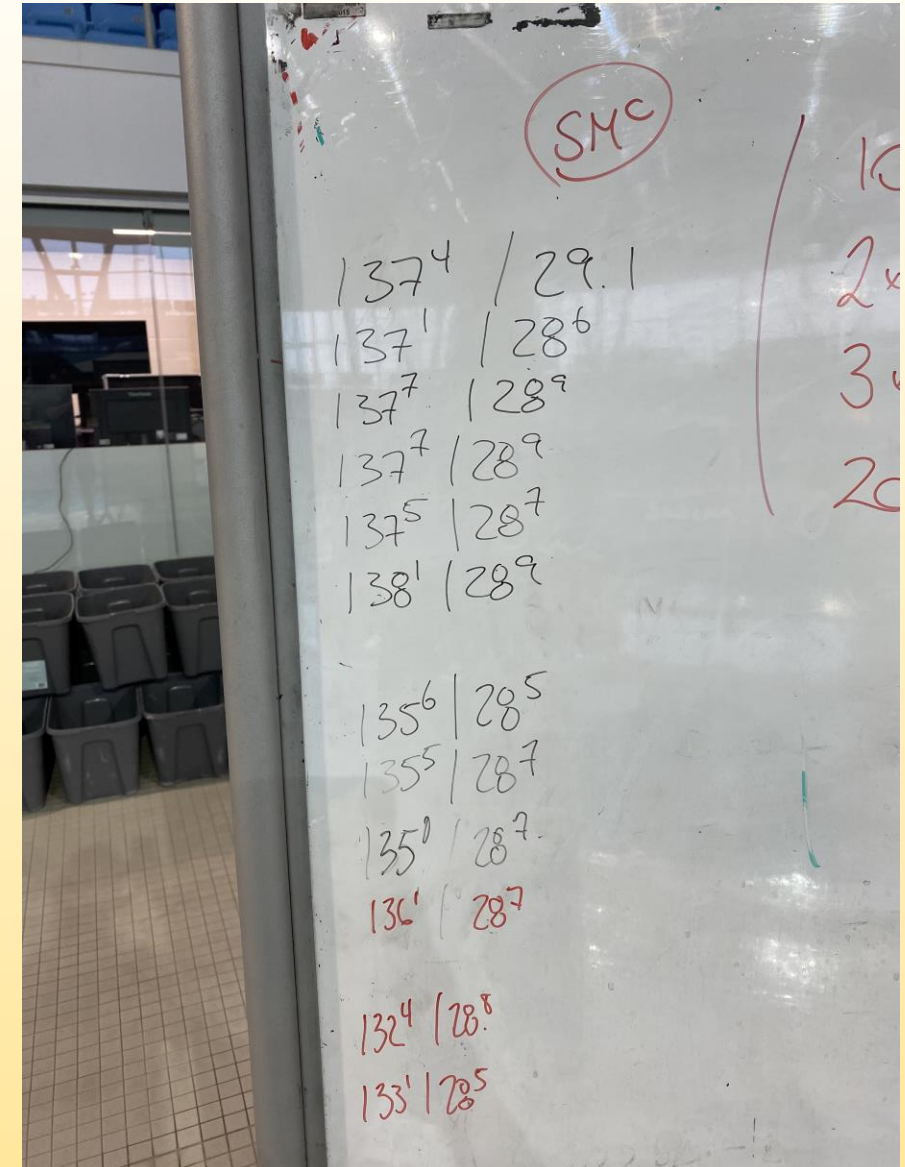
6 x (150 Hr-20 + 50 @ 200 RP) on 2.00 / 1.00

200 BK/K fins Recovery on 3.30

4 x (150 Hr-10/20 + 50 @ 200 RP) on 2.15 / 1.00

200 BK/K fins Recovery on 3.30

2 x (150 Hr -10) + 50 @ 200 RP) on 2.30 / 1.00



FRIDAY PM – Soft HR / RP & kick-swim



SOFT HR
RP

3 SETS QUALITY

600 as 150P | 100S | 50K%

6x25 Ch ① MAXIS ① EZ SPEED 2S — 40

2x(3x75 FIN: 25^{1/2} K SWIM DRILL | SOTECR — 1¹⁰ + 100 SWIM ① HR-40 ① HR-30 — 1.40)

300 S/K/S (2SRP | 50RP) NO FINS

① 7x100 HOLD HR-20/30 — 120
50 REC — 120
300 HR-10/BEST — 330
200 FINS 2SRP S/K — 350
(250 if work?) Recovery.

② 3x100 HR-20/30 — 120
50 REC — 120
3x100 HR-20/30 — 120
50 REC — 120
150 HR-10/BEST — 230
50 ↓ 200RP — 100
200 FINS 2SRP (S/K) — 350
Recovery.

③ 2x100 HR-20/30 — 120
4x25 1. REC 20100RP ^{1.5} 1. REC — 40
2x100 HR-20/30 — 120
2x50 ① REC ① 250100RP FIN: — 120
25 REC
3x50 G BACKEND 100 — 110
200 FINS 2SRP (S/K) — 350
Recovery

④ SET 1 ONLY (YK, JL, LH + ?)

6x DIVE 2S MAX — 300

① BELT ① SWIM ① FIN: #3 as 75 #6 as 125.

KICK
HR-30
SWIM
HR-10/50

① 6x150 as 50K | 25SWIM — 2.45

② 6x200 as 75K | 25SWIM — 3.15

③ 6x250 as 150K | 100S — 3.30

then 400 S/K/S/K (2SRP FINS)

SAT
845 PRE + CIRC

JK 100K 100FC SOFC	SHC 400K 800K (ST)	SP 100K 100K 800K (ST)	TS 100K 200K SOFC (ST)	RP 100K SOFC (ST)	LD 100K 200K SOFC (ST)	RS 100K 100K SOFC (ST)	TH 100K 100K SOFC (ST)
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YK 100K 200K SOFC	MD 200FLY 100FLY 200IM	JH 100K 200K SOFC	FK 200K SOFC	MMC 100K SOFC (ST)	TR 100K 200K 200K
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FRIDAY PM – Soft HR / RP & kick-swim



3 sets...Short Course

3x100 HR-20/30 on 1.20

50 Recovery on 1.20

3x100 Hr-20/30 on 1.20

50 Recovery on 1.20

150 Hr-10 / Hr-10/Best / Best on 2.30

50 under 200 RP on 1.00

200 Fins as 25 @ 100 RP then Recovery (S/K) on 3.50

***After 3 sets - 6x200 on 3.15 as 75 Kick (-30) / 25 Swim (-40/50)**

Summer – SOFT HR / RP Set



3 sets of

7x100 hold Hr-30/20 as 6 on 1.20

50 Ch Recovery on 1.20

300 Hr-10/Best on 3,30

250 fins as 25 RP then S/K recovery on 3.50

<u>SET 1</u>	Mix of 1:02↑/1:03↓	
	+ 3:05.3	
<u>SET 2</u>	1:02.5	1:00.9
	1:03.2	1:03.0
	1:02.7	1:02.0
	1:02.9	
	1:02.5	
	1:02.5	3:05.9
	1:02.9	
<u>SET 3</u>	1:02.6	59.9
	1:02.9	1:02.9
	1:03.0	1:02.0
	1:03.1	
	1:02.9	3:04.8
	1:02.8	
	1:03.5	
		Rebecca
		2:59.3

Saturday AM - Over-distance // Kick & Individual Sets



KICK DEV
+ INDIVID
WORKOUTS
—
SUITED
SAT.

600 FINS as 150 A / 100 B / 50 KICK.

12 x 50 ① SWIM-FIN OPS — 100
① KICK (1-4) — SS
① SWIM TR-40/50 — 50.

300 FINS S / K / S (25 / 50 G RP)

SKE
3 sets (last 300 = BK)
+
300 FINS as 50 TRP (S / K / S).

400 + 100 BK	500 + 200	G 1.10 PACE
600 + 100 BK	730 + 200	G 1.10 PACE
800 + 100 BK	1000 + 200	G 1.10 PACE
800 + 100 BK	1000 + 200	G 1.10 PACE
600 + 100 BK	730 + 230	G 1.10 PACE
400 + 100 BK	Go Go Go!!	

400 FINS as S / K / S / K.
(50 RP)

3 / 4 x [3 x 100 KICK (1-3) — 145
300 SWIM — 3.45 TR-40. | 4 x 50 SWIM TR-40 — 3 SS 100]

400 as 25 RP (S / K / S / K) PREP

(1 TR 10/101)

INDIVIDUAL SETS

or
SUITED SATURDAY!!

MONDAY (AM)
745 PRE POOL

Saturday AM - Individual Sets



Handwritten notes on a whiteboard:

Left side:

- 4x10 \downarrow K MAX Socks } 30
- 4x15 \downarrow K MAX None } 40
- 4x20 fins ① \downarrow MAX } 30
- ① 10/10 } 50
- 4x50 Teen focus (wt) 3.50
- 1.100
- 2x DIVE 20 ① BELT (come back)
- ② NO BELT (finish so)
- on 2.30
- 1x50 DIVE NO BREATH
- ③ strong + smooth pace
- 1x100 KICK EZ } 3.30

Right side:

PO START + TURN

JL START + TURN

FK START + TURN

LD TURN + START

JH TURN + START

SP

4x50 BRS $\frac{\text{Drill}}{\text{Team}}$ - 1.15

100 BRS strong + long - 2.00

2x150 PADD as 50 BRS DBS

- 2.10/2.20 100 FC

100 as 25 BRS G RP | 75 BK - 2.00

4x50 fins FLY MIXED DRILL | TEAM - 1.00

100 as 25 FLY G RP | 75 BK - 2.30

MD

3x100 IM ORDER

- 1.40 FLY-BK

BK-BRS

BRS-FC

100 KICK - 2.00

2x150 FC + P/P - 2.10/2.0

100 KICK - 2.00

4x50 FLY fins: ① DRILL

- 1.00 ② TECH

100 25 FLY RP | 75 BK - 2.30

Bottom right table:

S	4	3	2	1	0
SP	MD	PO	FK	JL	YK
			LD	JH	

Bottom left box:

YURI 25 min then see Joana

set 1 = Roll

set 2 = fins

2x [6x50 3-0-2-0-1-0]

100 KICK EZ - 3.00

(set 2 K-S-K to loosen 300)

Individual Sessions (2)



(TR)

6x SO BK P/P 5.50
1.100

100 BK SWM - 150

2x 150 FC F+TING - 2'10/20
2SK L / SOTECH

100 as 2SFC GRP / 75 CH
- 200

4x SO FC TECH FOWS (in)
- 100

100 as 2SFLY GRP !!!
then 75 K - 2.30

(MMC)

6x 1/2 MAX CORD (on Block)
- 50

100 as SOFLY strong+smooth
MAX TURN → 20 - 200
then BK.

2x 150 FC S/P - 2'10/2'20

100 as 2SFC GRP / 75 BK - 200

4x SO FINS TECH / DRILL FOWS (fly)
- 100

100 as 2SFLY RP / 75 BK - 2.30

ALL
x 2

(RS)

6x CORD - 50

100 as SOFC strong+smooth - 200
SO BK

2x 150 FIN: as 2SK L / SOTECH - 2'10/2'20

100 as 2SFC / 75 - 200

4x SO FLY MAX DRILL / TECH - 100
FINS

100 as 2SFLY RP / 75 BK - 2.30

(KM)

4x SO TECH FOWS - 100 (Kit?)

100 as SO strong+smooth
MAX TURN to 20 - 2.30
then FC

CARD ON

6x MAX 1/2 or 1/4 to SW - 50

100 as SO strong+smooth
MAX TURN to 20 - 200
then FC

4x SO TECH FOWS (Kit?) - 100

100 as 2S RP / 75 FC - 2.30

(LP)

20 (10) 15 (10) 10 (25) BENCH

100 as DIVE SOFC STRONG+SMOOTH
MAX TURN + 15 - 145
then BK S

2x 250 FIN: as 100 K / 100 BK / SOFC
on 345

1x 200 FC G 2.20 EVEN - 2.45

4x SO TECH FOWS CH - 100

100 as 2SRP then K or BK - 2.30

TAPER TIME



- **Very Individual (Summer v Josh)**
- **Minimize quality in NON-MAIN sets to around 100m**
- **Lower level sessions become even more low level (Mid D and Younger Females tbd)**
- **Density of Quality reduces along with volume. HR work becomes small removal sets**
- **Focus on race skills and 'Suited' sessions**
- **Weights / Circuits go from every day, to every other day (up to 4 days between)**
- **Last Few Years...5 day week cycles in Taper**

QUESTIONS?

THANKYOU!

