

2 Week Microcycle Template

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Warmup	Warmup	Warmup	Warmup	Warmup	Warmup
Free (AP)	Stroke (S)	IM	Free (L)	Stroke (AP)	Kick
Stroke (AE)	Free (AE)	Kick	Stroke (AE)	Free (AE)	IM
Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Warmup	Warmup	Warmup	Warmup	Warmup	Warmup
Stroke (AP)	Free (S)	IM	Stroke (L)	Free (AP)	Kick
Free (AE)	Stroke (AE)	Kick	Free (AE)	Stroke (AE)	IM

Season Example

Weeks	Training Focus	Energy System Focus	Stroke Focus	Dryland Focus		
1	Endurance	AE/AP	DPS	Circuit	Microcycle	Macrocycle
2	Endurance	AE/AP	DPS	Circuit		
3	Endurance	AE/AP	Tempo	Circuit		
4	Endurance	AE/AP	Tempo	Strength/Power		
5	Race Training	AP/Lactate	Race Strategy	Strength/Power		
6	Race Training	AP/Lactate	Race Strategy	Power/Speed		
7	Race Training	AP/Lactate	Race Strategy	Power/Speed		
8- Mid-Season Invite	Mini- Taper	Speed/Lactate	Details	Off	Microcycle	Macrocycle
9	Endurance	AE/AP	DPS	Circuit	Microcycle	
10	Endurance	AE/AP	DPS	Circuit	Microcycle	
11	Race Training	AP/Lactate	Tempo	Strength/Power	Microcycle	
12	Race Training	AP/Lactate	Tempo	Strength/Power	Microcycle	
13	Pre-Semi Taper	AP/Lactate/Speed	Race Strategy	Power/Speed	Microcycle	
14	Pre-Semi Taper	AP/Lactate/Speed	Race Strategy	Power/Speed	Microcycle	
15	Taper	Speed/Lactate	Details	Speed	Microcycle	
16- Big Champs Meet	Taper	Speed/Lactate	Details	Off	Microcycle	

Season Plan For Swimming

Dick Hannula, Nort Thornton



Season Plan For Swimming:

Complete Conditioning for Swimming Dave Salo, Scott A. Riewald, 2008 Outlines a comprehensive training program for swimmers covering warming up cooling down training for specific strokes building endurance core stability developing explosive power enhancing flexibility preventing and coping with injury nutrition hydration and strength conditioning

Swimming Fastest Ernest W. Maglischo, 2003 An illustrated guide to competitive swimming containing detailed overviews of the four primary strokes racing strategies and the most effective training methods and the science behind why they work

Coaching Swimming Successfully Dick Hannula, 2003 Coaching foundation Stroke technique Coaching plans Meets Evaluation

Swimmer to Coach Matthew Johnson, 2021-06-06 As a coach your main job is to provide your swimmers with an appropriate stimulus that will create long term growth and improvement This book is designed to give coaches an in depth look into the how and why s behind writing a season plan The purpose in presenting this information is to provide insight into different approaches and concepts to consider when setting goals developing team structures and gathering pertinent information This book will work to educate the reader on the different types of meets and season plans before laying out a recommended planning process for College 15 18 13 14 and 11 12 year old athletes

Strength Training for Faster Swimming Blythe Lucero, 2011-10-06 In order to enhance your performance swimming alone is not enough An effective strength training is crucial if you want to improve your swimming times This book shows you what types of strength training benefit swimming and how to develop a winning routine It includes swim specific strength training and lots of sample workouts

Science of Swimming Faster Riewald, Scott, Rodeo, Scott, 2015-06-01 Editors Riewald and Rodeo assemble many of the world s leading swimming experts to reveal the latest in research technology training and performance across the sport Authoritative and applicable Science of Swimming Faster dives into the physiology biomechanics medicine psychology and training for swim performance while providing prescriptive advice along the way

The Swim Coaching Bible Volume II Dick Hannula, Nort Thornton, 2012-04-09 For more than a decade top coaches have turned to one resource time and time again Collecting the wisdom insights and advice from the sport s legendary instructors The Swim Coaching Bible immediately established its place in the libraries of swim coaches around the globe Coaches it s time to make room alongside that classic for a new resource The Swim Coaching Bible Volume II picks up where the original left off providing more instruction guidance and expertise on every aspect of the sport Inside you ll learn the secrets strategies and philosophies of 27 of today s most successful coaches including these legendary leaders Jack Bauerle George Block Mike Bottom Bob Bowman Sid Cassidy John Urbancheck Bill Rose Vern Gambetta David Durden Brett Hawke Gregg Troy John Leonard Dick Shoulberg David Marsh Teri McKeever Bill Sweetenham From developing swimmers to building a winning program teaching the nuances and refining stroke techniques to applying the latest research to training and conditioning programs it s all here Endorsed by the World Swimming Coaches Association this new collection is another landmark work in

competitive swimming If you coach the sport or want a competitive edge The Swim Coaching Bible Volume II is a must own

Dph Sports Series-Swimming H.C. Dubey,1999 In developing countries sports development cooperation is still in the need of justification and steadfast arguments Many people ask the question why invest in sports in developing countries for which water supply health service and agriculture projects are much better suited An apt reply to this question may be for many of the people of a developing country Sports is the only Sweaty Leisure time activity Sports represents a moment of joy in the midst of hard poverty stricken and dirty everyday life Doing sports even makes one s work go more smoothly the next day Contents Introduction Swimming as a Sport Principles of Training Teaching Techniques Preseason Planning Early Season Planning The Back Crawl The Front Crawl The Breaststroke Rules and Regulations Breakthrough Swimming Cecil Colwin,2002 Never before has one book taken such a comprehensive look at the evolution science and coaching application of competitive swimming In Breakthrough Swimming legendary swimming coach and researcher Cecil Colwin provides a rich perspective on the development of the sport and explains major advances in stroke mechanics training methods and racing techniques Accompanied by richly detailed illustrations this engaging text is one of the most insightful written works on the sport It makes clear sense out of the scientific principles and puts into context the historical changes in the sport Not only will you gain a greater understanding of competitive swimming through its origins and evolution but you ll also gain these valuable skills Improve your stroke technique starts and turns Improve your feel of the water by learning to anticipate and effectively manipulate the reacting flow of the water Understand the hydrodynamics of swimming and learn how water reacts to the forces you apply with each swimming stroke Improve your conditioning and develop a better training program by understanding the principles of training Learn how to design different types of workouts to produce specific physiological effects Learn how to plan a seasonal program and how to relate your training to the pace of the race you intend to swim The book includes a chapter contributed by Dr David Pyne sport physiologist to the 2000 Australian Olympic swimming team Pyne covers the physiology of modern swimming training and the preparation of swimming teams for top flight international competition Breakthrough Swimming covers every aspect of competitive swimming from its spawning ground in early 19th century England to the present day including the profound changes that occurred in the last decade of the 20th century The book also explains the societal changes of recent years such as the advent of professional swimming and the specter of performance enhancing drugs Combining history with the latest innovations Breakthrough Swimming is the definitive work on the past present and future of competitive swimming Breakthrough Swimming Cecil M. Colwin,2002-02-20 Never before has one book taken such a comprehensive look at the evolution science and coaching application of competitive swimming In Breakthrough Swimming legendary swimming coach and researcher Cecil Colwin provides a rich perspective on the development of the sport and explains major advances in stroke mechanics training methods and racing techniques Accompanied by richly detailed illustrations this engaging text is one of the most insightful written works on the sport It

makes clear sense out of the scientific principles and puts into context the historical changes in the sport Not only will you gain a greater understanding of competitive swimming through its origins and evolution but you ll also gain these valuable skills Improve your stroke technique starts and turns Improve your feel of the water by learning to anticipate and effectively manipulate the reacting flow of the water Understand the hydrodynamics of swimming and learn how water reacts to the forces you apply with each swimming stroke Improve your conditioning and develop a better training program by understanding the principles of training Learn how to design different types of workouts to produce specific physiological effects Learn how to plan a seasonal program and how to relate your training to the pace of the race you intend to swim The book includes a chapter contributed by Dr David Pyne sport physiologist to the 2000 Australian Olympic swimming team Pyne covers the physiology of modern swimming training and the preparation of swimming teams for top flight international competition Breakthrough Swimming covers every aspect of competitive swimming from its spawning ground in early 19th century England to the present day including the profound changes that occurred in the last decade of the 20th century The book also explains the societal changes of recent years such as the advent of professional swimming and the specter of performance enhancing drugs Combining history with the latest innovations Breakthrough Swimming is the definitive work on the past present and future of competitive swimming Swimming Even Faster Ernest W. Maglischo,1993 Included are the latest techniques used by some of the world s fastest swimmers and new methods of stroke measurement The extensive coverage of training in Part I begins with a discussion of basic physiology and energy metabolism equipping you with background information necessary to fine tune your individual training techniques You ll find information on special topics including female swimmers masters swimmers and training in various age groups plus coverage of the anaerobic threshold theory of endurance training systematic approaches to using energy systems in training and seasonal planning Swimming Workouts for Fitness and Training Richard Michaels,2008-03 A swimming training manual for masters swimmers triathletes and swimmers for fitness Take a swim test that evaluates your swimming ability and fitness level and then on to 30 workouts that fit your current level After 30 sessions retake the swim test to see if you have improved enough to move up to the next level of slightly more demanding workouts Workouts are appropriate from beginners to high level swimmers Instructions on basic things like how to adjust and wear goggles so they don t leak choosing training suits racing suits and equipment for your workouts There are 60 workouts at each of the 5 levels plus a set of 30 more advanced workouts Additionally several pages are devoted to favorite distance sets **The Handbook of Sports Medicine and Science** Joel M. Stager,David A. Tanner,2008-04-30 The long awaited new edition of Swimming updates the highly successful first edition edited by Costill Maglischo and Richardson which was published in the early 1990s The Second Edition contains less material on how to swim and more on the physics of swimming It contains information on the latest methods of analyzing swim performances It presents current sports science knowledge specifically relevant to coaching swimmers at club county or national level

Covering characteristics of swimming including important concepts in propulsion functional anatomy physiology biochemistry biomechanics and psychology The Handbooks of Sports Medicine and Science present basic clinical and scientific information in a clear style and format as related to specific sports events drawn from the Olympic Summer and Winter Games Each Handbook is written by a small team of authorities co-ordinated by an editor who has international respect and visibility in the particular sport activity Their charge is to present material for medical doctors who work with athletes team coaches who have academic preparation in basic science physical therapists and other allied health personnel and knowledgeable athletes Each volume represents up to date information on the basic biology of the sport conditioning techniques nutrition and the medical aspects of injury prevention treatment and rehabilitation **The Swim Coaching**

Bible Volume I Dick Hannula, Nort Thornton, 2001-07-02 The Swim Coaching Bible offers you an all star international cast of swimming experts sharing their knowledge on producing the most successful individual athletes and teams in the sport This book is sure to be a classic one that swimming coaches reach for again and again Specifically The Swim Coaching Bible covers the key principles of coaching and program administration conducting effective practice sessions teaching techniques for every stroke and training programs for every event Endorsed by the World Swimming Coaches Association the book shares the wisdom of the world's best coaches who address the topics they know best Contributors include Richard Quick Believing in Belief Jean Freeman Putting Fun Into the Swimming Experience Peter Daland Coaching With Integrity John Leonard Tailoring Your Approach to Specific Competition Levels Jack Bauerle Administering and Marketing a Winning Program Skip Kenney Developing a Successful Team Bill Sweetenham Maximizing a Swimmer's Talent Development Jill Sterkel Long and Short Range Planning Bruce R Mason Putting Science Into Practice Deryk Snelling Applying the Art of Coaching Rick DeMont Freestyle Technique Dick Hannula Backstroke Technique Pablo Morales Butterfly Technique David Salo Breaststroke Technique John Trembley and Gary Fielder Starts Turns and Finishes Michael Bottom Freestyle Sprint Training Doug Frost Freestyle Middle Distance Training Dick Jochums Freestyle Distance Training Eddie Reese Backstroke and Butterfly Sprint Training Bill Rose Backstroke and Butterfly 200 Meter Training Jon Urbanek Breaststroke Training Dick Shoulberg Individual Medley Training David Marsh Relay Training Randy Reese Power Training Don Gambril Preparing to Excel in Competition This is without question the most prolific and authoritative group ever assembled in a single swimming book The Swim Coaching Bible is a book that will be treasured for many years to come Swimming Science

John G. Mullen, 2018-04-12 Just one hundredth of a second separates elite swimmers from the podium but what are the physical forces at work behind these tiny margins and how can an understanding of them be used to improve your own technique in the pool Swimming Science investigates with each chapter focussing on a different area From swimming technology physiology and psychology to hydrodynamics the key principles of swimming science are addressed with the content organised around a series of questions What creates the drag in the water How have swim suits evolved Which

muscles generate propulsion How much force do elite swimmers use Each question is investigated using up to date science and explanatory info graphics *More Than a Game* Cynthia Lee A. Pemberton,2002 The story of the crusade for gender equity in sport and for compliance with Title IX at a small liberal arts college in northwest Oregon **Advanced Exercise Physiology** Ehrman, Jonathan K.,Kerrigan, Dennis,Keteyian, Steven,2018 Written by experts in the field Advanced Exercise Physiology Essential Concepts and Applications builds upon foundational topics and looks further into key physiological components to help advanced students gain a deeper level of understanding The Well-Built Triathlete Matt Dixon,2014-05-29 In The Well Built Triathlete elite triathlon coach Matt Dixon reveals the approach he has used to turn age group triathletes into elite professionals Instead of focusing narrowly on training and workouts Dixon reveals a more comprehensive approach that considers the whole athlete Dixon details the four pillars of performance that form the foundation of his highly successful purplepatch fitness program showing triathletes of all abilities how they can become well built triathletes and perform better year after year The Well Built Triathlete gives equal weight to training and workouts recovery and rest daily nutrition and functional strength Dixon considers the demands of career and family and the ways different personality types prefer to approach training The Well Built Triathlete helps triathletes apply Dixon s approach to their season and training plan Chapters on swimming cycling and running explain the most effective ways to train for each A purplepatch section shows how triathletes can peak their fitness for long streaks of high performance Dixon s holistic whole body approach to triathlon will help triathletes become greater than the sum of their workouts By becoming better all around athletes well built triathletes will train and race faster than ever Internal Revenue Bulletin United States. Bureau of Internal Revenue,1958 Popular Mechanics ,2002-06 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle

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