

2017 Race Simulation Camp

Toronto, Ontario

January 8-14, 2017

Workout Log





2017 Race Camp

Sunday PM LC

4X400 1 Fins 50 Free/50 Back
 1 IM 50 K/50 S
 1 IM 50 Dr/50 S
 1 Swim Free NS by 10 seconds
 5 rest at 200
 2nd 200 push HR up to 20BBM
 20 Rest between 400s

1600 m
 3x{(2X150)(4x50)}
 150s PB 100 Free breathe ev 5 - 50 Alt Br P/50 Fly P on 2:30
 4x50 P band 1 Fr/2 BK/1Fr on 50 Desc 1-4 #4 FAST!
 1:00 extra between sets

1500 m/3100 m
 4X{(3x100)(2x50)}
 3x100 K Choice on 1:55/1:50/1:45/1:40 by round
 make the interval by 5-10 seconds
 2x50 K #1 Stroke on 1:00 as 25F/25E
 Build
 25E/25F
 50 Fast!
 1:00 extra rest between rounds

1600 m/4700 m
 6x100 Free on 5-10 seconds rest – 1:15-1:20-1:25 interval choice
 Controlled aerobic swimming

9x50 3 Each - IM No Free 1 25 F! – 1 BUILD – 1 95% PERFECT TECH

6x100 Free on 5-10 seconds rest – 1:15-1:20-1:25 interval choice
 Controlled aerobic swimming

150 EASY
 1800 m/6500 m

2017 Race Camp

Monday January 9th, 2017

2x

3 x 100 Free Dr (home club drills) @ 1:40

3 x 100 Dr 1- 50 Fly / 50 Back @ 1:40

1- 50 Back / 50 Br @ 1:40

1 -50 Br / 50 Free @ 1:40

12 x 50 Kick 2 with board (1 – Free 1 – Stroke) @ 1:10

2 w/o board (15m fast/10 right side easy/10 left side easy/15m fast)@1:10

6 x 50 ch SW 1 build @ 1:00

1 @ 200 RP + 2 @ 1:00

6 x 50 Free 1 easy DPS @ 45

1 Build @ 45

4 Fast @ 45

100 Easy

Warm – Up – 2500m ~47min

Stroke Focus (3600m – 1h 15m)

6 x 100 50Dr/50 Kick @ 2:00

3 x 200 Kick @ 4:00 1 – 3 to Max Effort

6 x 100 Pull (paddles/bouy) – 50 Stroke / 50 Free @ 2:00 Easy

6 x 100 Pull (paddles) – 50 Stroke Fast / 50 Free Easy @ 2:00

6 x 100 50 Free Drill (home club drills) – 50 Non Free Drill @ 2:00

12 x 50 Stroke 1 @ 200 RP + 2

@ 1:20 1 @ 200 RP

1 @ 200 RP + 1

1 @ 200 RP

IM FOCUS (4000m – 1h 16m)

4X

100 REV IM Order Dr @ 2:00

2 x 100 IM 1 50 Fast 50 Easy @ 1:45

1 50 Easy 50 Fast @ 1:45

3 x 100 Drill 1 – 50 Fly/50 back @ 1:45

1- 50 back/50 br @ 1:45

1- 50 Br / 50 Free@ 2:00

4 x 100 Free 2 @ 400 RP @ 1:40

2 @ 200 RP @ 1:40

1 min rest

16x20 Fins Alternate 1 from push – 1 into touch 95% PERFECT TECHNIQUE

Stroke Focus – 6500m IM Focus – 6800m



Short Course

1. All on 5:45

350 (25 knb back/25 fly with 4k/pull)

375 back. Start each length 2 left, 2 right shoulder roll

400 free (fast inside the flags)

2. Paddles 1200: 75 free long stroke / 75 back fast turnover on the back

3. 12 x 100 free or back on 1:35 (10 - 12 off pb) compete

4. 2 x 500 stroke progressions (explain focus)

Last 2 lengths of each progression:

4 x 25 fast, in stroke on 40 (ask for input from coaches)

5. 150 sculling on back, body position...mental prep for relays

Tuesday AM workout

300 swim change stroke every 50 on 5:00

200 IM dr/swim x 50 on 3:30

100 free pull on 1:30. Breathe ev 4

4 x 50 free on 45 desc 1-4 start at PB +10

100 back. Dr/ saw x 50 on 1:45

200 kick fly/ch x 50 on 4:15

1:00 rest

300 IM 50 Dr/25 swim on 5:40

200 free pull stdy on 3:00

100 swim/scull x 25 on 2:00

1x100 free on 1:20 strong build

2 x 50 hard on 50

1:00 rest

6 x 150 on 2:40. Evens 100 ki/50 sw. Odds 50 sw/100 kick

4 x 25 on 40 fast with 4-3-2-1 breaths on the 25s

1:00 rest

400 free pull with Snorkle breathe every 4th stroke

8 x 25 with fins on 40 Odds go 15 meters fast swim then cruise
evens go 10m underwater fat then cruise

Swim down

SWIMMING CANADA JUNIOR RACE CAMP
TUESDAY PM 1-10-17 / LCM

A. FINS: 400 @ 7:00

100FR- FOCUS ON ENTRY + CATCH

100BK= 4 RIGHT, 4 LEFT, 3 RIGHT, 3 LEFT, 2-2, 1-1, 4 FULL- REPEAT

200 KICK= 25 CU SKY- 25 DOLPHIN @ BK

2 X (6 X 50)@ 60

1ST 6= FR: 25 HU W/ DOLPHIN KICK NO BOUNCE (ENTRY) / 25 SWIM ENTRY

2ND 6= BK: KICK @ SIDES OPP. ARM EXTENDED EVERY 10 BEATS

FINS OFF

B. SWIM-KICK: 6 X 200 (50 KICK-100 SWIM-50 KICK @ 3:30

ODD= SMOOTH-EVEN

EVEN= **DESC. 1-3***

GOLD: 2:30 OR FASTER

SILVER: 2:31-2:40

BRONZE: 2:41- 2:50

6 X 50 SMOOTH-GOOD FORM @ 50

1 X (1 X 100 SWIM @ 1:20 / 1:25

(2 X 50 KICK 60 / 65 - MAKE SOLID

(2 X 100 SWIM @ 1:20 / 1:25

(2 X 50 KICK @ 55 / 60 - FASTER

(3 X 100 SWIM @ 1:20 / 1:25

(2 X 50 KICK @ 50 / 55 - FASTER

(4 X 100 SWIM @ 1:20 / 1:25

(2 X 50 KICK @ 45 / 50 - FASTEST

_____ CHECK TIME REMAINING

C. 300= 50 DRILL-50 SWIM-100 PULL-100 SWIM

D. FINS: 6-10 X 50 @ 60 - ALT. FAST 15 / 25

2017 Race Camp
Wednesday January 11, 2017
PM Session 4:00 – 6:30pm

12 x 50 Dr IM Order (3 of each) @ 55 - 6 Vertical Dolphins
4 x 100 bouy 50Free/50Non Free @ 1:40
1 x 200 Kick Dec 50s 1 – 4 @ 3:40
4 x 100 Drill 50 Free/ 50 non Free @ 1:40
12 x 50 1 Free Easy @ 55
1 @ 200 RP + 5 + 4 + 3+ 2 + 1 1@200 @ 55

2200m

18 x 50 Stroke 2 Drill 1 Stroke Count 2 Drill 1 Build 2 Drill 1 @ 200 RP +2 @ 1:00

900m

3100m

1 x
16 x 50 3 Free Cr breathing 223 1 Stroke Fast @ 55
100 Easy @ 2:00
12 x 50 2 Free Cr Br 225 1 Stroke Fast @ 55
100 Easy @ 2:00
10 x 50 1 Free Cr Br 227 1 Stroke Fast @ 55
100 Easy @ 3:00

18 x 50 Stroke 2 Drill 1 Stroke Count 2 Drill 1 Build 2 Drill 1 @ 200 RP +2 @ 1:00

16x20 Fins Alternate 1 from push – 1 into touch 95% PERFECT TECHNIQUE

Workout – Junior Camp Thursday Jan 12 AM

Warm up 250 IM 25/50/75/100 on 4:30 Drill Free
2 x 50 Dolphin kick on back on 65
250 IM 50/75/100/25 on 4:30 Kick Breast
2 x 50 Free breathe every 7 on 45
250 IM 75/100/25/50 on 4:30 Drill Back
2 x 50 Best stroke desc 1-2 hold Str Count on 50
(31 min) 250 IM 100/25/50/75 on 4:30 Kick Fly
1700 2 x 50 Free on 50 #1 with 5 breaths max #2 with 3 breaths max
300 Free Pull/Paddles/Snorkle breathe every 4th stroke 50 stdy/25 strong

5 min set explanation and group separation

Main (Free) 6 x { 250 Free on 3:30 Hold PB 200 + 50-60 sec
(41 Min) { 2 x 50 Free on 1:15 200 pace -1 or better
2700 { 100 Back 50 dble arm, 50 swim on 2:00

Main IM/Stroke

2 x 200 IM desc 1-2 on 3:20/3:30/3:40
4 x 50 Fly or best stroke on 50 hold 200 RP
2 x 200 IM desc 1-2 on 3:10/3:20/3:30
4 x 50 Back or Main stroke on 55 hold best possible
2 x 200 IM desc 1-2 on 3:00/3:10/3:20
4 x 50 Breast or Main stroke on 60 best possible
2 x 200 IM Free for fly on 2:50/3:00/3:10 desc 1-2
(41 min) 4 x 50 Free or main stroke on 65 best possible
2600 200 IM Drill easy on 4:30

Main Breast 8 x 50 Brst hard on 60 stroke odds head up/evens brst pull fr kick
100 easy 2:00
4 x 100 Brst hard 50 2 down/1 up 50 full stroke 2:00
100 easy on 2:00
2 x 200 Breast hard 100 2 kick/str 50 with free kick/50 Full stroke 4:00
100 easy on 2:00
(40 min) 8 x 50 Breast Full stroke hard on 65
2000 100 easy on 2:00

Full Group

4 x 200 Swim/Kick x 100 odds free on 3:20 evens Back on 3:45
6 x 50 Best stroke 30m drill/20 m swim build on 60
4 x 150 Free pull/snorkel steady long swim 2:30
6 x 50 Best stroke 30m drill/20m kick build on 65
4 x 100 Kick desc 1-2 on 2:00
2400 6 x 50 ascend 1-3 on 55

Relays



Long Course

(updated Jan . 12)

1. 30 minutes vertical kicking and sculling

2. 4 x 500 #1 – choice #2 – Back #3 – IM # 4 – Breast/Fly

On 8:30

For All swims:

50 scull (no kick)

100 drills more kicking than swimming

150 long smooth swimming: focus-1st hand press and body line

150 @ 25 HR swimming (450 people only 100)

50 @ 200 race pace + 2 no splashing on front end. Place hands in.

3. 12 x 50 on 1:05

6 Fins 6 Paddles

Odds - stroke integrity @ 80%

Evens – stroke integrity @ 95%

4. Circuit: (45 min.)

Lanes 0-1

Dive videos from Zero position

Lanes 2-3

Turns station, best practices

Lanes 4-5

Timed 15 m from push off, then off a turn

5. Paddles

2 x 50 free 1-2 on 50

2 x 100 fr 1-2 on 1:40 2nd 50 str count

2 x 150 IM dr on 2:30 (fly/bk/br)

2 x 100 fr 1-2 on 1:30 2nd 50 str count

Paddles off: 2 x 50 kick on 1:00 ez, build

2 minutes rest

4x: { 50 fr 15m scull, 20 swim build, 20 kick fast on 1:10
 { 50 stroke fast (add up fast ones to beat best time) on 1

4600 m

SWIMMING CANADA JUNIOR RACE CAMP
FRIDAY AM JANUARY 13, 2017.

A. 4 X (50FR / 50 SIDE KICK / 50 SA FLY / 50 NFR SWIM OR DRILL

ROUNDS 1 + 2 WITH FINS / ROUNDS 3 + 4 NO FINS (.8 / 15)

B. 4 X (350 FREE @ 4:30 (1:17) / 4:40 (1:20) / 4:50 (1:22) / 5:00 (1:25)
(6 X 50 NON FREE @ 40 BK / 45 OR 50 FOR FLY-BR
(+ 30 REST RESET

(2.6 / 45)

C. 8 X 100

ALT.

2@ 1:30

2@ 1:35 / 1:40 / 1:45 *OPEN TURN FAST 3RD 25 ST FOR RELAY* (.8 / 15) (4.2)

RELAYS

2017 Race Camp

Friday January 13th, 2017

2x

2 x 100 Free Dr (home club drills) @ 1:40

2 x 100 Dr 1- 50 Fly / 50 Back @ 1:40 *12 Vertical Dolphin Kicks (3 each direction NSEW)
 1- 50 Back / 50 Br @ 1:40 *12 Vertical Dolphin Kicks

8 x 50 Kick 2 with board (1 – Free 1 – Stroke) @ 1:10
 2 w/o board (15m fast/10 right side easy/10 left side easy/15m fast SL)@1:10

6 x 50 ch SW 1 build @ 1:00
 1 @ 200 RP + 2 @ 1:00 after 12 Vertical Dolphin Kicks

6 x 50 Free 1 easy DPS @ 45
 1 Build @ 45
 4 Fast @ 45 – last 50 kick with scull – elbows high

100 Easy

Warm – Up – 1800m ~30min

Main Focus

300 Free @ 4:00/4:15	200 Free @ 2:45/3:00	3 x 100 Free @ Dis Olympic RP + 5 @ 1:30
250 Free @ 3:30/3:45	200 Free @ 2:45/3:00	3 x 100 Free @ 400 RP + 4 @ 1:30
200 Free @ 3:00/3:15	200 Free @ 2:45/3:00	3 x 100 Free @ 200 RP + 3 @ 1:30

NEG SPLIT

DEC 1-3 to Max

Hit Pace/SC

*Distance 2250 – 33 min

Warm down



Saturday Jan 14 AM

Dry Test – How well did you apply yourself to the activation routine?

Dive 75 m

25 easy

Push 75 Kick = to PB

10 min

150 m

8x150

Free on 2:00-2:15

20x20

Swim

Fins Alternate 1 from push/1 into touch – 95% Perfect Technique

10 min/20 min

400/1350 m

8X100

Free on 1:20-1:25

35 min/55 min

2400 m/2150 m

20x20

Kick

Fins Alternate 1 from push/1 into touch – 95% Perfect Technique

10 min/65 min

400/2550

8x50

Free on 40-45

6 min/71 min

400/2950

8x{(100)(2x50)}

100s - Free Pull Breathe ev 3/Breathe 3x on 1:45

50s as – Pull or Swim stroke – 90% Low SC – Perfect Technique on 1:00

22 min/ 93 min

1600 m/4550 m

Video Analysis

20 m in and out of a turn on #1 stroke video taped and on a delayed loop

1 swimmer at a time 3X through the team



Individual coach analyses the 40 m with the swimmer

Total Volume: **59,400**