

WHY IS THERE A LACK OF DISTANCE SWIMMERS IN GREAT BRITAIN?

Hosted by SwimEngland South East

Discussion by Dan Cross (Head Coach Thanet) and David Vine (Head Coach Leatherhead Swimming Club)

Supported with notes from the Connected Coaches Workshop I 'Coaching Distance Swimmers'

Thanks to Kevin Renshaw, Sean Kelly and Bernie Dietzig.

TODAYS DISCUSSION POINTS

- Discussions to focus around how we are coaching age group and youth swimmers to have the capabilities of developing into a successful senior distance swimmer.
- What does distance swimming look like to you and your program?
- What does Coaching look like?
- Creative sets and developing program
- Distance swimming- considerations
- Tim Shuttleworth- Examples of training from Kevin Renshaw
- Open Water
- Challenges and opportunities
- Q and A

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119	Women	400 Free	03:58.76	04:07.92	04:01.29	04:12.38	04:05.16	04:15.30	
118	Women	400 Free	03:57.94	04:05.01	04:02.21	04:12.24	04:05.37	04:14.62	
17	Women	400 Free	03:58.34	04:06.37	04:01.75	04:07.24	04:05.57	04:12.18	
116	Women	400 Free	03:56.46	04:01.23	04:01.23	04:09.39	04:04.36	04:12.40	
15	Women	400 Free	03:59.13	04:03.51	04:03.34	04:09.73	04:05.26	04:11.98	
14	Women	400 Free	03:58.37	04:03.24	04:03.76	04:08.92	04:04.56	04:13.74	
13	Women	400 Free	03:59.82	04:04.03	04:02.84	04:09.07	04:04.03	04:12.65	
12	Women	400 Free	04:01.13	04:02.35	04:02.35	04:07.25	04:04.18	04:12.18	
11	Women	400 Free	04:01.97	04:02.84	04:03.23	04:07.88	04:04.68	04:10.83	
10	Women	400 Free	04:03.12	04:04.55	04:05.19	04:08.30	04:05.50	04:13.31	
09	Women	400 Free	03:59.15	04:00.60	04:00.79	04:06.19	04:04.12	04:12.79	
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Women	800 Free	08:07.39	08:18.15	08:18.15	08:3	2017	Women	1500 Free	15:31.82	16:24.33	15:52.87	16:51.63	16:04.19	17:15.77
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Women	800 Free	08:15.92	08:16.66	08:17.21	08:2	2011	Women	1500 Free	15:49.59	16:06.67	15:58.02	16:15.33	16:06.67	16:48.39
Women	800 Free	08:14.10	08:14.10	08:17.81	08:3	2010	Women	1500 Free	15:59.13	16:29.45	16:02.29	16:46.52	16:15.40	17:05.18
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HOW FAR BEHIND ARE WE?

WHAT DOES
DISTANCE
SWIMMING
LOOK LIKE TO
YOU AND
YOUR
PROGRAM?

Interesting Intelligent Efficient e Big Skills Turns Capacity **Powerful** Challenging

COACHING-WHAT DOES IT LOOK LIKE?

- You need to sell the dream/vision of distance swimming
- Its not easy but gives you tough swimmers.
- You must be motivated and focused
- Be creative in your aerobic sets (how can you make 40×100 exciting?)
- Inform the swimmers- Why do they need to do it and why will it make a difference.
- Lots of opportunities for distance swimming (400,800,1500, open water!)
- Great opportunities for swimmers to focus on process skills
- Gives swimmers a good grounding- Easier to come down the distances- Capacity and then utilization

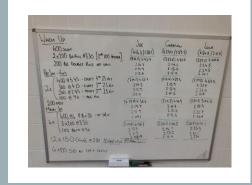
WHAT DO DISTANCE SWIMMERS LOOK LIKE?

- Very committed to the program- 100% of the program?
- Self motivated and driven
- Like to work- Great work ethic
- Efficient swimming style- Can hold pace
- Good team motivators- Love training and want to bring the team along
- Will call swimmers out!
- What do they look like in your program?

WHAT DOES IT LOOK LIKE TO ME? DAVID VINE

- Make them feel special
- · Talk through the program and the long-term goal
- Make it a club value
- Make it fun-Challenge within sets and feedback
- Club champs
- Stroke efficiency is key
- Talk through race tactics
- Pick meets where only distance events are the focus
- Find extra training opportunities (extra Sunday session)
- Celebrate their training success (Twitter/Facebook/Instagram)
- Improve your knowledge (Open water qualification) and talk about what you have learnt
- Use training camps as extra opportunities







WHAT DOES IT LOOK LIKE TO ME? DAN CROSS

Improve pulling ability

Use leg kick efficiently

Still a need for some basic speed, open water starts, opening/closing of races

Consistency! Should be your best attendees, skill focussed every session, may not hit the quickest times on main sets but should hold the most consistent speed, should be able to finish sets strong after working well from the start (don't just wait until last few reps)

Reward hard work and well executed sets not just those throw down one big swim.

How you can challenge distance swimmers in training;

Early season focus should be on building an aerobic base with stroke efficiency/technical details being main focus not times.

How can you make training interesting?



PROGRESSING SETS THROUGH THE SEASON

Early Cycle

 $3-4 \times (3 \times 400 \text{ I. 3 kicks off wall} + \text{every 4}^{\text{th}} \text{ length hypoxic, 2. Each 100m}$ reduce stroke count by 2 cycles, 3. Neg split with same stroke count each $200\text{m} - \text{bring leg kick in for 2}^{\text{nd}} 200\text{m})$

Mid Cycle

 10×400 Target PB+40 (I point for every second under target time, add your points up!)

Loose 5 points for not kicking past flags every wall

Aim is to try and score more points each time or make it harder for them to score the same points by increasing making it 6m off each wall time etc

Later part of cycle

 $3 \times (3 \times 400)$ Desc 1-3

RI @ 5:00

R2 @ 5:20

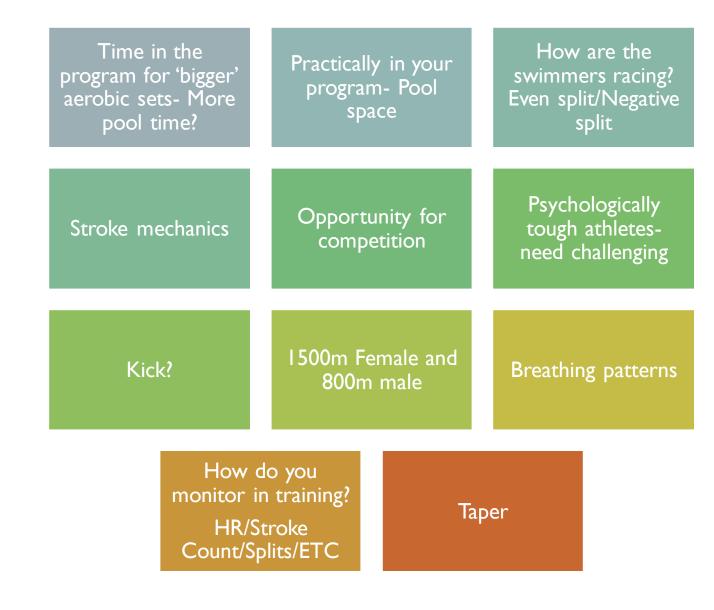
R3 @ 5:40

Aim is to start each round at a quicker pace and finish each round at a quicker pace

GET IDEAS FROM OTHERS!!!!

- Another great set
- Jamie O/Maisie M (Short Course)
- I x 800 @ 10:40 Even Pace (40BBM)
- 4 x 200 @ 2:40 Best Avg. (J 2:05/M 2:15)
- I x 600 @ 8:00 Even Pace (40BBM)
- 3 x 200 @ 2:50 Best Avg. (J 2:01/M 2:12)
- I x 400 @ 5:20 Even Pace (40BBM)
- 2 x 200 @ 3:00 Best Avg. (J 1:58/M 2:08)
- I x 200 @ 2:40 Even Pace (40BBM)
- I x 200 @ 3:10 Best Effort (J1:54/2:05)

DISTANCE SWIMMERS CONSIDERATIONS



THE JOURNEY



Create an environment for distance swimming to flourish



Learn more- ask questions, read, watch, etc



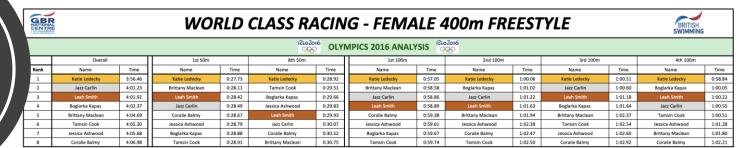
Have a plan, share that plan and implement the plan



Focus on what you CAN do in your program!



Progressive overload-What does it look like in 5 years time? WHAT DO THE BEST IN THE WORLD LOOK LIKE?



Vomen	Progress to Final Progress to Semi	04:04.36 N/A	Drop Offs FE 200m - BE Katle Ledecky	2.24s			
	Progress to Semi	IN/A	Katle Ledecky	2.245			
			Jazz Carlin	1.07s			
			Leah Smith	0.88s			
			Clear = Positive Split				
			Green = Negative Sc	lit			

1st 200m		Middle 200m		2nd 200m		
Name	Name Time		Time	Name	Time	
Katie Ledecky	1:57.11	Katie Ledecky	2:00.57	Katie Ledecky	1:59.35	
Jazz Carlin	2:00.08	Jazz Carlin	2:01.82	Jazz Carlin	2:01.15	
Leah Smith	Leah Smith 2:00.52		2:02.66	Leah Smith	2:01.40	
Brittany Maclean	2:00.52	Leah Smith	2:02.81	Boglarka Kapas	2:01.69	
Boglarka Kapas	2:00.68	Brittany Maclean	2:04.31	Tamsin Cook	2:03.06	
Coralie Balmy	2:01.85	Jessica Ashwood	2:04.99	Jessica Ashwood	2:03.68	
Jessica Ashwood	Jessica Ashwood 2:02.00		2:05.04	Brittany Maclean	2:04.17	
Tamsin Cook	2:02.24	Coralie Balmy	2:05.39	2:05.13		

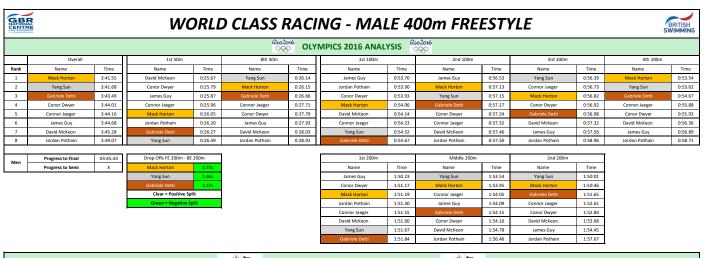
	WORLD CHAMPIONSHIP 2017 ANALYSIS ***********************************													
	Overall		1st 50m		8th 50m		1st 100m		2nd 100m		3rd 100m		4th 100m	
Rank	Name	Time	Name	Time	Name	Time	Name	Time	Name	Time	Name	Time	Name	Time
1	Katie Ledecky	3:58.34	Katie Ledecky	0:28.05	Katie Ledecky	0:29.68	Katie Ledecky	0:57.71	Katie Ledecky	1:00.03	Katie Ledecky	1:00.66	Katie Ledecky	0:59.94
2	Leah Smith	4:01.54	Li Bingjie	0:28.10	Boglarka Kapas	0:29.80	Leah Smith	0:58.42	Leah Smith	1:01.13	Leah Smith	1:01.45	Leah Smith	1:00.54
3	Li Bingjie	4:03.25	Leah Smith	0:28.29	Li Bingjie	0:29.99	Li Bingjie	0:58.59	Boglarka Kapas	1:01.78	Boglarka Kapas	1:01.78	Boglarka Kapas	1:00.76
4	Ariarne Titmus	4:04.26	Yuhan Zhang	0:28.58	Ariarne Titmus	0:30.05	Ariarne Titmus	0:58.92	Li Bingjie	1:01.83	Li Bingjie	1:02.06	Li Bingjie	1:00.77
5	Boglarka Kapas	4:04.77	Ariarne Titmus	0:28.60	Leah Smith	0:30.18	Yuhan Zhang	0:59.34	Ajna Kesely	1:02.12	Ariarne Titmus	1:02.08	Ariarne Titmus	1:01.07
6	Ajna Kesely	4:05.75	Ajna Kesely	0:28.93	Yuhan Zhang	0:30.18	Ajna Kesely	0:59.64	Yuhan Zhang	1:02.17	Ajna Kesely	1:02.46	Ajna Kesely	1:01.53
7	Yuhan Zhang	4:06.03	Veronika Popova	0:29.05	Ajna Kesely	0:30.30	Boglarka Kapas	01:00.45	Ariarne Titmus	1:02.19	Veronika Popova	1:02.70	Veronika Popova	1:01.59
8	Veronika Popova	4:07.59	Boglarka Kapas	0:29.51	Veronika Popova	0:30.74	Veronika Popova	01:00.56	Veronika Popova	1:02.74	Yuhan Zhang	1:02.95	Yuhan Zhang	1:01.93

Women	Progress to Final	04:06.48	Drop Offs FE 200m - BE 200m				
women	Progress to Semi	N/A	Katie Ledecky	2.86s			
			Leah Smith	2.44s			
			Li Bingjie	2.41s			
			Clear = Positive Spl	it			
			Green - Negative Co	lie			

	WORLD RECORD
400 Free	Katie Ledecky
Splits	27.73, 57.05 (29.32), 1:26.99 (29.94), 1:57.11 (30.12) 2:27.41 (30.30), 2:57.62 (30.21), 3:27.54 (29.92), 3:56.46 (28.92)
Textile Best	Same

1st 200m		Middle 200m		2nd 200m	
Name	Name Time		Time	Name	Time
Katie Ledecky	1:57.74	Katie Ledecky	2:00.69	Katie Ledecky	2:00.60
Leah Smith	1:59.55	Leah Smith	2:02.58	Leah Smith	2:01.99
Li Bingjie	2:00.42	Boglarka Kapas	2:03.58	Boglarka Kapas	2:02.54
Ariarne Titmus	2:01.11	Li Bingjie	2:03.89	Li Bingjie	2:02.83
Yuhan Zhang	2:01.51	Ariarne Titmus	2:04.27	Ariarne Titmus	2:03.15
Ajna Kesely	2:01.76	Ajna Kesely	2:04.58	Ajna Kesely	2:03.99
Boglarka Kapas	Boglarka Kapas 2:02.23		2:05.12	Veronika Popova	2:04.19
Veronika Popova	2:03.30	Veronika Popova	2:05.44	Yuhan Zhang	2:04.88

WHAT
DOES THE
BEST IN
THE
WORLD
LOOK LIKE?



	WORLD CHAMPIONSHIPS 2017 ANALYSIS **** ***** ************************													
	Overall		1st 50m		8th 50m		1st 100m		2nd 100m		3rd 100m		4th 100m	
Rank	Name	Time	Name	Time	Name	Time	Name	Time	Name	Time	Name	Time	Name	Time
1	Yang Sun	3:41.38	James Guy	0:25.64	Taehwan Park	0:26.43	Taehwan Park	0:54.04	Yang Sun	0:56.76	Yang Sun	0:56.31	Yang Sun	0:54.2
2	Mack Horton	3:43.85	Taehwan Park	0:25.82	Yang Sun	0:26.61	James Guy	0:54.09	Mack Horton	0:57.33	Mack Horton	0:56.63	Gabriele Detti	0:54.96
3	Gabriele Detti	3:43.93	Zane Grothe	0:25.93	Felix Aubock	0:26.82	Yang Sun	0:54.11	Taehwan Park	0:57.48	Gabriele Detti	0:56.66	Taehwan Park	0:55.18
4	Taehwan Park	3:44.38	Yang Sun	0:26.03	Mack Horton	0:26.88	Zane Grothe	0:54.39	James Guy	0:57.52	Felix Aubock	0:57.59	Mack Horton	0:55.39
5	Felix Aubock	3:45.21	David McKeon	0:26.13	Gabriele Detti	0:26.96	David McKeon	0:54.48	Felix Aubock	0:57.55	James Guy	0:57.59	Felix Aubock	0:55.4
6	James Guy	3:45.58	Mack Horton	0:26.2	Zane Grothe	0:27.31	Mack Horton	0:54.50	Gabriele Detti	0:57.61	Taehwan Park	0:57.68	Zane Grothe	0:55.9
7	Zane Grothe	3:45.86	Gabriele Detti	0:26.21	James Guy	0:27.55	Felix Aubock	0:54.67	Zane Grothe	0:57.62	David McKeon	0:57.68	James Guy	0:56.38
8	David McKeon	3:46.27	Felix Aubock	0:26.46	David McKeon	0:27.77	Gabriele Detti	0:54.70	David McKeon	0:57.67	Zane Grothe	0:57.95	David McKeon	0:56.44

Men	Progress to Final	03:46.14	Drop Offs FE 200m - BE 200m			
IVIEII	Progress to Semi	х	Yang Sun	0.36s		
			Mack Horton	0.19s		
			Gabriele Detti	0.69s		
			Clear = Positive Sp	lit		

	WORLD RECORD
400 Free	Paul Biedermann
Splits	26.29, 54.42 (28.13), 1:22.43 (28.01), 1:51.02 (28.59), 2:18.78 (27.76), 2:47.17 (28.39), 3:14.30 (27.13), 3:40.07 (25.77)
Textile Best	lan Thorpe (3.40.1)

1st 200m		Middle 200m		2nd 200m		
Name	Time	Name	Time	Name	Time	
Yang Sun	1:50.87	Yang Sun	1:53.07	Yang Sun	1:50:51	
Taehwan Park	1:51.52	Mack Horton	1:53.96	Gabriele Detti	1:51.62	
James Guy	1:51.61	Gabriele Detti	1:54.27	Mack Horton	1:52.02	
Mack Horton	1:51.83	James Guy	1:55.11	Taehwan Park	1:52.86	
Zane Grothe	1:52.01	Felix Aubock	1:55.14	Felix Aubock	1:52.99	
David McKeon	1:52.15	Taehwan Park	1:55.16	Zane Grothe	1:53.85	
Felix Aubock	Felix Aubock 1:52.22		1:55.35	James Guy	1:53.97	
Gahriele Detti	1:52 31	Zane Grothe	1:55 57	David McKenn	1:54.12	

CHALLENGE YOUR SWIMMERS!

400/1500 RELATIONSHIP

* 400 best time x 3.9 = 1500 free time 4:03.8 (243.8 x 3.9 = 950.82) = 15:50.82 / 15:52.1

400 Pb	1500 Goal	400 Pb	1500 Goal
4.35	17.52	3.57	15.24
4.30	17.33	3.56	15.2
4.25	17.14	3.55	15.16
4.20	16.54	3.54	15.12
4.15	16.34	3.53	15.08
4.10	16.15	3.52	15.05
4.05	15.55	3.51	15.01
4.00	15.36	3.50	14.57
3.59	15.32	3.49	14.53
3.58	15.28	3.48	14.49
		3.47	14.45
		3.46	14.41
		3.45	14.37

TIM SHUTTLEWORTH DON'T FORGET THE **TECHNICAL**

- Tim Shuttleworth booked his spot at the Rio 2016 Olympic Games with a sensational swim at the 2016 British Swimming Championships where he was crowned 1500m freestyle champion.
- That swim saw him shave 20 seconds off his personal best as he defeated Stephen Milne and Daniel Fogg to take the crown.
- The freestyler then enjoyed even more success in open water when he claimed 5km bronze at the 2017 World Championships in Budapest.

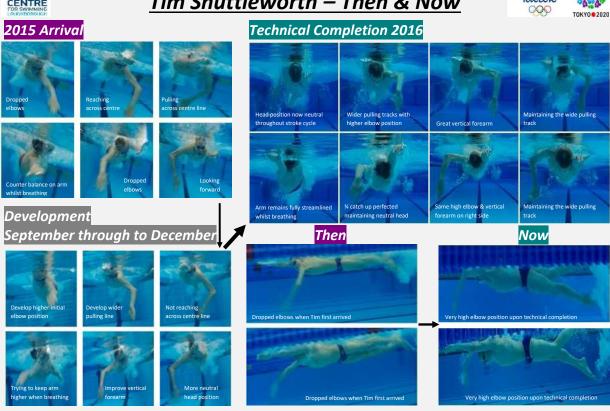




Tim Shuttleworth – Then & Now







Tim Shuttleworth Key Sets

September 2015 - April 2016 Numbers = No. Days from 1500m Final 14.55.23

'During Tim's first 2 months in Lboro NC he demonstrated an amazing kicking

ability under endurance & speed conditions. On a 1000m long course kick

test he averaged 1.25 per 100m which is a high level of kicking. He went on

to produce multiple impressive kick sets during September / October'

Monday 14th September PM - Long Course 215

Test set - 1K free kick TIMED - best effort

500m	500m	1000m
7:06:00	7:06.00	14:12.8

Tuesday 29th September 2015 PM - Short Course 200

Main Set - 10 x 200 @ 2.30 - Best ave

Time	BLa
2:04.1	
2:03.7	
2:02.9	
2:02.3	4.1
2:01.5	
2:02.4	
2:02.1	
2:01.9	
2:01.4	
1:58.0	7.3
2:02.0	

Tuesday 6th October 2015 - Short Course 193 Main Set - 10 x 300 Best Average @3.30

'Late September / Early October Tim was displaying a very quick adaptation to aerobic work. The 2 test sets to the left were performed short course and were to an impressive standard'

Saturday 17th October 2015 - Long Course 182

Race Speed - 30 x 50 @ 60 Best Average

c 50 @ 60 Best Ave
0:27.2
0:27.1
0:26.5
0:27.2
0:27.3
0:26.7
0:27.2
0:26.6
0:27.1
0:26.8
0:26.6
0:27.2
0:26.7
0:26.4
0:25.9
0:26.0
0:26.2
0:26.2
0:26.2
0:26.2
0:26.0
0:25.9
0:25.8
0:26.0
0:25.9
0:26.5
0:26.4
0:26.8
0:26.5

0:25.7

'As well as demonstrating excellent aerobic progression Tim also was completing a high level of shorter race pace work. We can see here in mid October his speed Long Course was already a very high standard'

Monday 26th October PM - Long Course 173 Main set - 18 x 200 AT & HR

Thursday 29th October AM - Short Course 170 16 x 50 - 1500m RP x 2 WRONG!

BLa 3.1 with HR around 150-160bpm at a Long Course

pace around 2.08. This was around AT pace'

Time	200m	HR	BLa	16 x 50 (1)	16 x 50 (2)
(100m)				0:31.59	0:30.54
1:03.7	2:09.7			0:31.15	0:29.65
1:03.7	2:09.0			0:30.20	0:29.82
1:04.3	2:09.0			0:31.00	0:29.69
1:05.0	2:10.2	150		0:30.23	0:29.88
1:04.0	2:09.2	153		0:30.18	0:29.75
1:03.3	2:07.9	161		0:30.09	0:29.38
1:02.8	2:08.0		3.1	0:30.01	0:29.41
1:02.7	2:08.2	156		0:30.40	0:29.44
1:02.1	2:07.9	160		0:29.76	0:29.51
1:02.3	2:07.4			0:30.37	0:29.59
1:04.6	2:08.8	172		0:30.03	0:29.14
1:02.7	2:08.5			0:30.14	0:29.42
1:02.1	2:08.5	160	3.1	0:30.00	0:29.00
1:02.9	2:08.7	160		0:30.24	0:29.20
1:02.9	2:08.5	162		0:30.14	0:27.89
1:02.9	2:09.0	157			
1:02.7	2:07.7	167		'Late October Blood Lactate reading	
1:02.1	2:05.3		4.2	be taken – on the 18x200 AT Tim we	is swimming with a

Wednesday 11th November - Long Course 157

8 x 50 x 3 @ 400 RP

1	BLa	2	BLa	3	BLa
0:27.5		0:27.2		0:27.2	
0:27.7		0:27.5		0:27.7	
0:27.6		0:27.5		0:27.2	
0:27.4		0:27.2		0:26.8	
0:27.4		0:27.3		0:27.0	
0:27.4		0:27.2		0:27.2	
0:27.4		0:27.3		0:27.3	
0:27.0	2.9	0:27.4	5.0	0:26.5	7.6

Wednesday 18th November AM - Long Course 150

'Mid November Tim was becoming very consistent producing quality 200 / 400 Race Pace type sets'

400 RP Set			
8 x 50 @ 60	4 x 75 @ 1.30	2 x 75 @ 1.30	8 x 50 @ 60
	2 x 50 @ 60	5 x 50 @ 60	
300 loosen	300 loosen	300 loosen	300 loosen
0:27.7	0:42.5	0:42.5	0:27.7
0:27.8	0:42.7	0:42.7	0:27.8
0:27.9	0:42.5	0:28.1	0:27.7
0:27.8	0:42.4	0:27.5	0:27.6
0:28.0	0:28.1	0:27.8	0:27.6
0:28.0	0:27.6	0:27.7	0:28.0
0:27.7		0:27.7	0:27.7
0:27.7			0:26.7

Monday 23rd November PM - Long Course 145

Rainbow Set

	TIM	HR
	03:14.8	
	03:08.4	
	03:12.6	166
	03:11.0	
	00:27.2	
	00:26.5	
	00:26.1	
	00:26.3	
	00:26.2	
	00:26.4	
verage	00:26.5	
La	8.7	
	02:14.4	
	02:12.0	
	02:08.9	
	02:09.2	
	02:07.8	157
	02:08.0	157
	00:27.1	
	00:27.1	
	00:27.3	
	00:27.2	
verage		
verage La	7	
-	7 01:05.3	
-	7 01:05.3 01:06.4	
-	01:05.3 01:06.4 01:05.1	
-	7 01:05.3 01:06.4 01:05.1 01:02.4	
-	7 01:05.3 01:06.4 01:05.1 01:02.4 01:02.7	
-	7 01:05.3 01:06.4 01:05.1 01:02.4 01:02.7 01:02.4	
-	7 01:05.3 01:06.4 01:05.1 01:02.4 01:02.7 01:02.4 01:00.4	
-	7 01:05.3 01:06.4 01:05.1 01:02.4 01:02.7 01:02.4 01:00.4 00:58.8	
-	7 01:05.3 01:06.4 01:05.1 01:02.4 01:02.7 01:02.4 01:00.4 00:58.8 00:58.3	
-	7 01:05.3 01:06.4 01:05.1 01:02.4 01:02.7 01:02.4 01:00.4 00:58.8 00:58.3 00:58.6	
-	7 01:05.3 01:06.4 01:05.1 01:02.4 01:02.7 01:02.4 01:00.4 00:58.8 00:58.3 00:58.6	
La	7 01:05.3 01:06.4 01:05.1 01:02.4 01:02.7 01:02.4 01:00.4 00:58.8 00:58.3 00:58.6	
-	7 01:05.3 01:06.4 01:05.1 01:02.4 01:02.7 01:02.4 01:00.4 00:58.8 00:58.3 00:58.6	
La	7 01:05.3 01:06.4 01:05.1 01:02.4 01:02.7 01:02.4 00:58.8 00:58.3 00:58.6	
La	7 01:05.3 01:06.4 01:05.1 01:02.4 01:02.7 01:02.4 01:00.4 00:58.8 00:58.3 00:58.6 00:58.9	
La	7 01:05.3 01:06.4 01:05.1 01:02.4 01:02.7 01:02.4 01:00.4 00:58.8 00:58.3 00:58.6 00:58.9 00:58.6	
La	7 01:05.3 01:06.4 01:05.1 01:02.7 01:02.4 01:00.4 00:58.8 00:58.6 00:58.9 00:58.6	
La	7 01:05.3 01:06.4 01:05.1 01:02.7 01:02.4 01:02.4 01:58.8 00:58.8 00:58.6 00:58.6 00:28.6 00:29.4 00:28.5 00:26.8	
La	7 01:05.3 01:06.4 01:05.1 01:02.7 01:02.4 01:00.4 00:58.8 00:58.6 00:58.9 00:58.6	

Rainbow Set

4 x 300 @ 4.00 50/30/40/30 descending 6 x 50 @ 75 200 pace 6 x 200 @ 2.40 1-3 & hold. 30 descending

6 x 50 @ 60 1/1 200 pace 12 x 100 2 @ 50 below 1.20

4 @ 30 below 1.30 6 @ best 1.40

6 x 50 @ 60 desc 1 2 3

'Kevin's Rainbow Sets are very demanding requiring swim paces across the aerobic range as well as dropping in and back out of race pace.

In late November Tim was performing these sets to a very high standard showing a great willingness to commit to both the aerobic and race pace components. He was returning to aerobic pace following the more intense race pace work without major distress or need to recover. On this set Tim finished with best average 100's that would

compare with a World Class 1500m swimmer and was still able to increase intensity following these with faster race

His BLa was his highest reading to date at 13.1'

Wednesday 2nd December AM - Long Course 136 10 x 300 @ 3.45/400 @ 30

3:16.9		
3:16.5		
3:15.8	141	
3:15.5		
3:14.9		1.8
3:13.8		
3:14.9		
3:14.6		
3:13.5		3.1
3:09.9		

'By the beginning of December both training & competition was indicating Tim was progressing at an amazing rate. The 2 sets on 2nd & 3rd of December confirmed both his aerobic & anaerobic capacities were in great condition'

Monday 7th December PM- Long Course 131 Heart Rate Set - 20 x 100 @1.40 4/1

0:58.9
0:58.7
0:58.8
0:58.8
-
0:59.3
0:58.8
0:59.1
0:58.6
0:59.2
0:58.9
0:58.5
0:58.6
-
0:59.5
0:58.7
0:58.7

0:57.1

Thursday 3rd December - Short Course 135

400 RP Set - 2 x 4 x 100 @ 115 4 x 100 @ 110

300 easy	300 easy	
	0:55.9	
	0:57.0	
	0:56.8	
	0:56.8	
	0:56.7	
	0:58.2	
	0:58.1	
	0:57.6	
	0.01.10	
	0:57.3	
	0:57.3	
	0:57.3 0:56.7	
	0:57.3 0:56.7 0:57.0	
	0:57.3 0:56.7 0:57.0 0:56.9	
	0:57.3 0:56.7 0:57.0 0:56.9 0:56.4	

Thursday 10th December PM - Short Course 128 16 x 100 @ 1.45 3/1

BLa	9.1
Average	0:56.6
	0:51.9
	0:55.0
	0:57.4
	0:57.1
	0:57.2
	0:58.1
	0:57.0
	0:56.6
	0:57.4
	0:56.8
	0:56.9
	0:57.4

'Swimming 1500m race pace was now becoming the norm for Tim on Long Course Heart Rate sets. He also was demonstating the ability to finish these sets off at higher speeds'

The short course set on the $10^{\rm th}$ of December was a very encouraging piece of work where on the last 2 fast $100'{\rm s}$ Tim descended to 55.0 followed by a 51.9 from a push!'

Saturday 12th December AM - Long Course 126

200 Race Pace - 3 x 4 x 50

Time	BLa
0:26.0	
0:26.8	
0:27.0	
0:27.2	4.6
0:26.8	
0:26.7	
0:26.7	
0:26.6	9.9
0:26.9	
0:26.5	
0:26.4	
0:26.2	12.0

Following the previous cycle of work Tim travelled to Sheffield for the English Short Course Nationals. He posted huge personal best:

400m 1500m

Thursday 14th January PM - Short Course 93

Rainbow Set 4 x 400 @ 4.40 (50below) 1 x 100 @ 1.40 Fast

3 x 400 @ 4.50 (40 below) 2 x 100 @ 1.40 Fast 2 x 400 @ 5.00 (30 below)

3 x 100 @ 1.40 Fast 1 x 400 @ 5.10 (20 below) 4 x 100 @ 1.40 Fast

4:25.1 4:24.7 4:25.6 4:25.1 0:59.3 4:18.7 4:22.1 4:21.1 0:58.6 0:58.6 4:13.1 4:13.4 0:59.1 0:58.9 0:58.8 4:08.5 0:59.9 0:59.8 1:00.3 1:00.3

'Training over the Christmas period was maintained at a lower but constant level. Early January acted as an aerobic re-build. Thursday 14th Jan was the first significant piece which was a real challenge following the Christmas period. His performance was strong and a good place to kick on from'

Monday 18th January PM - Long Course - Pull Programme 89

4 x 100 @ 1.20 / 1.30 / 1.40 / 1.40 200 @ 2.40 / 3 / 3.20 / 3.20 300 @ 4 / 4.30 / 5/ 5

1:02.6	
2:07:3	
3:12.7	
1:02.2	
2:06.9	
3:12.5	
1:02.2	
2:07.3	
3:11.8	
3:11.8	
1:02.5	

'Unfortunately Tim was beginning to suffer pain in his knees regularly - something he had issues with previously at his last club. The pain was due to growth and lack of stability around the knee joint. The effect of this meant he could not kick at all. This period caused much anxiety for him, however, the team put in place a rehab programme which targeted swimming again mid – late February. Throughout January & February Tim now was completing a pulling programme, something that was considered a weakness for him. However, as with everything seen since September his adaptation to this new workload was very quick. It wasn't long until he was pulling at a high level with & without paddles.

Thursday 11th February PM – Short Course 65

30 x 50

(10 x 1 @ 40

'Use of legs began to see an increase in speed'

2@1)

- 0	-,									
R1	R2	R3	R4	R5	R6	R7	R8	R9	R10	
0:26.6	0:26.7	0:26.9	0:26.8	0:26.7	0:26.4	0:26.6	0:26.5	0:26.7	0:26.6	@ 40
0:27.5	0:27.3	0:27.5	0:27.5	0:27.0	0:26.8	0:27.1	0:27.2	0:27.7	0:26.7	@ 60
0:26.9	0:27.1	0:26.9	0:26.6	0:26.7	0:26.5	0:27.0	0:26.8	0:26.7	0:25.8	@ 60

0:58.5

0:57.8

0:58.0

0:57.8

0:57.6

0:57.3

0:57.5

0:57.6

0:58.6

0:58.0

0:57.5

0:57.9

0:58.0

0:57.7

0.57.6

0:57.5

0:58.0

0:57.2

3:19.0

2:10.4

1:02.5

Monday 15th February PM - Long Course

HR & RP combo set 6	1
8 x 100 HR @145	

8 x 50 '400 RP @ 1 1 x 300 50 below

6 x 100 HR @ 145 6 x 50 400 RP @ 65

1 x 200 50 below

4 x 100 HR @ 145 4 x 50 200 RP @ 70 1 x 100 50 below

late December at the end of the week this set indicated despite not kicking for a month & a half his swim performance had not been affected. Tim's 100m swim efforts in this set were extremely impressive'

The end of the week saw Tim do a huge personal best on the 1500m LC - 15.19 a new BUCS record

Monday 29th February PM - Long Course 47

4 x 100 @ 110 400 RP x 3

Time	BLa
0:55.2	
0:56.7	
0:57.0	
0:57.5	2.7
0:56.6	
0:57.0	
0:57.2	
0:57.4	10.3
0:56.2	
0:57.6	
0:57.5	
0:56.5	
	10.5
	2mins post 10.9

'Tim attacked this 400 RP set from the start race pace speeds were amazing off such short

Thursday 3rd March AM - Short Course 44

15 x 100 @ 1.10 best average (part 1 of stimulation set)

13 X 100 @ 1.10	best average	(part 1 or still	idiation set)			
		0:55.9				
		0:57.2				
		0:57.3				
		0:57.3				
		0:57.6				
		0:57.5				
	0:57.7 0:58.1 0:58.0 0:58.1 0:58.1					
		0:58.3				
		0:57.7				
		0:56.3				
Average		0:57.5				
BLa	6.2	8.1 (post	7.3 (post			
		1.5mins)	2.5mins)			

Friday 4th March PM - Long Course 43

15 x 100 (part 2 of stimulation set)

0:57.2	
0:57.5	
0:57.4	
0:57.6	
0:57.3	
0:57.5	
0:57.3	
0:57.1	
0:57.2	
0:57.3	
0:57.2	
0:57.3	
0:57.2	
0:56.5	
0:55.2	
0:57.1	
10.4	8.2 (post
(post	2.5mins)
1.5mins)	
	0:57.5 0:57.4 0:57.6 0:57.3 0:57.5 0:57.3 0:57.1 0:57.2 0:57.2 0:57.3 0:57.2 0:57.2 0:57.5 0:57.2 0:57.2 0:57.2 0:57.2 0:57.2 0:57.3

Thursday 3rd to Friday 4th March saw the mimicking British Championships conditions of Heat & Final in a 2 day

Thursday was the morning Heat swam in normal trunks and short course. The effort was hard but controlled. The goal was to beat the short course results long course on Friday PM. The long course set was completed in racing jammers.

Tim's average long course (57.1) was faster than the short course set (57.5). This was a fantastic set with an incredible finish to the set (56.5 & 55.2).

Thursday 25th February PM - Short Course 51 40 x 100 set

Pull Paddles

0:29.0

0:29.1

0:28.8

0:28.7

0:29.0

0:29.3

0:28.9

0:28.9

0:28.7

0:29.0

0:28.9

0.28.7

0:28.3

0:28.0

2 x	5 x 100 fast	4 x 100 fast	3 x 100 fast	2 x 100 fast	1 x 100 fast
	1x100 protocol	1x100 protocol	1x100 protocol	1x100 protocol	1x100 protoco
Round	1 @ 115 and 125				

Round 2 @ 110 and 120

@ 115 & 12	5				@ 110 & 12	0				
0:57.2	0:56.9	0:57.5	0:57.2	0:57.2	0:57.6	0:57.2	0:57.7	0:56.7	0:54.3	
0:57.3	0:57.3	0:57.6	0:57.7	1:01.9	0:57.4	0:57.9	0:57.9	0:57.4	1:01.4	
0:57.2	0:57.4	0:57.7	1:02.1		0:57.3	0:57.9	0:58.6	1:02.3		
0:57.1	0:57.3	1:00.6			0:57.6	0:58.1	1:02.1			
0:57.5	1:00.3				0:57.8	1:02.4				
1:00.8					1:01.7					

This was a set taken from Lboro NC 2014 Distance Head to Head Camp. Tim was challenged to be better than all swimmers who attended that camp (Milne, Lelliott, Jervis, Fogg, Grainger etc). Tim's performance was far beyond the 2014 results – this was the time when the team really begun to sense something special could happen'

Monday 7th March PM - Long Course 40

Descend Race Pace Combo Set

6 x 300 @ 3.45/4.00 * 3 x 100 @ 1.30 1500 RP *Odd 300s 50 below @ 3.45

*Even 300s 1-3 to best @ 4.00					
Time	BLa				
3:19.4					
0:59.0					
0:59.1					
0:58.7					
3:08.7					
0:59.3					
1:00.0					
0:59.1	4.0				
3:16.5					
1:00.0					
0:59.1					
0:59.5					
3:06.3					
0:59.3					
0:59.4					
0:59.3	5.2				
3:16.1					
0:59.2					
0:58.9					
0:59.2					
3:02.7	6.8				
0:59.4					
0:58.2					

Thursday 10th March PM – Short Course 37

8 x 100 @ 1.40 x 3

8 x 100 @ 1.40 x 3	
	0:55.5
	0:55.8
	0:55.5
	0:55.6
	0:55.7
	0:57.8
	0:58.3
	1:01.1
	0:55.9
	0:55.2
	0:55.2
	0:55.2
	0:54.8
	0:58.0
	0:59.0
	0:59.8
	0:56.1
	0:55.7
	0:55.6
	0:55.6
	0:55.1
	0:57.4
	0:58.1
	1:00.00

'Tim was so consistent through March- the 3 sets on the 7th, 10th, 19th March were a very high standard & performed with great technique & skill'

Saturday 19th March AM - Long Course 28

8.8 9.3 9.1

0:56.7

4 x 400 pull pads @ 5.00 4 x 100 sw @ 1.40 15 below 2 v E0 cw @ 60 (200 BB)

Wycombe Open- 12-13th March

2 X 50 SW @ 60 (200 F	(P)		
R1	R2	R3	R4
4:36.4	4:30.3	4:24.0	4:24.5
0:59.1	0:58.8	0:58.9	0:59.1
0:58.5	0:58.8	0:58.6	0:58.1
0:58.1	0:59.3	0:57.9	0:58.2
0:59.1	0:58.0	0:58.2	0:58.5
0:26.9	0:27.3	0:27.3	0:27.3
0:27.1	0:27.2	0:27.3	0:26.7

Thursday 24th March AM -Short Course 21 Friday 25th March PM - Long Course 22 5 x 300 Race Stimulation part one

	-
3:01.1	
2:58.9	
2:58.5	Ī
2:57.7	
2:54.9	

5 x 300 Race Stimulation part two

2:59.3 (0:57.0)	
2:59.0	
2:57.9	
2:58.0	
2:55.3 (1:57.9)	

'This set was the 2nd race simulation exercise following the 15x100 sets 3 weeks previous.

Once again the average long course was better than the short course set. With 3 weeks until race day Tim's conditioning for the 1500m was complete'

Saturday 26th March AM - Short Course 21

10 x 50 200 RP

0:26.5	
0:25.9	
0:26.5	
0:26.3	
0:25.9	
0:26.2	
0:26.0	
0:26.3	
0:25.7	
0:25.6	

Monday 28th March PM - Long Course 19

2 x 10 x 100 1500 pace 4@1.15 3 @ 1.40

	3 @ 1.40			
	2 @ 1.30			
	1		2	
	0:58.1	0:59.9		
	0:58.0		0:59.1	
	0:58.1	0:59.0		
	0:58.2		0:58.7	
	0:58.8	0:58.9		
	0:58.5	0:58.9		
	0:58.4	0:58.5		
	0:58.2	0:58.5		
	0:59.1		0:58.3	
	0:59.8		0:57.6	
BLa		6.3	7.7	6.8

With the 200m programmed the morning after the

1500m Final at British Championships Tim completed 10 race pace 50m efforts the morning after the long course race simulation set. Tim's 200m race pace was excellent on this morning'

Thursday 31st March PM - Short Course 16

15 x 50 @ 60 as 400 RP

0:25.8
0:26.2
0:25.8
0:26.3
0:26.2
0:25.9
0:26.0
0:26.4
0:26.3
0:26.2
0:26.3
0:26.2
0:26.2
0:26.3
0:25.4

Saturday 2nd April AM – Long Course 14

l6 x 100 @ 1.45 3 ON 1 O	FF
Time	BLa
0:56.0 (0:26.8)	
0:57.2 (0:28.0)	
0:58.6 (0:28.6)	
0:57.2	
0:57.6 (0:28.7)	
0:57.7 (0:28.6)	
0:57.9	
0:57.7 (0:28.9)	
0:57.4 (0:28.7)	
0:57.5 (0:28.7)	
0:57.5	
0:55.1 (0:27.4)	7.8
	10.4 (post 100 EZ)

'In the 3rd week out Tim swam 3 sets worth noting detailed here. None of the 3 sets were anything beyond what he had achieved before, however, consistency was fantastic whatever he put his hand to'

Monday 4th April PM - Long Course 10

20 x 100

1 Fast 1 Recovery @ 1.45

0:55.9 (0:26.9)	
0:59.4 (0:28.4)	
0:56.3 (0:27.5)	
0:56.9 (0:28.2)	
0:56.9 (0:27.8)	
0:56.8 (0:27.9)	
0:56.5 (0:27.7)	
0:56.5 (0.27.7)	
0:55.2	
0:53.9 (0.26.6)	

Friday 8 April AM - Long Course 8

18 x 100 @ 140 1 ON 2 OFF

0:56.9
0:56.9
0:56.9
0:56.9
0:56.6
0:54.2

'Tim's taper saw him gradually reduce volume & just sample the intensities he had come accustom to performing this cycle. The 2 sets above were designed in a simple on-off style where it can be seen he was finding easy speed as he freshened up ready for the British Championships'

BRITISH CHAMPIONSHIPS

1500m – 14.55.23 *Olympic Qualification 400m – 3.48.01 / 200m – 1.49.67

OPEN WATER SWIMMING

- Good change for swimmers
- Comes later in the season-A new Stimulus!
- Chance for coaches to try new skills
- Still 'new' for many swimmers/coaches/clubs
- Longer races
- Different tactics needed
- Registering/Safety briefings/feeding







- Are they training for the demands of the sport?
- Ability to swim at even paces with regular fast bursts to replicate race situation. What does swimming a 10K actually feel like? That's approx. 2 hours swimming with feeding stations;
- Example prep IOK Set
- -10 x 100 @ 1:10 (Dive 1st 100m) 1k
- -6 x 500 Find Pace + 15 Rest 4k
- -2×1000 m Hold Same pace as above but fast 100m within each 1000m to simulate a break away in race 6k
- -I x 500 Pull (Prepare for shoulders to fatigue) +20 Rest 6.5k
- -10 x 300 + 20 Rest (descend every 2) 9.5k
- -5 x 100 Descend 1-5 @ +15 Rest The Finish (If you have the luxury to have swimmers go side by side in a lane then it helps them prepare to fight for the touch!) 10k

- What challenges do you have at your club?
- Work with other clubs? Open Water?
- Distance events in the NQ Window frequency and impact on the weekend of racing
- Swimmers see more opportunity in the short events.
 How do we change that?
- Open water swimming- Break from the normal
- 1500 and 800-Which one?
- Role models
- What are your challenges and opportunities?



QUESTIONS AND DISCUSSION

