

2015/2016 Sprint Training Group

Lead Coach: Matt Mains (coachmains@gmail.com)

Assistant Coach: Carly Martin

Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-7:30a	Yoga TBD	5:30-7:30a	3:30-5:30p	3:30-5:30p	6:00-9:00a	Off

The Tuesday and Thursday practices may switch depending on the availability of the yoga instructor.

Program Goals

The goal of this group is to train the athletes and help them compete and succeed at the Regional (or higher) level. As a coaching staff we will focus on the following priorities:

- 1. Improving stroke technique to enable faster, more efficient swimming.**
This will be done via coaching feedback and through frequent use of the video playback system. Maximizing each swimmers energy usage and efficiency is the primary focus.
- 2. Training at race speeds with improved technical skills.**
We will be following the Ultra Short Race Pace Training (USRPT) program in order to maximize this aspect of training.
- 3. Learning to pace races to maximize performance.**
USRPT will enable the athletes to learn pacing and swimming at speeds more effectively. We will also be using other tools (ex. Pacing systems) to aid in this.
- 4. Having fun while improving.**
Athletes swim best when they are motivated by their own desire to improve, having fun and are happy. Happy swimmers are fast swimmers.

Each athlete will be asked to participate in goal setting sessions in order to help us understand in what strokes and events we will focus our attention. Training will still be in all competitive strokes, but the main focus of the program will be on the events the athletes identify themselves.

Program Layout

To ensure we achieve the goals of the program the season will be taught using the USRPT methodology. This type of training is focused on maximizing the amount of distance swum at race speeds. This does not mean that the practices will be short. In fact, practices will be of similar total distance to what the athletes have swum in the past, it is the speed of the swimming and demands of the practice which will be different. This will take some adjustment from the athletes as they adapt to the new training methods. I anticipate that this initial adjustment phase will be 4-6 weeks after which they athletes will understand how the program works and how they fit into it.

The meet schedule is not set for next season yet, however, it should be expected that the athletes will likely be racing less frequently than other groups. The athletes will still be eligible for selection for team selection meets, and will attend all championship meets that they qualify for.

Practice Layout

Practices will look different to both athletes and to people who are watching. They will seem to consist of less continuous swimming and more breaks. While this is true, the speeds of the swimmers while they are swimming will be much higher than are possible through continuous swimming. This allows the athletes to maximize their physical and mental adaptations.

'Sprint' does not mean short workouts or lots of rest between repeats

The practices will be structured for maximizing the physical and mental adaptations required for racing which means executing, at race speeds, short distance repeats on short rest intervals.

Expectations

As a coaching staff our expectations of the athletes are different than other programs. It is essential that every athlete is committed to, involved and responsible for their training. As a coaching staff, we will be primarily focused on ensuring improved technical skills throughout the practice. Therefore, it is the responsibility of the athlete to count repeats, ensure they are doing the proper distances and determine their individual repeat times.

The type of training we will be doing requires that the athletes support, aid and hold each other accountable as required. It is our expectation as a coaching staff that the individual athletes keep this in mind at all times.

Required Equipment

The most important piece of equipment the athletes will use this year is a log book. It is important that each athlete record their progress in this type of training. It enables them to see progress, or to bring up concerns with the coaching staff.

For in the water training, the usual equipment will be needed.

Coaching Staff

As the lead coach, Matt will be focused on developing the long term group plan, as well as the individual day to day practice structure. One of goals for the season is to mentor and train Carly on group, parent and athlete management throughout the season. As the practice and meet schedule sometimes conflicts with other commitments, Matt may be late to some practices, or need to miss certain meets (not championship meets) throughout the season. The expectation is that Carly will provide the continuity required for the athletes to feel comfortable perform.

Questions?

As a coaching staff, we are always open for questions. Please do not hesitate to contact us if you have any questions about this group. Matt will be on vacation from Aug 10 until Sept 5, so please do not expect a quick response during this time period.