

HOW WE TRAINED



.....the nuts and bolts of what we did

Training programme was based on the Jon Urbanchek “Anaerobic Threshold” model using a timed 3000m to establish Aerobic training paces.

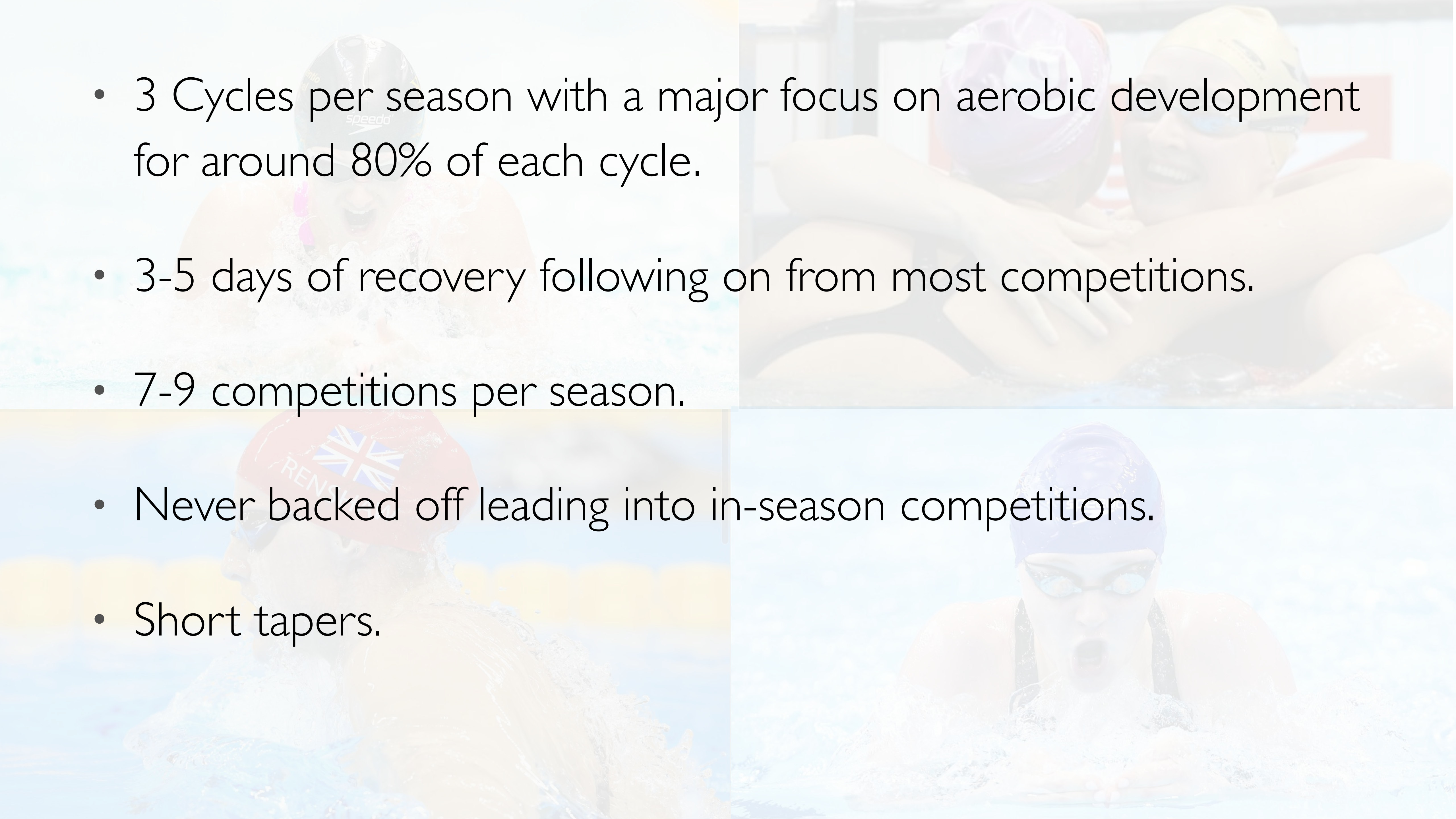
NAME	STK	3000 TIME	T-30 PACE	PACES (HR)	50	100	150	200	300	400	500
Molly	Frs	34:50.0	1:09.7	50BBM	:32.6	1:10.2	1:46.2	2:22.3	3:34.8	4:47.4	6:00.1
				40BBM	:31.4	1:07.9	1:44.1	2:20.5	3:32.1	4:44.5	5:59.4
				30BBM	:30.9	1:06.8	1:41.0	2:15.3	3:24.1	4:33.1	5:42.1
				20BBM	:29.9	1:04.5	1:39.0	2:13.5	3:21.4	4:30.3	5:38.9
				10BBM	:28.8	1:02.2	1:35.4	2:08.7	3:14.3	4:20.6	5:29.2

NAME	STK	3000 TIME	T-30 PACE	PACES (HR)	50	100	150	200	300	400	500
Abbie	Frs	34:14.0	1:08.5	50BBM	:32.0	1:09.0	1:44.4	2:19.9	3:31.1	4:42.4	5:53.9
				40BBM	:30.9	1:06.8	1:42.3	2:18.1	3:28.4	4:39.6	5:53.2
				30BBM	:30.4	1:05.6	1:39.2	2:12.9	3:20.5	4:28.4	5:36.2
				20BBM	:29.3	1:03.4	1:37.3	2:11.2	3:17.9	4:25.7	5:33.1
				10BBM	:28.3	1:01.2	1:33.8	2:06.5	3:10.9	4:16.1	5:23.5

NAME	STK	3000 TIME	T-30 PACE	PACES (HR)	50	100	150	200	300	400	500
Sarah	Frs	34:58.0	1:09.9	50BBM	:32.7	1:10.5	1:46.6	2:22.9	3:35.6	4:48.5	6:01.4
				40BBM	:31.5	1:08.2	1:44.5	2:21.0	3:32.9	4:45.6	6:00.7
				30BBM	:31.0	1:07.0	1:41.3	2:15.8	3:24.8	4:34.1	5:43.4
				20BBM	:30.0	1:04.8	1:39.4	2:14.0	3:22.2	4:31.3	5:40.2
				10BBM	:28.9	1:02.5	1:35.8	2:09.2	3:15.0	4:21.6	5:30.5

NAME	STK	3000 TIME	T-30 PACE	PACES (HR)	50	100	150	200	300	400	500
Imogen	Frs	39:13.0	1:18.4	50BBM	:36.6	1:19.0	1:59.6	2:40.2	4:01.8	5:23.5	6:45.4
				40BBM	:35.3	1:16.5	1:57.2	2:38.2	3:58.8	5:20.3	6:44.6
				30BBM	:34.8	1:15.2	1:53.7	2:32.3	3:49.7	5:07.5	6:25.1
				20BBM	:33.6	1:12.6	1:51.4	2:30.2	3:46.7	5:04.3	6:21.6
				10BBM	:32.4	1:10.1	1:47.5	2:24.9	3:38.7	4:53.4	6:10.6

- 3 Cycles per season with a major focus on aerobic development for around 80% of each cycle.
- 3-5 days of recovery following on from most competitions.
- 7-9 competitions per season.
- Never backed off leading into in-season competitions.
- Short tapers.



TYPICAL WEEK: Aerobic Phase

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Short Speed & Aerobic Pull/Swim	Kick into Recovery Swim	Aerobic (light)	-	Tech/Skills & Recovery	“Rainbow”
	6000m	4500m	5000m	-	4500m	6500m
PM	Threshold	-	Active Rest	Short Speed & Aerobic Pull/Swim	Aerobic (light)	-
	6000m	-	7000m	5500m	6000m	-

TYPICAL WEEK: Race Preparation Phase

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Short Speed & Aerobic Pull/Swim	Kick into Recovery Swim	Aerobic (light)	-	Tech/Skills & Recovery	Race Pace
	6000m	4500m	4500m	-	4500m	5000m
PM	Best Average Set	-	Race Pace [LC?]	Short Speed & Aerobic Pull/Swim	Aerobic (light)	-
	6000m	-	5000m	5000m	5500m	-

EXAMPLE KEY SETS: Molly Renshaw

30 x 100

1 x Frs (1:30)

1 x Brs (1:25)

1 x Brs (1:20)

—— Moorways ——

Three rounds:

6 x 150 (2:30) 100 Frs

50 Brs @ 200m BES

400 easy (+60)

—— Long Course ——

75's Kick & 150's Kick

Faster than 100m PB & 200m PB

—— Short Course ——

EXAMPLE KEY SETS: Sarah Vasey

6 rounds:

2 x 50 (1:30) Dive 25m @ 100m FES

50 easy (1:00)

100 Frs-Brs (1:30) easy to build

50 Brs @ 100m BES (1:00)

200 easy

—— Long Course ——

14.8. 14.7	36.1
14.7. 14.6	35.6
14.7 14.0	35.8
14.3. 14.8	34.7
14.3. 14.5	34.8
14.3. 14.7	35.5

EXAMPLE KEY SETS: Abbie Wood

60 x 100 (2:00, 1:59, 1:58.....1:00)

—— Moorways ——

40 x 100 (1:30) 1 x Frs

1 x Brs

—— Long Course ——

3 x [2 x 150 Frs (2:00) + 1 x 150 IM: 50-25-25-50 (2:20) Desc 1-3]

200 easy

3 x [2 x 150 Frs (2:00) + 1 x 150 IM: 25-50-25-50 (2:20) Desc 1-3]

200 easy

3 x [2 x 150 Frs (2:00) + 1 x 150 IM: 25-25-50-50 (2:20) Desc 1-3]

—— Short Course ——

EXAMPLE KEY SETS: Imogen Clark

21 x 125 Aerobic

6 x Frs (+10)

5 x 25 Brs/100 Frs (+15)

4 x 50 Frs/75 Frs (+20)

3 x 75 Brs/50 Frs (+25)

2 x 100 Brs/25 Frs (+30)

1 x Brs

* Brs focussing on technique with stroke count

* Frs @ 50-60BBM

—— Short Course ——

12 x 100 Kick 'Best Average'

4 x (2:30), 4 x (2:15), 4 x (2:00)

IC = 1:39.2 [Aged 15]

IC = 1:29.7 [Aged 16]

SV = 1:27.9 [17]

AW = 1:31.0 [16]

MR = 1:23.3 [14]


—— 33m Pool ——

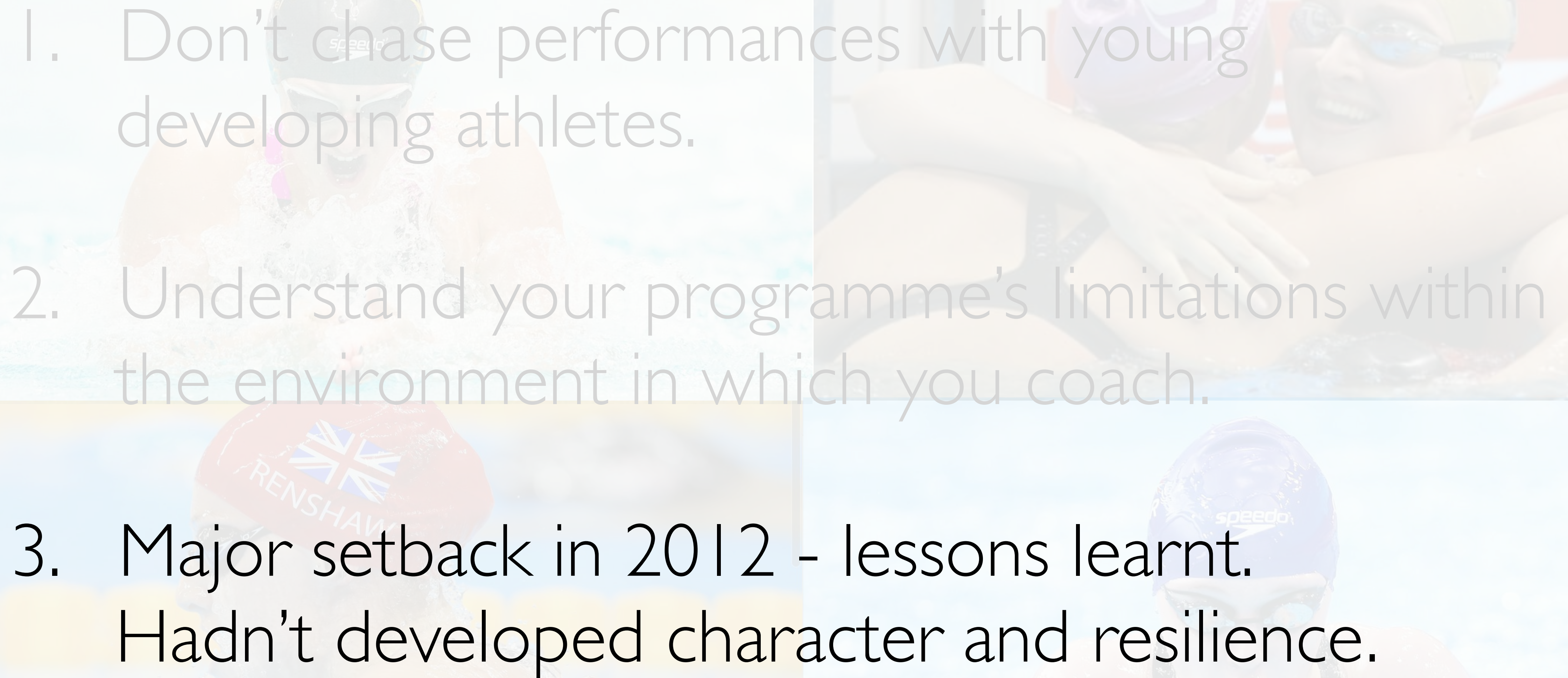


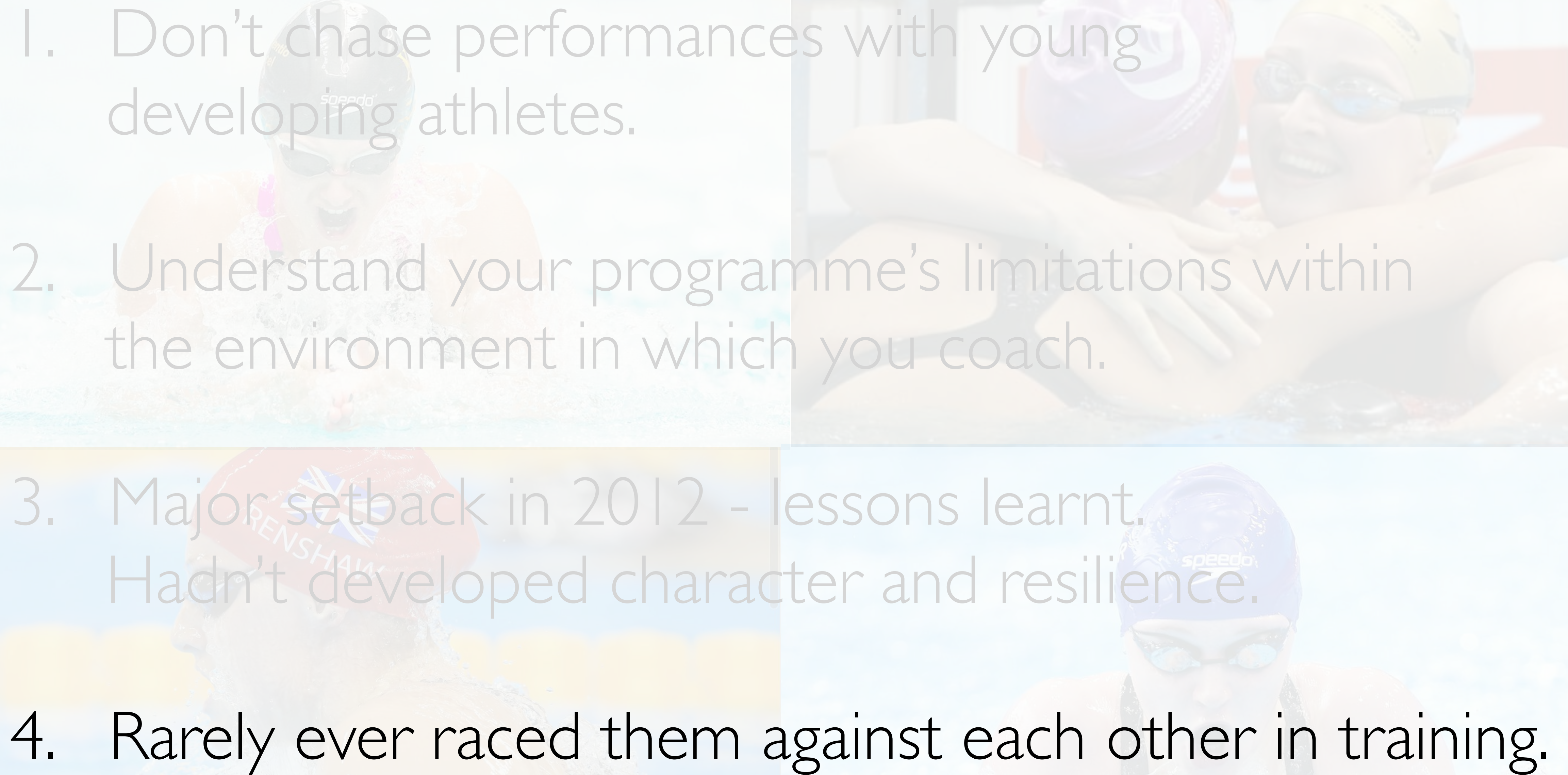
12 KEY MESSAGES

I. Don't chase performances with young developing athletes.

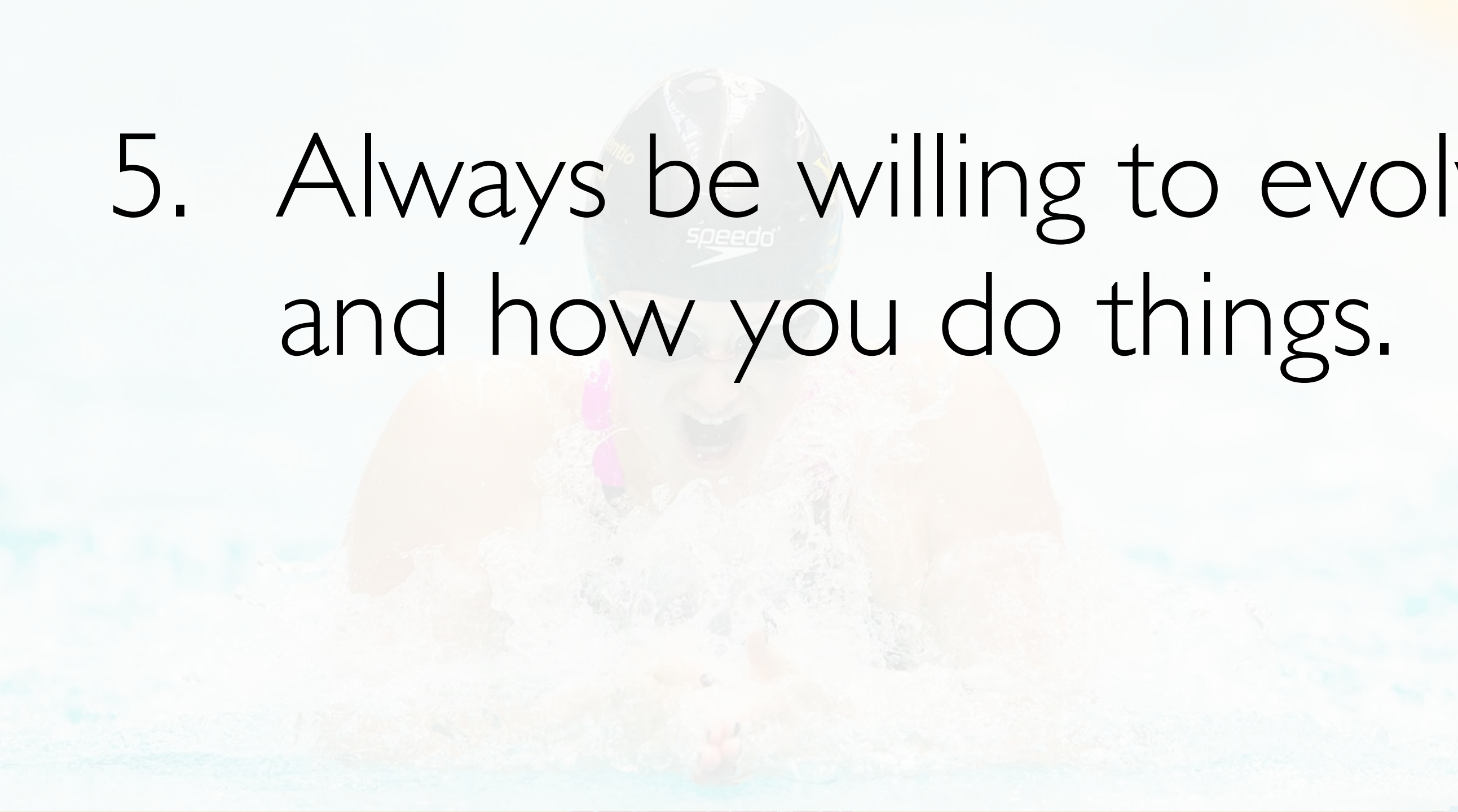


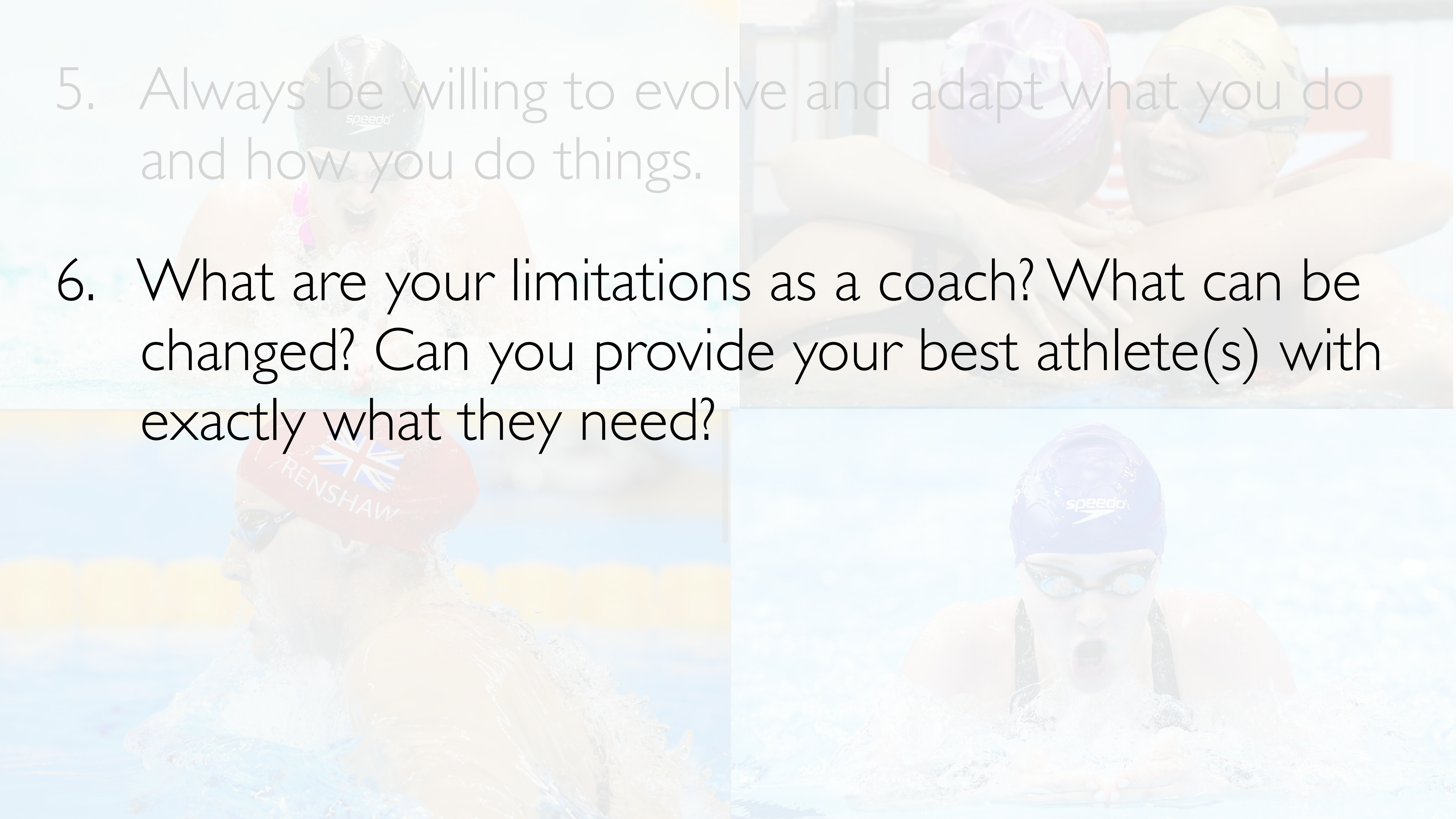
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1. Don't chase performances with young developing athletes.
 2. Understand your programme's limitations within the environment in which you coach.
 3. Major setback in 2012 - lessons learnt. Hadn't developed character and resilience.
 4. Rarely ever raced them against each other in training.

5. Always be willing to evolve and adapt what you do and how you do things.



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6. What are your limitations as a coach? What can be changed? Can you provide your best athlete(s) with exactly what they need?



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7. Success breeds success. Molly/Jodie were inspiration for the others. Made them see what was possible and raised the bar.

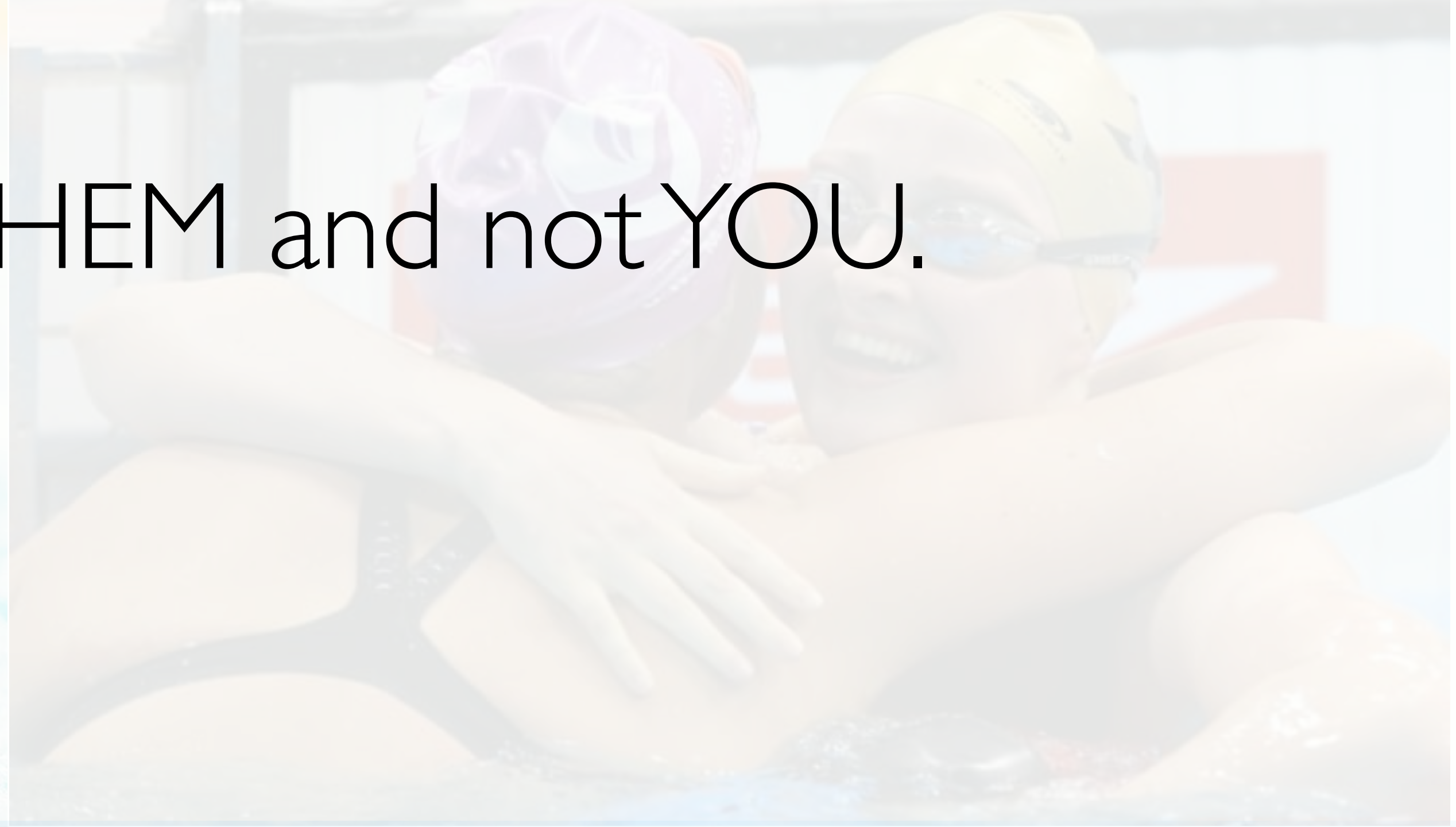
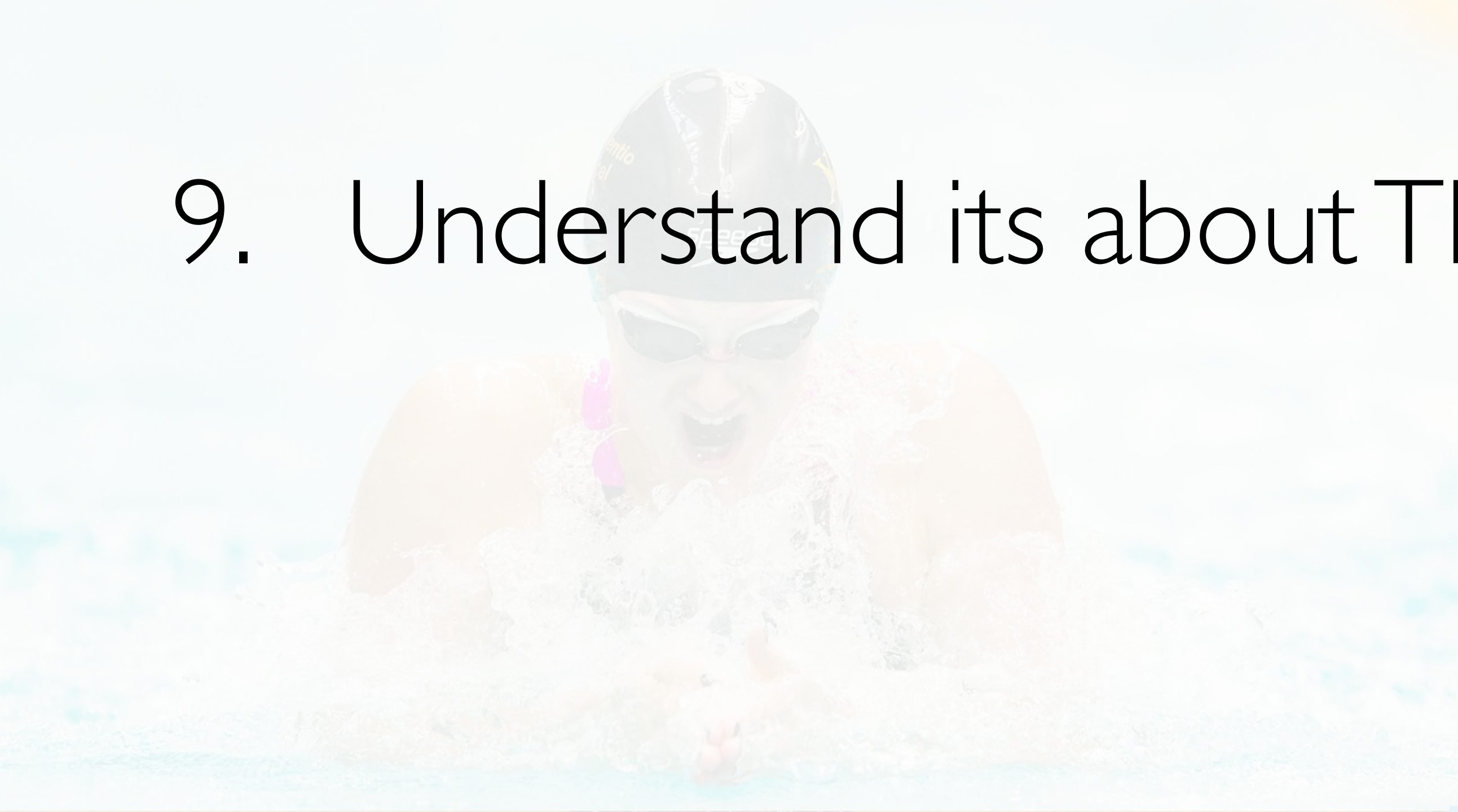
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8. Its all about the journey. Leave them as better people and better athletes than when you first started working with them.

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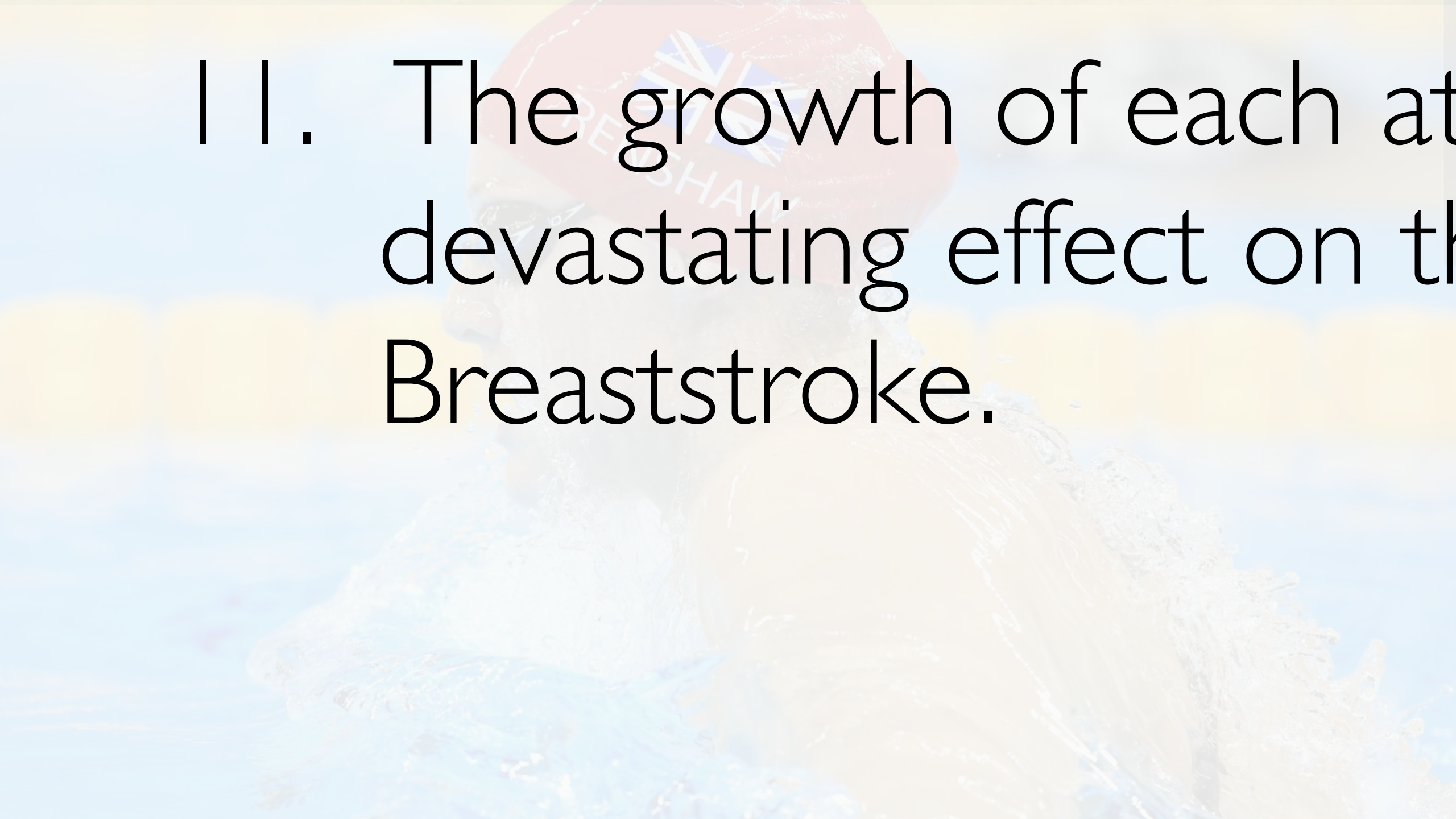




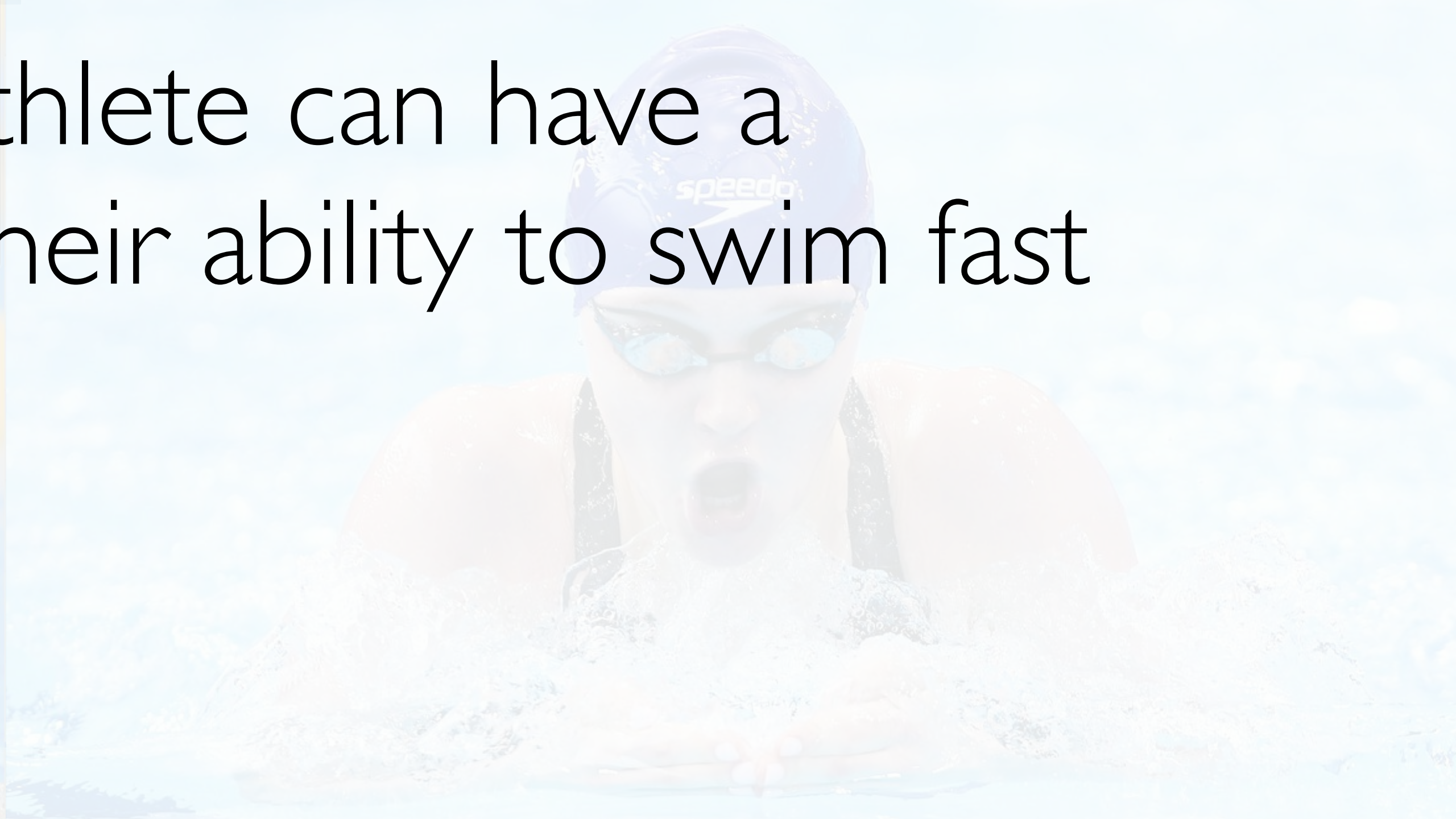
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12. Mistakes I made along the way, especially with Molly, subconsciously made me a better coach for the athletes that followed. See the world through their eyes.

THANK YOU!

