Test Sets for Champions
A champion = A work in progress

- No test set is perfect
- All data can be “off”
- The more data collected and tracked in a set the better for understanding how things are truly going. (time and stroke count on last 25m)
- Keep variables the same or make things tougher while tracking the results, not easier.
- Print out results - Have your athletes see the results from previous test, they always want to beat it!
How fast you go in practice is always second to how you did it

+ Specifically in test sets!
+ Start with what you want to see in “the race”, make your test sets work on those issues.
+ Technique, tactics, splitting, stroke rates, starts, turns, finishes.....
+ Bill Sweetenham – 100% right is 100% right, 99% right is 100 wrong – (350m turn)
+ “I’m trying to go fast” is just an excuse, do it right first.
+ Get their time and stroke counts, then ask them for numbers, even the nicest kid lies about their numbers when pressed by a set.
Bad habits in test sets

- Leave early – national team camps, rarely gets called – work on reaction time instead, get true numbers.
- Pulling on kick, kicking on pull, Looking at wall before finished, 1 hand turns, not flip finish on 50’s?
- Rounding down, to make things look better, give them a true result
- Stroke counts go through the roof, kickouts reduced (get a rope)
- Breathing patterns change – fly, free in and out of walls
- Not even split, or negative split (4 hr fla practice, 200’s free set)
- Stick to the plan of the set – don’t let them change strokes
If you do not consciously form good habits, you will unconsciously form bad ones – a banner at our pool.

To do it right, if they need to back off on effort slightly, then do so.

Test sets will allow you to be honest with athletes and parents when needed, and can help create confidence going into meets.

184 days until Olympic trials = every day is a test set day

Everything must be evaluated

I rarely leave happy with how things went in test sets, as there is always so much wrong going on.

Do test sets in mornings, get rid of “best morning swim”

Video test sets in and out of water, see true technique
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<th></th>
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<th>2009</th>
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<td>2:02.93</td>
<td>2:03.61</td>
<td>2:00.92</td>
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## 400 IM Times

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Goals for Test Sets for Andrew 400 IM

- 2nd 50 of fly needs to be 30.5 of faster with 20 strokes
- bk stroke rate above 38.5 for entire race
- greater speed into bk/br turn, plus more power on pull outs
- br splitting 35.8, faster hand to feet time
- br/fr faster turn time, stronger push off, deeper kickout, breath on 3rd stroke
- 1st 50 of free needs to be 29.9, negative split, legs for entire 100!
200 IM Work

+ 3 x 175 (1 & 2 = 50 fly, 50 bk, 25 br kick, 50 fr kick, 3 = 50 fly kick, 25 bk kick, 50 br, 50 fr)

+ 1. 2:02.3, HR = 163, Lactate = 7.3

+ 2. 1:59.9, HR = 160, Lactate = 8.7

+ 3. 2:03.0, HR = 160. Lactate = 5.8
400 FR Challenge Set (4 x 400, 600 easy)

<table>
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<tr>
<th></th>
<th>Wil</th>
<th>Andrew</th>
<th>Dave</th>
<th>Derek</th>
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<tr>
<td>sprint last 100</td>
<td>sprint last 75</td>
<td></td>
<td></td>
<td>sprint last 50</td>
<td></td>
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**After pause, push off wall before Andrew flips**
200 IM kick on a board

- No over hands, no flip turns, leave on the departure time – or start your watch when first person leaves

- 2005 2:54.60 scm – Sept (age 15)
- 2006 2:46.4 scm – Nov
- 2009 2:40.1 scm Nov
- 2010 2:28.7 scm / 2:35.9 lcm June
- May 2011 2:26.3 scm / 2:34.3 lcm
Mucho ocho muchacho’s

- 8 x 800IM long course swim no equipment
  3-4 times a year, P.R. Jan 2011.
- 800IM 12 min(11:21)  8 x 100 FLY best avg 1:40 – 1:17
- 800IM 12 min(11:32) 8 x 100 bk best avg 1:40 – 1:11.7
- 800IM 12 min(11:49)  8 x 100 breast best avg 1:40 -1:14.9
- 800lm 12 min (11:53) 8 x 100 free best avg 1:40 1:01.9
20 X 50 on 2 min from dive scm

Andrew

2009-2010 free Sept 29 26.3 Feb 25.6
2010-2011 – fly Nov 29.8, fly Jan 26.7, fly Feb 29.3 *LC (off oct-comm/w.c)

Changed focus of the set each year due to need in the IM, but the same throughout the season.
30 X 100 free lcm

- 10 @1:40, 10 @ 1:50, 10 X 2:00
- Best average
- Flip finish- feet tough wall, no breath till 2\textsuperscript{nd} stroke off wall,
- Need to add under water rops @ 5 m to make sure kickouts happen, as they currently are not in lcm pool
- 2010 1:02.4
- 2011 – 1:01.8
More Test Sets

- every 2\textsuperscript{nd} Tuesday: 3 x (4 x 100 BR with wall) on 1:40, desc. 1-4, #4 faster than PB SCM, 8 sec diff on descend

- every 6 weeks: 36 x 50 on 60 (1 ez, 1 fast, 2 ez, 1 build, 1 fast)

- every 4 weeks: bk kickout work with weight belt: 2 x (2 x 200 bk kick, 3 x 100 bk kick), kickout distance 15/10, 10/15

- every 6 weeks: 3 x (8 x 75 fr) on best 100 time, added rope this year
Dryland test sets – timed out for goal time

Circuit, same layout, same technique can they do it faster?

20 fly pulls on bands, 20 push ups, Climb rope up once fast (no jump down), 20 squats to a chair, TRX 20 pull ups, TRX 20 push ups, 20 twists with med ball, 20 triceps back-wall, 20 pushups chest to bosu, 20 v ups holding bosu, 20 tuck jumps, 20 pike ups w physio, 20 ham curls, climb rope, 20 jumps over box = ??? Time

On 10 min total, 4 rounds, do circuit every 3 weeks

Goal = 4:14.45 = goal of March 27th 2012

(there is a 200lm version as well)
## Best Dryland Numbers

<table>
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<tr>
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<th>Max Pushups</th>
<th>Rope Climb</th>
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<tr>
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<tr>
<td>Erin</td>
<td>13</td>
<td>48</td>
<td>6.89</td>
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World Trials was best spring test set yet March 27th 2012, 184 days till next test
200 IM worlds 2011 prelim swim