

Sharks School Holiday Training Program

The following are a set of exercises and pool workouts that will maintain condition over the holiday period. Please remember that 3 weeks of no specific exercising will detrain you completely in most areas of fitness. Thus, it is essential to continue your training as best you can, so you can be in great shape for Term 1's swimming.

Dryland Training (Optional) – Please obtain a stretches sheet for more details.

Stretches: These are to be done slowly and held for 10-20 seconds. These will include: Neck, Shoulders, Chest, Upper back, Latisimus dorsi, Triceps, Biceps, Lower back, Abdominals, Gluteals, Quadriceps, Hamstrings and Calves.

These will be **repeated, at the end** of the session, but each stretch is to be done **twice**.

Strengtheners: (To be done twice a week)

Each exercise is to be done slowly on a count of four in and out.

- Push-ups (on knees if required): 2 sets of 10-15 repetitions.
- Back extension (on mat or with Swiss Ball): 2 sets of 10-15 repetitions
- Abdominal crunches on mat: 2 sets of 15 -20 repetitions (bent knee, feet up)
- Chin ups: 2 sets of 10-15 repetitions
- Lunges / ½ squats against wall with Swiss Ball: 2 sets of 10-15 repetitions.

Swim Sessions

The following sessions should be done every second day to obtain maximum benefit. Try to train at least 3 times/week. Simply select 2 sessions from category A and 1 from B and always finish with category C.

Category A – Aerobic work + Drills / Skills: (work on developing good average speed and technique over the distance covered in the main set) – Don't teach yourself to swim slowly by performing these slowly.

1. 400 easy fs/bk/50's + 6 x 25m explosive swim to 20m on 45; 12 x 25m fs order kick on 45; 20 x 50 fs on 50 (push to hold this time and even try 10 on :45 and 10 on the :50); 400 easy -choice –swim; 6 x 25m sprints to 20m on 60; 200 easy swim down.
2. 20 x 25m 1 drill / 1 swim – 4 form stroke, 4 fs – 10 sec. Rest interval; 6 x 200m (1set pull, 1 set swim) 3fs and 3 form stroke– descend for 3 with a 30 second rest interval; 400m kick – fs/form/100's; 8 x 25m fast (2fs,2 form) x 2 on 1 min.
3. 200fs, 200fs kick, 200form, 200 choice (faster); pyramid in form or fs – 2x 25m with 10 sec RI, 2 x 50m with 15 sec RI, 2 x 100m with 20 sec RI, 2 x 200m with 30 sec RI, 2 x 100m with 15 sec RI, 2 x 50m with 10 sec RI, 2 x 25m with 5 sec RI; Dive effort 25's – no set time.
4. 12 x 50m rev. IM- all drill on 1.30/2mins; 4 x 400's fs, with the last 50m of each done as Fly – descend for 4 with 1.30 rest between each; 500 easy – choice.
5. 9 x 100's 1fs, 1kick, 1IM; 12 x 100's with 30-45sec RI efforts and try to maintain swim time; 400 easy/fast/25's kick; 200 easy-choice.

Category B- Speed / Anaerobic work: (work as close to race pace for the main sets) – Push these out fast.

1. 8 x 100 IM's with 15sec RI, 2 x (8x50m fs) dive efforts on 1.15-1.30; 200 easy-choice; 20 x 25m – choice 1 easy, 1 fast on 40, 200 easy.
2. 800 pull choice – increase pace every 200; 5 x 100's 3fs, 2choice on 5mins.; 600 kick/swim/50's.
3. 12 x 25m 1 form/ 1 fs on 40; (6 x 75m) x 2 dive efforts on 2.30; 20 x 25's kick – choice – 1 easy, 1 fast on 60; 300 easy bk.
4. 300 fs, 200 br, 100 bk; 20 x 25's fly/fs – 10 sec RI (fins); 16 x 50 1fs, 1bk (paddles and fins) on 2min fast; 8 x 25 1fs, 1bk fast on 1min; 100 easy.
5. 800 as fs/bk or br 50's; 8 x 50 IM order kick efforts on 2 mins; 2 x 100 efforts – choice on 5mins, 2 x 75 efforts on 2.30, 2 x 50's on 1.30 and 4 x 25 dive efforts on 2mins; 400 easy.

Category C- Absolute Speed: Remind your muscles to be quick and explosive by performing these fast.

1. 8 x 12 ½ - 15 's at full pace – work on speed of arm and leg speed, with very little breathing (except breaststroke) and correct start techniques. All done on no set time.
2. Dive 20m efforts x 8 – free choice of stroke, as above and on no set time.
3. Dive 35m efforts (only if in a 25m pool, so as to work fast turns) x 4. As above. Can be done with fins/paddles too for faster than race pace training.

Good Training and enjoy the holidays - If you have any problems, just email me: pipmark@optusnet.com.au