

Club Excellence Wisdom Wednesday



Lakeside SeaHawks Swim Team

Mike DeBoor, Head Coach

Tony Carroll, Senior Coach

Traditions

- Gold Medal Club every year since 2004
 - 3rd place last year
 - Inducted into the Podium Club for 2016
- 10 US Olympians
- Scholastic All-Americans
 - 64 over the last 3 years
- Consistency
 - Mike DeBoor – 28 years on staff, 22 years as head coach
- Atmosphere
 - Training outside at the quarry over the summer
- 13 Swimmers at 2016 Olympic Trials
 - At least 1 swimmer in every woman's event



National – Workout #1

- Workout – IM Workout, modified for other specialties
- Purpose – Simulating and practicing goal race pace
- Ability Level – Sectional, Jr National, & Olympic Trial Qualifiers
- April 20th, 2016 PM

Warm Up

300	Swim	6:00	
9 x 100	1 Streamline fly kick on back	2:00/1 Choice Kick	1:50-1:40-1:30/ 1 Choice 1:50
3 x 150	100 Build - 50 Hard	2:15	
9 x 50	3 Choice/3 6-8-10 Cycle AFAP/3 Choice	:55	



Main Set Variations

IM			
3x	2 x 50 Fly Build to last 15m Sprint 1:00, Build to last 25 Sprint :50		
	1 x 100 Back at PACE or Goal Pace 1:30	> 50 EZ	1:20
	1 x 100 Back at PACE or Goal Pace 1:40		
	1 x 100 Breast at PACE or Goal Pace 1:40	> 50 EZ	1:20
	1 x 100 Breast at PACE or Goal Pace 1:50		
	1 x 100 Free at PACE or Goal Pace 1:20	> 50 EZ	1:20
	1 x 100 Free AFAP 1:10	> 150 EZ	3:30
Sprint, Breast & Fly:			
3x	2 x 50 Build to last 15m Sprint 1:00, Build to last 25 Sprint :50		
	1 x 100 50 at 200 PACE or Goal Pace OR 100 BB - 50 EZ	1:30 > 50 EZ	1:20
	1 x 100 50 at 200 PACE or Goal Pace OR 100 BB - 50 EZ	1:40	
	1 x 100 at 200 PACE or Goal Pace 1:40	> 50 EZ	1:20
	1 x 100 50 at 200 PACE or Goal Pace OR 100 BB - 50 EZ	1:50	
	1 x 100 at 200 PACE or Goal Pace 1:20	> 50 EZ	1:20
	1 x 100 AFAP 1:10	> 150 EZ	3:30
Back or Free			
3x	2 x 50 Build to last 15m Sprint 1:00, Build to last 25 Sprint :50		
	1 x 100 at 200/400 PACE or Goal Pace 1:30	> 50 EZ	1:20
	1 x 100 at 200/400 PACE or Goal Pace 1:40		
	1 x 100 at 200/400 PACE or Goal Pace 1:40	> 50 EZ	1:20
	1 x 100 at 200/400 PACE or Goal Pace 1:50		
	1 x 100 at 200/400 PACE or Goal Pace 1:20	> 50 EZ	1:20
	1 x 100 AFAP 1:10	> 150 EZ	3:30



Post set / Warm Down

1 x 300	Free 1P/1F opposite, switch at 150	4:40
1 x 300	Back 1P/1F opposite, switch at 150	4:40
1 x 300	50 Free-50 Back P&F	4:40
1 x 200	Swim no equipment	



National – Workout #2

- Workout – Stroke work, then a power / pace circuit
- Purpose – Jr Nationals Meet Prep / Fine Tuning
- Ability Level – Sectional, Jr National, & Olympic Trial Qualifiers
- August 2nd, 2016 AM

Warm Up

300	Swim	6:00
3 x 150	2 Kick 3:00/1 Scull-Drill-Swim	2:45
4 x 50	Fly Odds 3 Facedown breast pull with dolphin kick-4 R-4L Evens 1R-1L-1Sw	
4 x 50	Back 4R-4L-4Sw & 6Catchup-6 Swim	
4 x 50	Breast Odds underwater on back swim-3-4 2K-1P/Evens 2 Fly-2 Breast	
4 x 100	Build or Descend	1:30
5 x 50	Choice	:55



Circuit

Boys 1st 2 rounds, Girls all 3 rounds - each group starts from the beginning:

Round #1

2 x 50 FAST LC with Parachute 2:00
 3 x 50 Pace SC 1:10
 4:00 EZ LC

Round #2

4 x 25 FAST LC with Parachute 1:00
 3 x 50 Pace SC 1:10
 4:00 EZ LC

Round #3

6 x 15 FAST with Parachute :40
 3 x 50 Pace SC 1:10
 4:00 EZ LC



Post set / Warm Down

NCSA: 2 x 300 Pull 4:30
 3 x 100 Swim steady pace 1:30
 5 x 100 Kick 2:00 > 300 OYO

DISTANCE: 800 10:40 > 2 x 400 5:20 > 2 x 200 2:40 > 2 x 100 1:20 Progress effort
 4 x 100 Kick 2:00 > 300 OYO

OTHERS:

3 x 50 Fly 4 Fly, 1/1, 2/2, 3/3, 4 Fly 1:00
 3 x 150 50 Fly N/S - 100 Back N/S 2:30
 3 x 150 50 Back N/S - 100 Breast N/S 2:40
 3 x 50 Breast Fast N/S :50
 9 x 100 Free Descend by sets of 3 1:30-1:25-1:20
 4 x 100 Kick 2:00 > 300 OYO



Performance 4

- First group that offers 6 workouts per week
- Ages 8-12
- 60 minute workouts Monday – Thursday
- 90 minute workouts Friday and Saturday
- 5 day rotation – 15 day cycle
- Focus on specific aspects of each stroke

5-Day Rotation, 15-Day Cycle

1. Fly (A,B,C) / Back (A,B)
2. Back (A,B) / Breast (A,B,C)
3. Breast (A,B,C) / Free (A,B,C)
4. Free (A,B,C) / Fly (A,B,C)
5. Long

Example Schedule (2 x 15 Day Cycles)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fly A	Back B	Breast B	Free B	Long	Fly C
Back A	Breast A	Free A	Fly B	Long	Back A
Back B	Breast A	Free A	Long	Fly B	Back B
Breast C	Free C	Fly A	Fly A	Back A	Breast B
Breast C	Free C	Long	Fly A	Back B	Breast B
Free B	Fly C	Long	Back A	Breast A	Free A
Free B	Long	Fly C	Back B	Breast A	Free A
Fly B	Long	Back A	Breast C	Free C	Fly A
Long	Fly B	Back B	Breast C	Free C	Long
	Back A	Breast B	Free B	Fly C	

Butterfly Focus

- A. Kick / Body Rhythm
- B. Catch / Pull
- C. Breathing

Backstroke Focus

- A. Kick / Underwaters / Body Rotation
- B. Catch / Pull

Long Focus

- A. IM / Free / Kick

Breaststroke Focus

- A. Kick
- B. Pull
- C. Timing

Freestyle Focus

- A. Kick / Body Rotation
- B. Catch / Pull
- C. Breathing / Timing



13-14 Senior – Workout #1

- Workout – Freestyle – 10x (Critical Speed, P200, Sprint, Build)
- Purpose – Associating race pace and training; maintaining good underwaters
- Ability Level – State and Senior Sectional Qualifiers (12-14 year olds)
- May 17th, 2016 PM

Warm Up

12 x 25 @ :40 Body roll w/ a snorkel (maintain balance) **OR** 12 x 50 @ :45 swim
 400 swim @ 7:00 Do a good start off the blocks every time you're at the start end
 10 x 50 Kick @ 1:10 – 1:05 – 1:00 – :55 – :50

RD 1: R fin, L paddle **RD 2:** L fin, R paddle **Rd 3:** swim, no gear

3x 100 @ 1:30 Max DPS
 2 x 50 @ :50 Build
 Extra :30s rest to change gear

12 x 25 @ :40 Variable Speed



Main Set

(10 x 100 critical speed, 10 x 50 200 pace, 10 x 25 sprint, 10 x 25 build)
 Make sure you know your critical speed and 200 pace times!

1 x 100 @ 2:00	Critical Speed
1 x 50 @ 1:00	200 Pace
8 x 25 @ :30	Odd: Sprint (15m underwater / 10m swim) Even: Build to perfect finish
300 @ 6:00	Long and Strong
2 x 100 @ 2:00	Critical Speed
2 x 50 @ 1:00	200 Pace
6 x 25 @ :30	Odd: Sprint (15m underwater / 10m swim) Even: Build to perfect finish
300 @ 6:00	L&S
3 x 100 @ 2:00	Critical Speed
3 x 50 @ 1:00	200 Pace
4 x 25 @ :30	Odd: Sprint (15m underwater / 10m swim) Even: Build to perfect finish
300 @ 6:00	L&S
4 x 100 @ 2:00	Critical Speed
4 x 50 @ 1:00	200 Pace
2 x 25 @ :30	Odd: Sprint (15m underwater / 10m swim) Even: Build to perfect finish
300 @ 6:00	L&S
Warm Down	



Coaching Beyond The Workout

- Teaching
 - Seeing each swimmer at multiple levels
 - Fix issues now because you are paving the way for the future
- On Deck Presence
 - Being prepared and engaged, never sitting, phone put away, etc.
- Team Culture
 - Promote and give attention to the handworkers vs. the kids that aren't as engaged
 - Hard work is fun and has value
 - When the swimmers walk through the door, they have agreed to do what you want them to do



Coaching Beyond The Workout

- Be your own worst critic
 - You should know whether you did a good job or not as you walk off deck
- Be invested and engaged
 - Running a workout is different than coaching a workout
 - Coaches must try to outwork their swimmers everyday
- Let the kids know you care about them as swimmers and as people
 - Never give up on a kid
 - Think before you speak
 - Be critical of actions rather than attacking the person
 - "You stink at breaststroke" vs "your breaststroke stinks"



Questions?

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