

MyTrainingLog

Keeping track of your training – and understanding it more and more over time – will **help you to become a better athlete**. You'll get to know yourself even better, you'll better understand why we do what we do and you'll see more things that you can do at particular times to **help you race faster, sooner**.

Week beginning: 24th January 2011

Next target meet: County Championships – beginning 5th March 2011

	Hours	Key set(s)	Key theme(s)	Volume	S&C	Rest HR	Coach's comments
Monday PM	1.5	<ul style="list-style-type: none"> 400 as: 4 x 100IM contin R45 4 x 200IM @ 4.45 6 x 100IM @ 2.15 	→ all TH (1800m) → followed fly drill set so: work u/ws (partic fly and bk) and fly breathe 2.	3100		60	Improvement on 6 th Jan 9 x 200IM @5 set. Swam more confidently from start so made 4.45 and rest comfortably. Breathe 2 fly was a visual improvement but we still need to work on moving breathe earlier in catch and constantly flowing arms. Breathe 2-1-2?
Tuesday PM	1.5	<ul style="list-style-type: none"> 5 x 150fc breathe in 50s 3/5/7 + 3+fly kicks and 3sbb off all walls. 	→ breathold: swim and off walls. → following residual fatigue fc drill set	1900	<ul style="list-style-type: none"> Press-ups, climbing in and out, hip bridges, superman, plank 	61	Found breatholding 3/5/7 easier than had anticipated. Found holding breath off walls for 3 strokes before breathing (after fly kicks) tough to maintain throughout.
Wednesday PM	1.5	<ul style="list-style-type: none"> 3 x (8 x 25 MS kick @ 60 / 3 x 100 A2 kick R15) (set: 1500m) 1. Bk 2. Br. 3. fc 	→ bk: tempo and depth u/w → br: build speed and feet together+glide → fc: race!	2000		62	BIG kick set. Pushed you to swim all 25s bk u/w at MS (but hold best quality) and then on 100s min 3 fly kicks u/w off all walls. Super set! Great to see you recovering near the back of the lane when given the chance.
Thursday PM	1.5	<ul style="list-style-type: none"> 10 x 50as: 25 10 count multi dim bk kick – 25 str bk kick R10 8 x 50 s/a bk 	→ bk skill: roll on kick transferring into s/a	2100		61	Great roll and stability on kick. Not transferring fully into full stroke yet. But well done for increased control and stretch of arms on s/a.
Friday		REST				63	
Saturday		REST				61	
Sunday PM	1.5	<ul style="list-style-type: none"> 10 x 50as: 25 10 count multi dim bk kick – 25 str bk kick FAST R15 6 x 100bk R15 2 x 50bk ME @2.30 	→ neg split 2 nd 25 of each 50 throughout session: tackle natural inclination to lower s/r etc in the middle of a l/c pool.	2500		60	Loughborough (l/c). 2 x 50bk ME: 49.57 / 51.55. Time trial 200IM: 3.43.99. Splits: 55.67 / 51.11 / 1.04.24 / 52.97 (swam at end of session). Focus: br 2 for 1 st 25 fly / hard u/w bk and bk s/r.
Totals	7.5		<ul style="list-style-type: none"> Bk skill – surface and breathold u/w IM (spec fly and u/w) 	11600	-		