



Newbury District Swimming Club

Affiliated to Southern Counties ASA

A squad Team Talk September 2008

Competitions.

- 1. September 08:**
 - a. Train NOT compete
 - b. Elect Club Captains.
 - c. Aldershot training 28th

 - 2. October 08:**
 - a. Club Championships R1 5th & R2 19th Oct.
 - b. Speedo round 1. 11th Oct
 - c. Aldershot training 26th October

 - 3. November 08:**
 - a. Club Championships R3 16th Nov.
 - b. Speedo round 2. 8th Nov.
 - c. Aldershot training 30th Nov.

 - 4. December 08:**
 - a. Guildford L2. 6th & 7th Dec
 - b. Club championships Thursday 11th 400 f/s
 - c. Speedo round 3. 13th Dec
 - d. Club championships Sunday 14th 800/1500 f/s
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A squad requirements

- 1. Understand the programme**
- 2. Swimming sessions 9 hrs + swimming per week**
- 3. Aldershot 2hrs per month**
- 4. Land training Sunday**
- 5. Attend prescribed meets**
- 6. Practice required club/coaching standards**

1. The programme

Cycle 1: September – Xmas 16 weeks

Cycle 2: January – Easter 16 weeks

Cycle 3: Easter – End of July 16/17 weeks

Macro Cycle 1		A squad		Meso Cycle Breakdown			Competitions
Month	Date (Mon)	Week	Mes	Objective	Training Zone focus	Session Content	
September	1st	1	1	Basic Aerobic	Zone 1	Volume 3000m per hr + multi stroke/IM swimmers should focus on: stroke/turns/start skills over 200/400/800/1500	
	8th	2					
	15th	3					
	22nd	4	2	Aerobic Improvement	Zone 1/2	Volume 3000m per hr + multi stroke/IM concentrate on: stroke/turns/start skills T30	
Oct 4th	29th	5					Club champs R1
	6th	6					
11th							Speedo R1
	13th	7					
	18th			Club champs R2			
November	20th	8	3	Aerobic Improvement	Zone 1,2,3	Volume 3000m per hr multi stroke/No 1 Pacing: insert speed work into aerobic sets	
	27th	9					
	3rd	10					
	8th						Speedo R2
	10th	11	4	Mixed Aerobic Maintenance/ Anaerobic Improvement	Multi stroke/No 1 event Zone 1/2 Zone 4/5	Endurance volume 2000 - 2500 per hr, ICS No 1 event/fc 100/200/400 sets TT PB + 10/20/30 No1 Anaerobic 50/100s work:rest 1:6. no more than 8 repeats TT PB + 2 (50m)	
15th							Club champs R3
	17th	12					
23rd							Tiger sharks L3
	24th	13					
December	1st	14					
	6th/7th						Guildford L2
	8th	15	5	Mixed Aerobic improvement/ Anaerobic Maintenance	Multistroke/No 1 Zone 2/3 Zone 4/5	Aerobic Vol 2500- 3000 per hr 200/400/800+ anaerobic HVOs , 15m sprints (no more than 8 per session)	
11th							Club champs 400
13th							Speedo R3
14th							Club champs 800+
	15th	16					

2. Swimming Sessions

- Tuesday & Wednesday pm sessions important
- Do the 2 hr sessions (I am working towards making all A squad sessions 2 hrs)
- Learn to train at the required pace
- Do drills properly – drills done incorrectly make matters worse
- If you are not sure ask!!

3. Aldershot

- Some long course experience is important
- All qualification times will eventually have to be done in a 50m pool

4. Land Training

- a. An essential addition to your swimming programme.**
- b. Sunday evening training = LT + Swimming**
- c. Schedule: Challengers: 5:30 – 6:00 + 15mins poolside stretching
A/B/Club 6:15 – 7:00 + 15mins poolside stretching**
- d. Gym work – by arrangement with Derek/Lee. A/club only.**

5. Attend prescribed meets because:

- a. Part of the programme**
- b. Good team spirit if whole squad is there**
- c. Non prescribed meets get in the way of training**

6. Practice required club/coaching Standards

- a. Be on poolside 5mins before start of session – late arrivals will be turned away unless you have a very good reason.**
- b. Wear club hats at competitions – we now have thick and thin hats**
- c. Wear a club track suit at competitions.**
- d. Attempt to understand the training principles – if you are not sure ask!**

Finally a few things that we haven't mentioned:

- 1. Chris Glover is in charge of club squad – club swimmers please direct your queries/questions to Chris.**
- 2. Wednesday pm.**
 - a. B squad 5:30 – 7:30 at Northcroft**
 - b. Club/Masters 7:00/8:00 at Northcroft**
 - c. A/Challengers at Hungerford**
- 3. Considering an extra LT session (Wednesday am?) FOR THOSE FOLLOWING THE SWIMMING PROGRAMME!!.**
- 4. Track suits – we are considering an incentive scheme whereby those who have trained regularly over a period can get one at reduced price/Free! – we'll let you know!**

ANY QUESTIONS?

Derek

(Derek Carley Chief Coach).

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