



MS HIGH PERFORMANCE SKILLS AND ABILITY GOALS

MS HP TRAINING GOALS/PROGRESSIONS

You must be in Middle School to be in this group. You may enter this group the summer before your 6th grade year. This group is highly motivated and engaged in workouts and swim meets. High Performance groups are geared towards swimmers trying to reach the highest level meets and time standards in their age groups.

Swimmers can advance to the 13-0 High Performance Group when they are at least 13 and ready to commit to the High Performance Group schedule.

Each practice is 1hr and 45 minutes (M-F) and 3hrs (Sa).

WEEKLY TARGETS

At least 2x a week:

- Freestyle Drills for flotation, alignment, timing and propulsion skills
- Backstroke Drills for flotation, alignment, timing and propulsion skills
- Breaststroke Drills for flotation, alignment, timing and propulsion skills
- Butterfly Drills for flotation, alignment, timing and propulsion skills
- Sprint sets
- Endurance sets
- Threshold sets
- Practice etiquette
- IM sets
- Stroke/Event specific sets
- Weight Room/dryland/core
- Pace sets
- Dynamic dryland warmup/ core work

At least 1x a week:

- Underwater sets
- Recovery practice
- Efficiency Sets

At least every other week:

- Benchmark/test/standup sets



SEASONAL TRAINING PLAN

The season will be divided into Macrocycles and Microcycles designed around volume, intensities, dryland and recovery. Macrocycle 1 will culminate with a mid-season meet in December. Macrocycle 2 will culminate with a championship meet(s) in March. Macrocycle 3 will culminate with a championship meet(s) in July/August.

Macrocycle:

Pre-season/ Drills and Skills Focus (1-2 weeks)

- Learn Drills
- Learn Skills
- Perform strokes and skills well
- Build into season dryland

Base Building/ Endurance/ Aerobic (6-8 weeks)

- Build volume
- Build intensity
- Stroke efficiency
- Stroke tempos
- Perform strokes and skills well and with speed
- Build weightroom strength and agility

Build Phase/ Threshold/ Race Pace (6-8 weeks)

- Build lactate tolerance
- Pace work
- Build weightroom strength and agility
- Develop speed
- Perform strokes and skills well and with speed/fatigue

Pre-Competition/ Race Pace (2-4 weeks)

- Increase Race Pace
- Speed Work
- Anaerobic work
- Perform strokes and skills well and with speed
- Increase agility, mobility and plyo work in the weight room

Taper (1-2 weeks)

- Reduce Volume
- Maintain intensity
- Reduce weight in weightroom
- Sharpen for meet performance
- Perform strokes and skills well and with speed



***Basic Weekly Microcycle:**

Monday

- Long Free
- Progressions
- Drills

Tuesday

- Sprints
- Technique

Wednesday

- Weights / Core + Legs
- Threshold

Thursday

- Over-Distance Recovery

Friday

- Race Pace
- Speed

Saturday

- Weights / Full Body
- Endurance
- Pace
- Threshold

**This will vary slightly from phase to phase of the Macrocycle and from season to season.*



Skills: Streamline / Walls 1. Streamline and Kick out past flags with 4 dolphin kicks and breakout 1 stroke no breath 2. Streamline and Kick out past flags on back with 4 dolphin kicks and breakout 3. Practice with No Breaths Off Walls	Skill Development and Progression Strategies: See Drills & AAAA Skills and Abilities Stroke PDFs
Skills: Freestyle 4. Proficient at Demonstrating Drills when given 5. Freestyle with side breathing (bilateral)- up to 1000+ yards 6. Freestyle w/ Snorkel and Proper Turns- up to 1000+ yards	Skill Development and Progression Strategies: See Drills & AAAA Skills and Abilities Stroke PDFs
Skills: Backstroke 7. Proficient at Demonstrating Drills when given 8. Flutter Kick on Back in streamline up to 1000+ yards 9. Backstroke up to 1000+ yards with proper turns	Skill Development and Progression Strategies: See Drills & AAAA Skills and Abilities Stroke PDFs
Skills: Butterfly 10. Proficient at Demonstrating Drills when given 11. Proper Timing of 2 Dolphin Kicks with Arm Stroke with fins 12. Proper Head Alignment After Each Butterfly two arm stroke 13. Fly sets with proper breathing up to 20x50 yard repeats	Skill Development and Progression Strategies: See Drills & AAAA Skills and Abilities Stroke PDFs
Skills: Breaststroke 14. Proficient at Demonstrating Drills when given 15. Breaststroke up to 1000+ yards with proper pullouts	Skill Development and Progression Strategies: See Drills & AAAA Skills and Abilities Stroke PDFs
Skills: Practice/Meet Etiquette 16. Clock Reading – Know :30, :15, and :20 patterns on clock 17. Know how to pass and leave at the appropriate time 18. Know how to train and perform sets in a lane with multiple people 19. Race strategies are explored 20. Meet habits practiced 21. Train endurance for prelim/final meets	Skill Development and Progression Strategies: Know clock patterns and do warm-up sets with intervals. Switch lane leaders from time to time so all learn. See Drills & AAAA Skills and Abilities Stroke PDFs



Skills: Dives 22. Dive off Blocks with proper angles 23. Backstroke Start with proper angles	Skill Development and Progression Strategies: See Drills & AAAA Skills and Abilities Stroke PDFs
Skills: Set Benchmarks 24. Sets will follow the following progression: • Do a skill or set well • Do a skill or set well with speed • Do a skill or set well with speed and fatigue 25. Track test sets 26. Tracking threshold sets 27. Tracking speed sets 28. Tracking power towers sets (when applicable)	Skill Development and Progression Strategies: Add speed Add fatigue Implement variability Change hand postures Use different stroke counts Use different training aids (buoys, paddles, snorkels, etc.) Increase volume or number repeat on sets Increase intensity on sets Change the rest intervals on sets Increase frequency of sets over time Add dolphin kick counts over time Add resistance Add kickout sticks Add/subtract stroke counts Add/subtract stroke rates Add resistance (parachutes and power towers) Increase practice length over time Increase the number of practices over time