

Capacity Training for 10 Year Olds



(and 11-12's, etc.)

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Capacity training...

What's this all about?

- Bob Bowman – simplifying the way you think about training.
- Simple is best. It keeps you in line and unconfused about what you are doing every day.
- The more complicated we get in training, the more we can confuse the causes and the results. The simpler we make it, the easier to analyze our results.

So What Is Capacity Training?

- Bob Bowman says (World Clinic 2011) ...that it is “enlarging the size of the cup you have to pour training into”



- As opposed to “Utilization Training” which is the work you do to go fast for a specific race.

Is this new? **No**

Is it a new way of expressing it? **Yes**

Athletes need to: (in order)

- Learn to



- **Learning to Train**

- Learn to **Compete**

You can't skip the order as the coach. If you do, you'll have an "unrealized" athlete.



“Building a Bigger Cup for the Ten & Under swimmer”

- Learn technical skills. Strokes, starts, turns.
- Learn to apply your body, generate force, hold positions on land and in the water.
- Develop the “ability” to train at the next level of development.
(what is that ability? Its physical and mental.)

“the **ABILITY** to train”

- Complete a distance
- Complete a set
- Stay on an interval
- Allocate energy
- Judge your capacity and enlarge it
- “Comfortable with being uncomfortable”
- “working towards” muscular endurance – holding strokes
- Quality strokes leads to....distance per stroke, leads to Stroke rate. Learn to train for each.

An example:

- At a later point in the year, you expect to do some specific training to swim fast in the 200 free. This might include a few weeks of a set like: 20 x 25 free at 200 pace on 40,35, 30,25 seconds.
- The most obvious thing is that before an athlete can successfully complete this set, they need to be able to do what?



Do What?

1. Cover the distance.
2. Cover the distance continually.
3. Cover the distance on the interval.
4. DO MORE THAN each of the above.
5. Do it with a breathing pattern that they'll use in the 200 free.



Be able to hold a stroke count over the distance.

Be able to hold a kick over the distance.

Have the muscular endurance to do all this in the real 200 without a break on the interval.

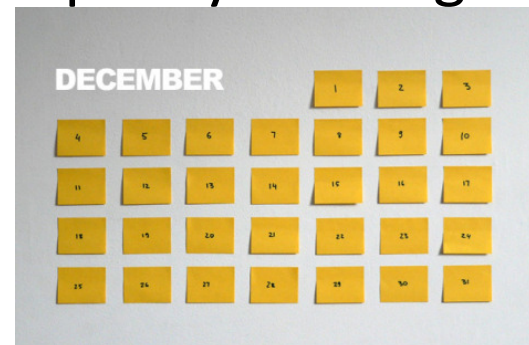
So...some real 200's in repetition become important.

Make the Cup **Bigger!**



Now, its Utilization time...

- Over four weeks before the meet....do the following:
- 20 x 25 free at 200 pace or slightly faster, with race pace breathing pattern and kick.
- First time, on 40 seconds.
- Next time on 35 seconds
- Next time on 30 seconds.
- Next time on 25 seconds.
- (MAYBE, do it twice a week....two total cycles through.
- Now, you can't do this SUCCESSFULLY without
- Capacity training first!



PROGRESSION

- It's all about PROGRESSION in all areas.
- Lets talk about what PROGRESSION represents.
- If you can't measure it, its not very useful.
- Long term versus short term thinking.

Wait a second....



- WHAT ABOUT.....ATTENDENCE!???
- Absolutely..a huge part of progression.
- Set Goals: 1st 6 months in the sport – 3 practices a week.
- 2nd 6 months in the sport – 4 practices a week.
- 3rd 6 months in the sport – 5 practice a week.
- And hold it right there...the next step is DENSITY.





Huh? What? Stop right there?

- Why?

Other sports help make better athletes.

Time to be a kid...

adding more practices per week is HARD to do at that level.

Once they are averaging 5 times a week, time to look at another direction....and that direction is DENSITY.



The Concept of Density.

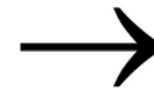


- Definition – Density is the amount of heart-beat producing effort being done in a measure of time.
- The simple and traditional way to measure this is distance covered over time.
- So measure density of 1000 yards per $\frac{1}{2}$ hour, 2,000 yard per 45 minutes, 3000 yards per hour, etc.

Being even more Dense.....



- A second way to measure is time:
- How much time in practice is “active time” with the child swimming, kicking, pulling, etc.?
- How much time is standing or sitting around with a lower heart rate.
- How much effort in what amount of time?
- First, measure all the sit-around time.
- Next, REDUCE it.



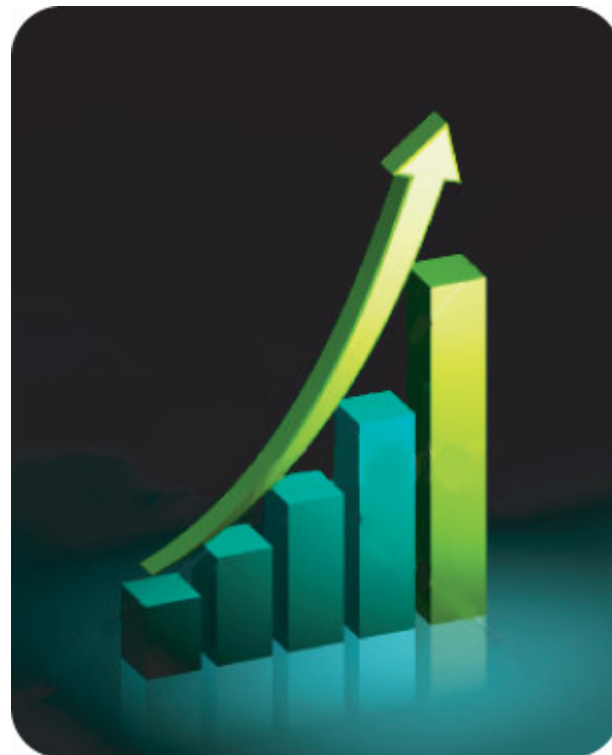
Reduce it, how?



1. Explain ONCE. No repeats.
(teach them to listen)
2. Practice getting your verbal instructions simple, concise and understandable. (say less, say it better.)
3. Social time before and after practice, not IN practice.
4. Standardize, then reduce time between activities. (everything on 60 seconds rest, etc.)

Improvement

- As DENSITY goes up, so has your efforts to Improve Capacity Training.



Next, some standards for 10 and under swim practice.

(here is the stuff we'll do in practice.)



Elements of 10 and under practice.

- Skill development – Drills and whole stroke.
- Aerobic development –
- Kicking
- Dryland
- Learning social skills that strengthen the group. Learning about the effects of TEAM!



So if we are HERE today....

- 12 x 25 Kick on 40 seconds.
- 300 freestyle Breathing every three – finger drag.
- 10 x 25 Kick on 35 seconds
- 200 backstroke with fins.
- 8 x 25 Breaststroke pull on 45 with buoy.
- 200 One arm Fly.
- 8 x 25 fly Kick with fins on back on 45
- 8 x 25 fly swim with fins on 45
- 200 freestyle zipper drill
- Dryland
- In a 45 minute workout. (total – 2050)

A month later, we move to here....

- 12 x 25 free kick on 35 seconds.
- 400 free BE 3, finger drag
- 10 x 25 kick on 30 seconds.
- 300 backstroke – small paddles
- 12 x 25 Breaststroke pull w/buoy on
- 300 fly, 25 1 arm, 25 whole
- 8 x 25 fly kick on back with fins on 40
- 8 x 25 fly swim w/fins on 35
- 300 free zipper drill –
- Dryland
- In a 45 minutes workout – 2550
- Much more dense, much more capacity built



And six months later, we are HERE...

- 1 hour of swimming
- Kick 10 x 50 free on 55 (Feet)
- 400 free zipper/finger drag by 25's
- 20 x 25 fly drill on 30
- Kick 10 x 50 fly on 50 with fins
- 5 x 100 free on 1:40
- 10 X 25 From a dive on walk back
- 300 drill loosen
- Much more dense, assumes 1 MR between sets.
- 2950 yards

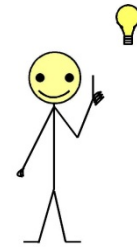


Appropriate Limits for 10 unders.

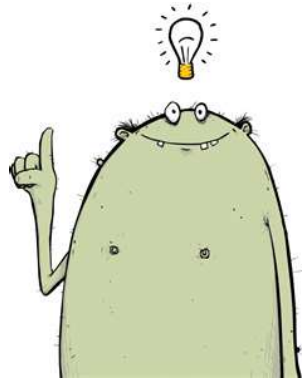
- Number of days per week – 4-6
- Number of minutes per day – 45-90
- Number of yards swum – 2000-4500
- Rest between sets/events – 60-180 seconds.
- FOCUS should almost always be on quality technique and distance per stroke. (race tempos in the next Age group perhaps)
- OCCASIONAL RACING! (BOYS!)



Some last thoughts....



- Girls, boys, changes in puberty age. Impact?
- Lack of general exercise and physical capabilities. Impact?
- “Training without much straining” at this age.
- ***Make no assumptions*** about what they know...(the breathing story.)
- The Tattoo Story – Jack Nelson. “who knew?”



- Capacity training prepares you for tomorrow.
- Utilization training prepares you for “next week”.
- When you read stories about 25 year old elite athletes, what are you reading?
- The real question is, what were they doing at 10, 12, 14, 16, 18. When you are around long enough to trace it, you realize only those who DID capacity training, GET to be successful with Utilization Training.

With Grateful Thanks to Bob Bowman and his great talk at ASCA World Clinic 2011

Putting new words to old concepts
creates new understanding.



Hope you found it useful!

- Happy to “email chat” anytime...

- John Leonard



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