

Training sets for SCY with LCM training focus from Mickey McNeil, Springfield Family YMCA

Part of Workout for our Senior group that I actually did on Sat 6/5

On Saturday, our Head Coach John Bishop allows me to plan a senior workout.

I had had 11 swimmers with myself as only coach. Our pool is 6 lanes 25 yard pool

This workout had two progressive Sets to build up for main set. We had already did 3850 yards of training before these sets. I explained focus of each set which was building up speed and power to main set to swimmers as part of the buy in to realize how it will aid in LCM training events. The swimmers saw workout on the whiteboard. We discussed game plan is to prep for swim tiredness as lead into main set. It is also a thrill to hear the swimmers ask questions so they really understand what is expected...I find that a huge KEY to any training. Swimmer love knowing the "WHY" which helps them "APPLY" their own goals to training plans.

4 X (25 Swim at strong pace/75 Kick/25 Swim * faster than 1st 25)

- 75 Kick is Build Kick power by 25's
- Swimmers had choice of stroke for each 125
- I had three different training levels
 - Group 1 on 1:40
 - Group 2 on 1:50
 - Group 3 on 1:50 yet doing 25 S/50 K/25 S

6X125 S w/ Paddles & Fins> Choice Stroke Rest Interval per group :10

- Explained this is strong effort to focus on constant speed endurance
- Group 3 did 6X 100

Main Set> Power & Speed for your LCM

2 rounds

- performed in two heats so swimmers had about 4-5 minutes rest between swim efforts, so one group out of water while other group is swimming
- Concept is like a broken 200 swim

1 X 100 Swim off block for time... 85% effort; immediately put on stretch cord belts then get after the swim

2 X Stretch Cord Swims > Doing Certain Number of Swim cycles to stimulate 50lcm DPS stress

- After DPS, swim back easy to wall, then touch and get after it again
- Group 1 used Red Cords
- Group 2 & 3 used Green Cords
- I set Cycle count on this set, but swimmer could perform the Stroke count if known for 50 lcm swim in a 200m Swim
 - Breast & Fly> 16 cycles (pullout counts as cycle)
 - Free & Back> 13-14 cycles
- Goal is to hold swimming spot and not lose hold of water.

Another main set that I did which kids loved and working on pushing themselves when tired just like in a race. Transitions improved as they repeated rounds. Kids did 3 rounds

1x 150 Swim with sponges (resistance work)

4 X UnderWater Work across width of pool> over and back is counted as 1

2 X 100S with Paddle and Fins.... "Real FAST" were key words

1 X50 EZ

Other Ideas for LCM Training

Other ideas with Stretch Cords

1. Swim for set time then certain rest interval
 - a. I usually do :30-:45 to simulate time for 50 lcm
 - b. Repeat desired number of swims. Example 10 X :30 then rest :15
2. Resistive Cords then release. Partner work
 - a. Swim for on resistance for set time; release and continue to swim strong to finish

Any set of 50 or more>

- Designate one end for turns to be performed above "T" marker on bottom of pool or at flags if swimming back. Takes away the wall advantage and forces swimmer to get back to swimming and kicking thus training effort to maintain contact arm and leg work for longer distance

Sets with swims beginning with Vertical Kick rather than push off