

Accutraining Test-Set Guidelines

Using the Clock with Digital is Best

1. Accutraining test sets are done from a push-off, either ducking under or jumping over the surface.
2. The feet should leave the wall on the 0 or 5 and times must be figured accurately. Kids yell 9 or 4 when the prior wave left and that's when their wave leaves.
3. Leaving early CHEATS teammates and leaving late CHEATS yourself.
4. When the set average levels off on subsequent tests add FOUR more swims to the 50's, THREE 3 to the 100's, and TWO to the 250's. This helps with plateau paranoia.
5. The coach should leave the pool with the log sheet and grades efforts with a green or red mark or score (1 to 10) or on Palm-pilots during the recovery swim immediately following the set. Each sheet should be placed in a loose-leaf binder and recalled.
6. For MO score practice by lane-teams for a Rocky Road set OR Total "TEAM" average.
7. Why does this work? It's SP2 training that challenges the physiology used in specific races.
8. Summer LC training should be a cooperative effort between H.S. and club coaches and both should be helping all swimmers "be the best they can be". Selling is two-way, talking about next season's times might be a way to SHARE in the plan?

IMPORTANT

STRAIGHT-SET TRAINING – For these to work it's essential that every swim be hard. The first is fast and the last might be a hair faster because the swimmer knows it's the last one and they want a great average. "If you think you're in control, you're going too slow."

Figuring the exact average takes some teaching but it's easy once they know.

- a. Estimate a fast average that you think can hit, like one-half your goal.
- b. Remember the cumulative seconds over/under that desired average.
- c. Sample with a desired average of 1:02 on 5 X 100 @ 3 (200 Prediction Set)

Swim	Time	+/-	Cumulative Seconds
# 1	1:00	- 2	- 2
# 2	1:01	- 1	- 3
# 3	1:01	- 1	- 4
# 4	1:00	- 2	- 6
# 5	1:02	0	- 6 (Sprinter-fell apart at end)
- d. Change the -6 cumulative to 10ths by adding a 0 (.60). Divide by # of swims (5).
- e. This gives you 1.2 10ths OVER (added) or UNDER (subtracted) to/from the goal average.
- f. So the average was 1:00.8 which when doubled predicts a 2:01.6. The swimmer then records both times on the team's daily log. The coach then evaluates both and places the log sheet in the test- set loose-leaf binder. Just take one log sheet, make it a TEST-SET MASTER by writing the test set on top, and transferring each swimmer's time. Next time the set is used post the MASTER so kids know what their fastest average was along with their test-set history.
- g. 7) No negative-splits-no descending-no easy/hard-no Sammy Save-ups! If they're not swimming fast enough tell them you'll have to make their goal time SLOWER.
- h. Training helps with comfortable speed on the way out in a race and the organic capacity and mind-set to tolerate lactic acid build-up at the end of the race.