



## GUIDING FRAMEWORK FOR TRAINING/RACING RESUMPTION

### July – December 2020

This document is designed to provide Swim Alberta member clubs with a framework of technical program guidance for the remainder of this calendar year. It should be realized that circumstances may change during this period and it is likely that some degree of modification will be required. However, the overall thrust for swimming training at all levels will remain constant throughout.

The July to December 2020 period is divided into two broad sequential phases, with possible alternative strategies provided to give examples for the variable situation that clubs around the province may face.

There is **an initial phase** which covers the time from now until the Labour Day weekend (5<sup>th</sup>-7<sup>th</sup> September) and should be thought of as a **foundational and preparatory mesocycle** with the goal of establishing/re-establishing a positive training mindset, a sound technical platform, an enhanced aerobic capability, and an elevated swimming-specific work capacity.

Figure 1 (following) provides strong suggestions on a number of scenarios concerning the possibility of a resumption of training and racing in the period from 6<sup>th</sup> July 2020 until the end of December 2020. Using four scenarios with a two-week starting stagger, the diagram provides an overview for training and assessment / racing chronology. It should be noted that at this moment, traditional competitive opportunities cannot be established or even predicted, however, 'assessment' (racing) should be planned for by coaches within the chronology suggested. This does not mean that 'racing' is restricted to these periods, necessarily. A thorough plan for competition within Alberta is being established currently and will be forthcoming in the next few weeks (at least in an initial draft form); this should not be the focus for any program over the next 2-3 months.

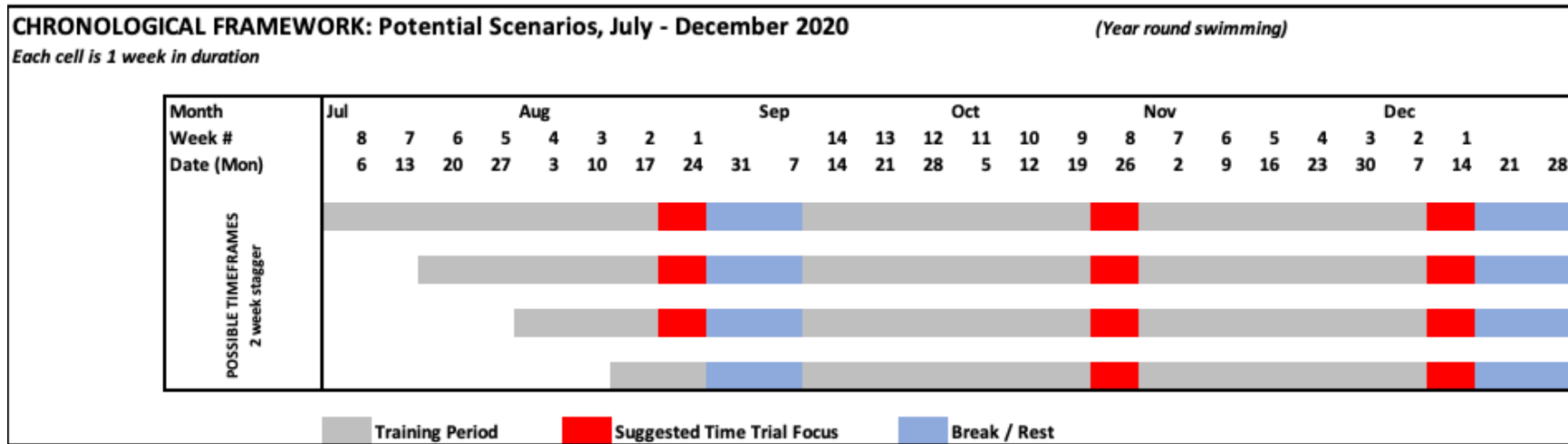


The scenarios assume the following aspects and guidelines to assist coaches and programs:

1. Immediately, it should be noticed that there is a two-week prophylactic break in and around the Labour Day weekend 2020. This is to provide:
  - a. A period of time for swimmers and parents to navigate the 'return to school' period unencumbered by other distractions.
  - b. A psychological/emotional 'buffer' period between the end of the 2019/2020 season and the start of a new era of swimming.
  - c. Clubs (coaches, administrators, Boards) with time to gather their thoughts concerning the execution of the first macrocycle of 2020/2021.
2. The 8-week/6-week/& 4-week scenarios all culminate in a 'racing' opportunity; the suggestion here is that clubs embark on a 'racing' opportunity during practice, spread out over the course of the final week and interspersed with continued training before the Labour Day break period.
3. The 'racing' format is recommended to follow the guidelines shown next (although coaches are able to modify BEYOND these base suggestions), with all swimmers completing all designated events (think, swimming 'passport'):
  - a. 10 & Under; 50m Freestyle, 50m Backstroke, 50m Breaststroke, 50m Butterfly, plus a combined total time.
  - b. 12 & Under; 200m FS, 100m IM, 100m 1<sup>st</sup> choice stroke, & 50m another stroke.
  - c. 13 & Over; 400m FS, 200m IM, 100m 1<sup>st</sup> choice, 50m 1<sup>st</sup> choice, & 50m another stroke.
4. The first macrocycle of the 2020/2021 season also provides two 'racing' periods to provide focus for programs. It is strongly suggested that programs repeat the same event format as used above. This can then be used as a guiding 'footprint' (line in the sand) for each swimmer (and program) moving forward into 2021.
5. If a club/program were only to have a 2-week period of in-water training prior to the Labour Day break, then the focus should be entirely on training, without a 'racing' aspect.

**NB: The ‘Macrocycle’ term refers to the entire Training & Racing ‘window’ combined over the longer duration period (September to December 2020) and contains 2 ‘Mesocycles’. The ‘Mesocycle’ term refers to shorter Training and Racing phases ... such as the July/August 2020 period and the September/October and November/December 2020 phases**

**FIGURE 1:**



Figures 2, 3, & 4 provide suggested training guidelines from a technical (biomechanical) and energetics point of view. Dryland/out-of-water training and activities, together with mental health and performance elements will be discussed separately.

These diagrams cover the 4 main training ‘Appropriate Athlete Development’ periods (L2T, T2T, T2C, & T2W) and utilize a colour-coded priority format. That is, the solid colour of the description column (i.e., Dryland/Games, Technique, Aerobic Capacity etc.) denotes that that element would be a major focus of attention if that same depth of colour is seen in the actual training/racing mesocycle/macrocycle. If the colour is more opaque (lighter hue), then this signifies that some attention (or cross-over of training) is occurring, but that this is not a major focus. If a cell is



left blank (white), then little to no direct attention is paid to this element (this does not mean that a coach cannot prescribe training into these areas, just that it is likely not to be a major factor, currently). Think terminology such as 'Touch, Train, & Tax'.

It should also be recognized that these diagrams all focus upon an initial 8-week mesocycle for the July/August 2020 period. Obviously, if a club/program has less time, then the training content should be amended for this first mesocycle. Swim Alberta technical staff are available for coaches to contact and discuss their program design.

**The critical theme is 'SPEED THROUGH TECHNIQUE AND ENDURANCE' throughout the rest of 2020!**

This is true for all age groups, although gradual modification occurs with the increasing inclusion of specific higher intensity aerobic work (including VO2max work) and even more intense anaerobic power (lactate/glycolytic) aspects with the older age groups. (As reflected in the colour coded sequences).

Coaches/programs should at all times focus upon exemplary technical execution (clean swimming speed/stroke, turn approach, turn execution, wall push-off, and transition/break-out). This coupled with the gradual ability of swimmers to swim at faster speeds with similar or lower heart rate responses than previously seen (either from March 2020 and/or through the remainder of 2020).

Expected heart rates for aerobic capacity work would likely be below 150bpm for 12 & Unders and 140/145bpm for the older swimmers ... at least as swimming resumes. Over time, coaches should be able to 'push' these recommendations slightly, however, coaches should be careful as it is all too easy to 'slip' into unsustainable velocities (think, "can this swimmer go 1000/1200m (12 & Under) or 2000m (older) at this pace?").

Swim Alberta technical staff will be holding a webinar to go through these recommendations in detail with those coaches/programs who are interested in the next 2-3 weeks.

FIGURE 2: L2T EXAMPLE OF 8 WEEK END MESOCYCLE (2019/2020) & 14 WEEK FIRST MACROCYCLE (2020/2021)

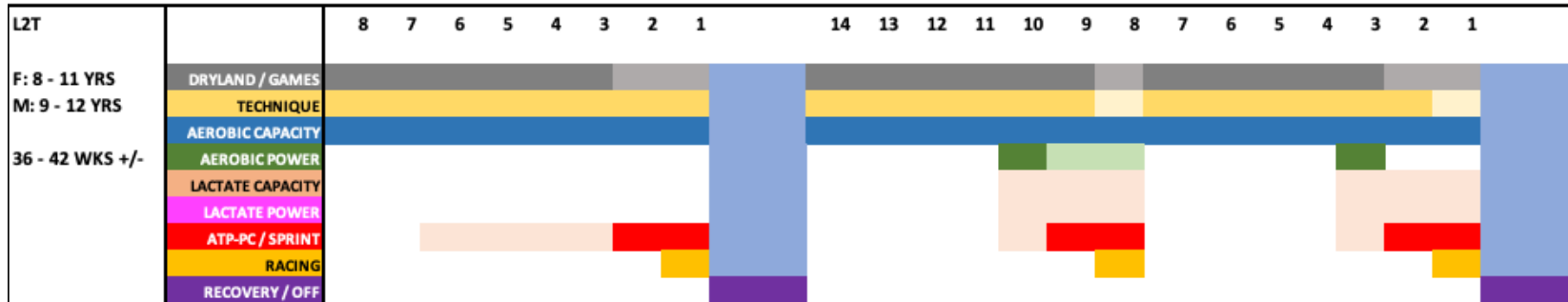


FIGURE 3: T2T EXAMPLE OF 8 WEEK END MESOCYCLE (2019/2020) & 14 WEEK FIRST MACROCYCLE (2020/2021)

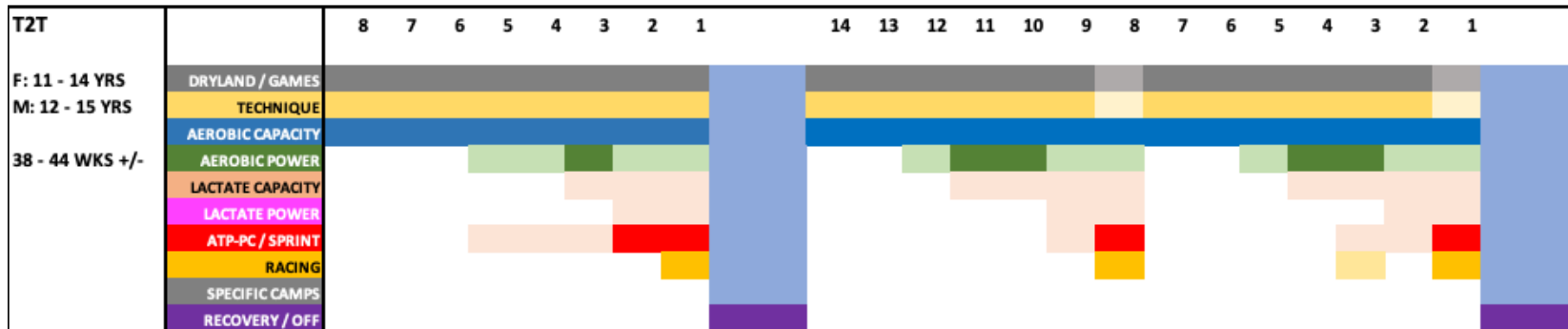


FIGURE 4: T2C / T2W EXAMPLE OF 8 WEEK END MESOCYCLE (2019/2020) & 14 WEEK FIRST MACROCYCLE (2020/2021)

