

ILLINOIS SENIOR ELITE TRAINING  
OLYMPIC TRAINING CENTER  
OCTOBER 18 – 21, 2007

Friday, 10/18/2007

AM (LC)

1 x 200 choice on 3:00, 4 x 50 choice on 1:00

1 x 400 choice on 6:00, 4 x 50 (25 drill, swim) choice on 1:00

1 x 600 free on 9:00, 4 x 50 stroke on 1:00

Pre Set: 8 x 50 on 55 sec. (athletes were required to jump, kick and build speed through the ten – twelve meters)

2 x 150 free on 2:20 (#1 at 80%, #2 at 90 % through out set)

2 x 100 free on 1:20

2 x 50 free on 55

Repeat three times. (7.5 – 10 meter kick out required)

300 loosen; each athlete was filmed at this time

8 x 100 kicks on 2:05 choice

PM (LC)

5 x 300 on 5:00 (200 choice, 100 kick)

8 x 50 on 1:00 (10 meter kick out require)

8 x 100 on 1:40 (80 meters at 75%, 20 meters at 85%, 10 meter kick out on turns)

Scull 200: 50 reverse – move scull from hip to over head and repeat

50 extra wide out from corners

50 reverse

50 extra wide shoulders

Br. 3 x 100 on 2:20, 50 kpkpkpkkp/ 50 hands on butt

3 strokes w/ regular kick, 3 strokes w/ fly kick

25 build, 50 race, 25 long strokes

Br. 4 x 50 on 1:00 3 under water pulls & kicks, 3 race strokes, loosen

Bk. 3 x 100 on 2:00, 50 midnight catch up/50 over kick

25 build, 50 race, 25 long strokes

Friday, PM (LC)

Bk. arm stroke one, two, three w/ strong kick  
4 x 50 on 1:00 20 meters spin drill, 30 meters regular  
Fly 3 x 100 on 2:10, 3 strokes R, L, 2 regular w/ no breath  
3 regular strokes to a stream line stop, repeat  
6 kicks R, front, L, back, reverse (fins)  
4 x 50 on 1:00 w/ fins 10 meters build, 15 race, 25 easy

500 warm down

Saturday, AM (LC)

2 x 100, 2 x 200 on 1:30, 3:00 choice  
2 x 300 on 4:30 free, 4 x 50 free 1:00  
2 x 200 on 3:30 stroke, 4 x 50 stroke 1:00  
2 x 100 on 2:30 kick, 4 x 50 kick  
( 100's, 200's, 300's at 70%, 50's at 85% - free turns must be at least 7.5 meters, 10 meters at least for strokes, awesome finishes were also added as a goal now and though out the camp. The athletes did "A" level work in all areas.

200 free w/ fins at 80%, continuous kick swimming both sides equally

8 x 100 on 1:40 w/ fins, same goals as above, 80 meters at 75%, 20 meters at 85%. The turns were lengthen to at least 10 meters with build up speed through the first three strokes.

2 Minute Break

2 x 100 on 1:40 w/ fins, 80 meters at 80%, 20 meters at 90%  
200 loosen

Stationary Turns: all face one way – two body lengths apart laying flat on surface. Free, face down spin turns for speed. Some of these were done two at a time.

Bk. turn, stretch out on back , one arm above head – one hand at side, arm at side up over across when flipping for speed and body position.

IM Transition Drill: "x" of strokes of butterfly one way, reverse backstroke, continue with breaststroke and then free. Cycle is 5strokes then 3,2, and 1.

Do twice.

Stream line jumps-vertical w/ fly or free kicks in eight feet of water, 3 x 10 sets of kicks ( goal is to generate as much speed as possible).

1000 pull or 100 free/stroke, 80%  
500 free loosen

### **Saturday, PM (LC)**

100, 300, 1:30 per 100 choice , 6 x 50's choice on 1:00  
600 free pull-swim from both sides equally and build each 50 meters

1 x 400 on 7:00 free pull / IM or stroke, 85%  
2 x 200 on 3:30 free pull / IM or stroke, 85%  
1 x 300 on 5:00 choice swim, 90%  
2 x 100 on 2:00 choice swim, 90%  
200 loosen on 4:00

#### **Repeat**

6 x 50's on 50 sec., build 70% -80% choice  
1 x 25 on 1:00, 15 meters race past comfort, 10 meters medium  
6 x 50's on 1:00, TURNS – 15 meters medium, 25 meters 100%, 10 meters medium. (must be 10 meters off the wall on all breakouts)  
1 x 25 on 1:00, 10 meters medium, 15 meters 100%

#### **Repeat**

8 x 25 on 50 sec., 100%

### **Sunday, AM (LC)**

3 x 300 on 5:00 free, stroke, IM  
one minute break  
6 x 50's on 1:05 kick, choice  
two minute break  
6 x 100 on 1:50, descend 1-3, 4-6, 70%-90%  
two minute break  
3 x 25's from a dive

#### **TEST SET**

5 x 100's on 8:00, best stroke, 100%  
or  
1 x 100 choice on 8:00, followed by a 400 free/IM, 100%

16 x 50's on 1:00, loosen

## **Continue Sunday AM**

Loosen- on interval of 20 sec, rest: 400 free, 350 stroke/free by 50's, 300 drill, 250 free, 200 kick, 150 choice, 100 choice, 50 choice.

Ten minute Hot Tub!