



The harder (and smarter) you work  
The harder it is to surrender

**Control Sessions**  
If it is measurable,  
measure it  
Best to be  
coach-supervised

## COURAGE: Introduction to Lactates

### *Performance Under Pressure*

The swimmer should try to maintain an average repeat time as close as possible to the their best single effort. As fatigue sets in during the course of the session, a maximum effort **will** be required to sustain the pace.

**Introduce gradually** .. First effort, perhaps 4 x 100 on 3:00  
A week later .. 6 x 100 on 3:00  
A further week: try 10 x 100 on 3:00

#### Record all times

Aim to Improve

- Aggregate time
- Individual times

Push-off starts



2 minutes after the final 100m  
go 50m F-S or Form kick  
.. **Max. effort**

**Relationship** between  
75m Kick time &  
100m stroke time??

In general, 75m kick time is closely related to 100m stroke performance; if 75 kick is slower than 100 stroke, work on your kick (often).

**Experiment**  
with different  
approaches

Swimmers  
will not  
improve  
every session,  
but positives  
can be found  
in all efforts

**Lactate Tolerance** (Anaerobic Conditioning): approx. 1 : 1 Rest : Work Ratio; repeats of approximately race distance. Session distance: 800-1600 metres. An attempt should be made to **maintain an average repeat time as close as possible to the individual's best single effort**. As fatigue sets in during the course of the session, a maximum effort **will** be required to sustain the pace.

**Here's a challenge: 10 x 100 on 3:00**  
Perform the challenge / test precisely; i.e. control the controllable

An example: Main Set = 10 x 100 on 3:00

	1	2	3	4	5	6	7	8	9	10	50mKick
Trial 1:	1:22	1:23	1:23	1:24	1:23	1:24	1:24	1:26	1:24	1:23	43.5
Trial 2:	1:21	1:20	1:19	1:19	1:19	1:19	1:19	1:19.5	1:20	1:20	41.0

The **Lactate (Control) Session stays the same** .. **Your Performance** (improvement) is the **variable**.

e.g. Add the total of the times achieved in the set; compare the first 5 times with the final 5; how do swims at each level compare? e.g. how does Swim 4, Trial 1, compare with Swim 4, Trial 2.

Take a chance .. only you know how hard you tried .. the higher your level of training input, the more conditioned you will be to giving and producing your best in competitions.

I like to use the pool clock .. have the swimmers be in charge of their push-off; this increases ownership of the performance, and empowers the swimmers to some extent .. they are in charge and should get their own times; I am watching / recording.

**What does not kill you, makes you stronger** .. Improved efficiency comes from taking on progressive challenges