

Swimming 2000

SCOTTISH AMATEUR SWIMMING ASSOCIATION NEWSLETTER

June 1994

Volume 1 Number 9

COMMONWEALTH GAMES 1994 SCOTTISH AQUATICS TEAM

After disappointing performances at the Uncle Ben's National Open Swimming and Diving Championships the selectors had the task of deciding on the final team members. The overwhelming decision from the technical side and the management was to adhere to the selection policy which required the achievement of consideration times and points. As always there was disappointment for some who had worked hard and failed to make the standard set. The Swimming Committee debated the options for several hours before arriving at the decision.

Team	Event	Time/Points	Venue	Date
Fraser Walker	200 I/M	02:04:96	Edinburgh	31:03:94
Graeme Smith	1500 F/S	15:17:99	Cardiff	30:04:94
Euan Stewart	100 FLY	00:55:39	Leeds	24:02:94
Neil Hudgton	200 BR	02:21:04	Victoria	09:03:94
Jon Hunter	200 BK	02:06:46	Edinburgh	02:04:94
John Kerr	200 I/M	02:06:45	Edinburgh	15:06:94
Andrew Aitken	200 BK	02:05:89	Edinburgh	16:06:94
Jill Ewing	100 BK	01:05:12	Charleroi	10:04:94
Angela Pendrich	400 F/S	04:19:26	Victoria	07:03:94
Alison Sheppard	100 F/S	00:58:28	Charleroi	10:04:94
Sarah Burgon	Figures	79.808	Calgary	20:03:94
Jane Liston	Figures	77.802	Calgary	20:03:94
Sarah/Jane	Duet	82.96	Sweden	25:05:94

SYNCHRO SMILES
Sarah Burgon and Jane Liston are delighted with their selection especially as Synchro missed out in 1990 when only speed swimmers and divers were selected.



Staff

Team Manager	Danny McGowan
Chief Swimming Coach	Jim Park
Swimming Coach	Alex McNeil
Swimming Coach	Kim Swanwick
Synchronised Swimming Coach	Helen Murray

DIVING DOLDRUMS
Saddest outcome from the selection meeting was the lack of any divers. Bill Law will be in Victoria as a Diving Judge but he would have been happier to have had a Scottish diver in the competition. Since the golden era of Sir Peter Heatly Scotland have had at least one diver in every Games Team.

TAKE THE PLUNGE WITH THE ALL NEW SCOTTISH SPEEDO AWARDS

FOR FURTHER INFORMATION CONTACT
LINDA MALCOLM
SCOTTISH SPEEDO SWIMMING AWARDS 44 FREDERICK STREET, EDINBURGH, EH2 1EX
TEL/FAX 031 225 7271



SYNCHRO NEWS

SWEDISH OPEN SYNCHRONISED SWIMMING CHAMPIONSHIPS Ludvika - Sweden 20 - 22 May 1994

Team
Sarah Burgon Edinburgh SSC
Jane Liston Edinburgh SSC

Staff
Mrs. Helen Murray
Coach/Team Manager

The team departed from Glasgow airport on Wednesday morning arriving in Ludvika late afternoon. They went straight to the pool from the airport to look at the facilities then onto the hotel. There were 11 teams taking part in this the first Swedish Open Synchronised Swimming Championships. Training was available on the Thursday and Friday during the day and the competition started on the Friday evening with the Duet prelim.

Jane and Sarah performed well and qualified for the final. The figure competition was on the Saturday morning. There were 40 competitors and Jane finished in 7th place with Sarah just behind her in 8th place.

The Solo prelims took place on the Saturday afternoon. There were 28 entries, Sarah finished 6th which gave her a place in the final and Jane finished 8th.

All the finals took place on the Sunday starting with the Solos.

Jane swam as a pre-swimmer and performed a well presented routine. Sarah was the fourth swimmer in order of appearance and performed a solid routine which gained her the silver medal. The Duet finals followed and Jane and Sarah performed an extremely well synchronised and polished routine receiving a score of 82.920 which took them into silver medal position. The Swedish pair took the gold and the duet from Finland took the bronze.

All in all, this was a well organised, enjoyable and very successful event. The girls send their thanks to the SASA and to Helen Murray for her continued support and enthusiasm.

Send your news items to
Bill Black, Editor, C/O
SASA Office Holmhills Farm,
Greenlees Road, CAMBUSLANG,
Glasgow, G72 8DT
Telephone: 041-641-8818
FAX : 041-641-4443

SASA EAST DISTRICT OPEN SYNCHRONISED SWIMMING CHAMPIONSHIPS Kirkcaldy 28 May 1994

There was a total of 72 competitors from 9 clubs that took part in this year's event. Congratulations to all the swimmers on an excellent performance. The results are as follows :-

Grade 1 - Solo District
1 Amanda Scott Glenrothes 82.580
2 Laura Anderson Dunfermline 82.273
3 Tanya Knight Edinburgh 81.050

Open
1 Cheryl Mackintosh Nairn 84.110
2 Amanda Scott Glenrothes 82.580
3 Laura Anderson Dunfermline 82.273

Grade 2 - Solo District and Open
1 Emma Clark Glenrothes 95.337
2 Sharon Purves Glenrothes 94.477
3 Jillian Wilson Edinburgh 93.693

Grade 3 - Solo District
1 Helen Rae Edinburgh 99.359
2 Rebecca Peltenburg Edinburgh 97.441
3 Joleen McCool Glenrothes 96.860

Open
1 Hayley Craggs Newcastle 102.542
2 Erin Cameron Nairn 101.357
3 Catriona Munro Nairn 99.710

Grade 4 - Solo District
1 Caroline Rae Edinburgh 109.488
2 Leanne Brown Edinburgh 108.456
3 Nicola Brown Edinburgh 107.838

Open
1 Julie Roddam Newcastle 117.620
2 Pauline McFadyen Nairn 114.567
3 Lyndsey Coyle Clydebank 113.413

Grade 5 - Solo District
1 Sarah Burgon Edinburgh 156.142
2 Jane Liston Edinburgh 155.044

Open
1 Sarah Burgon Edinburgh 156.142
2 Jane Liston Edinburgh 155.044
3 Isla Dunbar Elgin 135.694

Grade 1 & 2 - Duet District
1 Sharon Purves/Emma Clark Glenrothes 90.941
2 Jillian Wilson/Emma Edis Edinburgh 88.614
3 Alana Gunn/Jennifer Hendry Edinburgh 85.189

Open
1 Sharon Purves/Emma Clark Glenrothes 90.941
2 Michelle McBean/Julie Mackintosh Nairn 88.952
3 Jillian Wilson/Emma Edis Edinburgh 88.614

Grade 3,4 & 5 - Duet District
1 Jane Liston/Sarah Burgon Edinburgh 157.694
2 Leanne Brown/Caroline Rae Edinburgh 108.042
3 Ruth & Heather Greenshields Glenrothes 105.804

SYNCHRO NORTH

Since January the North District Squad have completed five successful training weekends. Helen Elkington who runs the famous Bedford Summer Synchro School travelled north to coach three of the weekends. Jo Cooper from Ealing assisted by Dance Tutor Peggie Angus coached at another weekend. Both the swimmers and North District Coaches enjoyed the weekends and have gained a lot of experience.

The Squad consists of 20 swimmers at present - 10 from Elgin Synchronised Swimming School and 10 from Nairn Synchro Club

Another three weekends are scheduled before the end of the year and it is hoped to repeat the programme next year.

SYNCHRO DISPLAY

Two girls from Elgin Synchronised Swimming School gave a synchro display and coaching session at Peterhead last month and were rewarded by the enthusiasm and results from the swimmers. The Elgin group enjoyed the day and the hospitality of the Peterhead Swimming Club.

Margaret Dunbar ND Synchro Convener

Open
1 Jane Liston/Sarah Burgon Edinburgh 157.694
2 Isla Dunbar/Julie Thomson Elgin 121.363
3 Pauline McFadyen/Fiona Cameron Nairn 112.404

Teams District
1 Edinburgh A 104.501
2 Glenrothes 95.414
3 Edinburgh B 89.550

Open
1 Nairn 105.469
2 Edinburgh A 104.501
3 Clydebank 101.821

Reporters wanted !



CLUB NEWS

CLACKMANNAN DISTRICT SWIMMING CLUB

Clackmannan and District Swimming Club hosted their 4th Summer Festival Swim Meet sponsored by Donaldson Construction at Grangemouth Sports Complex. The 16 clubs taking part from all over central Scotland and as far afield as Dumfries and Aberdeen put on a fabulous day's competition with an electric atmosphere. Top performance (Cutting Edge Trophy) went to Lisa McLuckie (Clackmannan) with a 60.6 secs in the 100 M Freestyle and runner-up to Adele Dickson (Lanark).

Central FM Radio sponsored the men's and women's 50M Sprint - winners were Craig Oliver (Boness) and Lisa McLuckie (Clackmannan). Central FM Radio broadcast "live" throughout the competition, interviewing swimmers, coaches and officials adding an exciting, different element to the highly successful day. The final event and "bringing the roof down" was the 6 X 50M squadron relay with the Clackmannan District Squad pipping Glenrothes and Boness for the Runsport Shield.

WINNERS WERE :- FLY

10 and under
David Convo (Boness)
Catriona Harkins (Bellshill)

11/12
Daniel Clare (Boness)
Claire Alexander (Clackmannan)

13/14
Alan Thomson (Larkhall)
Adele Dickson (Lanark)

15/17
Liam Gordon (Bathgate)
Nicola Redfern (Clackmannan)

BACKSTROKE 10 and under

Graeme Pow (Boness)
Suzanne McKee (Bathgate)

11/12
Robert Lee (Boness)
Hazel Marshall (Grangemouth)

13/14
Alan Thomson (Larkhall)
Adele Dickson (Lanark)

15/17
David Lyon (Dumfries)
Jennifer McKinlay (Hamilton)

BREASTSTROKE 10 and under

Greg Sibbald (Boness)
Kirsty McDonald (Grangemouth)

11/12
Neil McAlonie (Glenrothes)
Laura Simpson (Glenrothes)

13/14
Alex Carter (Lanark)
Adele Dickson (Lanark)

15/17
Ben Harkin (Clackmannan)

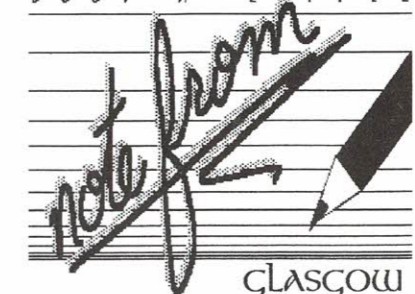
Lisa McLuckie (Clackmannan)
**FREESTYLE
10 and under**
David Convo (Boness)
Lauren Currie (Lanark)

11/12
Robert Lee (Boness)
Hazel Marshall (Grangemouth)

13/14
Derek Porter (Boness)
Adele Dickson (Lanark)

15/17
Billy Sayer (Hamilton)
Lisa McLuckie (Clackmannan)

JUST A LITTLE



GLASGOW

West District Championships

The final round of the West District Championships has just been completed, and the clubs that comprise the City of Glasgow Swim Team have had their best year on record by far. The number of swimmers competing in the preliminaries increased over sixfold compared with the previous best year, and the number of athletes competing at the main championship events showed a similar increase. Over 120 personal best times were recorded, along with 32 senior national and age group qualifying times, and three new West District Championship records. Final placings were achieved by the following swimmers :-

10 Years
50 F/S Louise Coull 00.35.84 5th
50 B/K Louise Coull 00.39.87 3rd
50 FLY Louise Coull 00.40.84 2nd
200 F/S Louise Coull 02.50.15 2nd
200 I/M Louise Coull 03.15.44 3rd

12 Years
100 BR Laura Cook 01.33.70 5th

13 Years
100 F/S Ruth Leaver 01.04.60 2nd
200 F/S Ruth Leaver 02.24.41 4th
400 F/S Ruth Leaver 04.56.70 1st
800 F/S Ruth Leaver 10.23.58 4th
100 B/R Ruth Leaver 01.18.02 1st
200 B/R Ruth Leaver 02.46.90NR 1st
100 FLY Ruth Leaver 01.15.50 2nd
200 FLY Ruth Leaver 02.51.69 5th
200 I/M Ruth Leaver 02.37.96 1st
400 I/M Ruth Leaver 05.37.27 2nd

14 Years
400 F/S Stephanie Dick 05.01.35 3rd
800 F/S Stephanie Dick 10.23.62 5th
200 B/K Susan Simpson 02.39.92 6th

100 FLY Stephanie Dick 01.15.54 5th
200 FLY Stephanie Dick 02.51.73 2nd
400 I/M Stephanie Dick 05.57.45 6th

15/16 Years
100 F/S Craig Miller 00.53.78 1st
100 F/S Stewart Hogg 00.56.16 3rd
200 F/S Craig Miller 01.57.49 NR 1st
400 F/S Craig Miller 04.11.54 1st
1500 F/S Craig Miller 16.57.83 1st
100 BK Craig Miller 01.01.70 1st
200 BK Craig Miller 02.11.78 1st
100 BR Stewart Hogg 01.09.83 2nd
200 BR Stewart Hogg 02.30.67 1st
100 FLY Craig Miller 01.00.19NR 1st
200 FLY Craig Miller 02.14.03 1st
400 I/M Craig Miller 05.01.03 2nd

17/18 Years
100 F/S Carol Brown 01.00.76 1st
400 F/S Carol Brown 04.41.58 3rd
100 BR Carol Brown 01.22.90 3rd
200 FLY Louise McLay 02.49.41 3rd
200 I/M Carol Brown 02.39.52 6th
400 I/M Michelle Bryce 06.25.76 6th

19/24 Years
200 BR Anne Marie Greene 03.18.79 4th

ANNUAL GENERAL MEETING

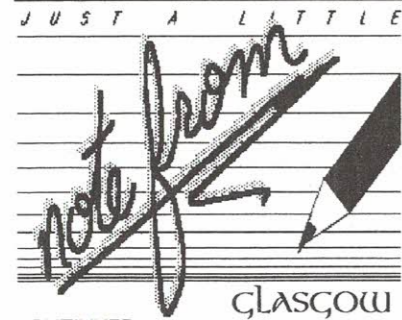
The first AGM of the City of Glasgow Swim Team was held on 12th May at the City Chambers in Glasgow. It was attended by over 70 swimmers and parents who came to hear the plans for the next 12 months for the City Team and to get involved in the development of swimming in Glasgow.

TRAINING CAMPS

The last of the training camps for the 1993/94 season was held in Dunoon on 6 - 8 May. This camp was aimed at those swimmers who had shown great commitment in training at the previous camps, and who were identified as talented performers. The camp was used to run a series of tests on the swimmers to identify strengths and weaknesses in their training programmes. Body composition test, flexibility and strength test were undertaken as well as a series of water tests incorporating starts and turns.

The provision of training camps is an essential part of the City of Glasgow Swim Team's talent identification programme which plays an ongoing role in targeting athletes towards excellence. The camps have provided athletes with a strong incentive to become part of an elite squad working towards a common goal. The selection for the camps differs from camp to camp, becoming increasingly more difficult and challenging.

The training programme for the 1994/95 competitive season has been finalised. There will be a series of camps targeted at different age groups and abilities as follows:-



CONTINUED.....
OLYMPIC PATHWAY

The Olympic Pathway camps form the foundation of the overall camp programme. They are aimed at the top performers at all stages in the Learn To Swim lessons run by Glasgow City Council in 14 centres throughout the City. The camps consist of a half-day multi-sport programme to develop motor skill learning in young swimmers. They are held every eight weeks.

ONE DAY STROKE CLINICS

Aimed at the 10 years and under swimmers. There will be five one day intensive clinics designed to review and improve the technique of swimmers within the City training scheme via the use of video and stroke analysis.

NEW WAVE CAMPS

These three weekend residential training camps are for the 11 and 12 year olds. They will provide an in depth programme to build on the work carried out in training. Each camp will include educational lectures, water work, video stroke analysis and land conditioning.

RISING STARS CAMPS

Four weekend camps for 13 and 14 year olds. These are aimed at those swimmers who have the potential to make Scottish junior and senior teams in the next four years. They will cover the same aspects as the New Wave camps, but with an emphasis on athlete testing - anthropometrics, basic speed tests, starts and turns and threshold testing.

ELITE CAMPS

For the very best Glasgow athletes of all ages. These will range from a one week Glasgow based camp to a two week warm weather camp and will provide a full programme of swimming and dry land activity including lactate testing and individual video sessions.

AWARDS BANQUET

The Swim Team rounded off the season with an Awards Banquet on June 25th at the Pollokshaws Burgh Hall. The awards night honoured a number of athletes, volunteers and builders of sport. In the case of athletes there are two categories of award:

1. Time improvement over the year based on two distances 100m/200m except for the 10 years and under where only one measurement was used.
2. Excellence, based upon times measured on the World Points Tables.

The following swimmers were nominated for the awards:

**Improvement:-
10 and under**

Debbie Taylor, Louise Coull, Joanne Clark, Paul Finnegan, Martin McPhee, Daniel Norman.

11/12

Kimberley Stark, Laura Cook, Helen Finnegan, David Coull, Alan Crum, Paul Clark.

13/14

Louise Jackson, Claire McGowan, Gillian Ferguson, Billy Joe McDade, Scott McGillivray, John Paul Coyle.

15 and over

Karen Dastey, Lynsey Reynolds, Carol Brown, Mark Jackson, Ian Withers, David Connelly.

Excellence

10 and under

Megan Sharp, Debbie Taylor, Louise Coull, Tony Muir, Paul Finnegan, Darren De Rosa.

11/12

Kate Wallace, Kimberley Stark, Laura Cook, Bryan Taylor, Alan Crum, Paul Clark.

13/14

Susan Simpson, Stephanie Dick, Ruth Leaver, Alan Crosbie, Chris Johnstone, Barry Davie.

15 and over

Fiona Johnstone, Carol Brown, Anne Marie Greene, Stewart Hogg, Craig Miller, Alasdair Morrison.

SCOTTISH NATIONAL CHAMPIONSHIPS

Congratulations go to the following Glasgow athletes who achieved entry times for the senior national and age group championships:

Senior Nationals

Andrew Aitken, Carol Brown, Craig Miller, Ruth Leaver, Stewart Hogg, Neil Tait.

Age Group Nationals

Craig Miller, Carol Brown, Stewart Hogg, Ruth Leaver, Barry Davie, Susan Simpson, Chris Johnstone, Stephanie Dick, Louise Jackson.

Special congratulations to Andrew Aitken who qualified for the Scottish Commonwealth Games Team at the Championships.

The Swim Team are also attending the English National Age Groups and the Welsh Long Course National Championships in what will be a very busy end to a very successful season.

A WARM GLASGOW WELCOME.....

..... to Lindsay and Debbie Brown, and Joanne Rowbury who have recently joined the City Swim Team. We look forward to sharing many great training sessions with them!!!!!!

We also extend a very warm welcome to Colin Cresswell, the latest addition to the Glasgow coaching team. Colin, who has many years experience in Scottish swimming has accepted the

position of Coach to one of the two expanding senior squads.

.....AND FINALLY

The City of Glasgow Swim Team will close for the summer on July 8th and reopen for training on August 8th. There will be a Team meeting on Saturday August 6th at Castlemilk Pool to mark the beginning of the 1994/95 season. All new and existing swimmers will be required to register for the 1994/95 competitive season at this meeting.

Graham Wardell

MASTERS

Fourteen Scottish Masters took part in the Great Britain Masters Championships at Leeds at the beginning of June. Pride of place went to Flora Connolly of Edinburgh.

With her sights set on the FINA World Masters in July, the 60 year old has been breaking World Masters records each time she competes and her 200m Breaststroke time of 3:24.83 broke her own World Masters record! In the 100m Butterfly she established a new European Masters record of 1:35.17. Eddie Riach (Motherwell) set three new European Masters records, 30.17 in the 50m Backstroke, 2:25.5 in the 200m Backstroke and 5:09.15 in the 400m Individual medley - all were set in the 40 - 45 year age group.

Ken McKay of Motherwell (65 + years) was also in record form with new British Masters records in the 100m Fly 1:46.37 - a 10.6 seconds improvement and in the 400m Individual Medley 7:32.81.

Flora, Eddie and Ken all won the maximum 7 gold medals.

Thirty five Masters attended the Training Weekend held at the University of Stirling at the end of May. The weekend involved 8 hours in the water plus discussions and a social evening on the Saturday.

Next course is to be held in the 50m heated open air pool at Stonehaven in August. A week's training course is proposed for January 1995 in the Canary Islands.

EDUCATION DEVELOPMENT

To enable the Education Committee to plan for the year ahead would Tutors please submit courses they intend to run throughout the year. These courses can be advertised in the Swimming Times - through ISTC representative Mrs Winnie Ferguson, 125 Grangehill Drive, MONIFIETH, Tayside, 0382-532045. This applies to all course in all disciplines also RLSS courses. Please ensure this information reaches all Tutors and Coaches via the newsletter. Courses can also be advertised in the SWIMMING 2000 newsletter.

Winnie Ferguson



SYNCHRO SCOTLAND
SYNCHRONISED SWIMMING
COACH DEVELOPMENT CLINIC

CANADIAN COACH LESLIE SPROUL
9TH - 10TH JULY
ROYAL COMMONWEALTH POOL,
EDINBURGH
Saturday 12 noon till 7pm -
Sunday 6.30 am till 2.30 pm

COST
COACHES £25 SWIMMERS £5
FURTHER INFORMATION FROM THE
SASA OFFICE 041 641 8818

SPEEDO HELPS TOP SWIM TEAM

Sponsorship from Speedo Swimwear ensured that the latest Graded Meet run by Milngavie and Bearsden was the most successful ever.

The competition was designed to offer the younger developing swimmers the opportunity to compete with others of the same ability and to experience the excitement of a multi-club meet. This aim was achieved in fine style with some of the swimmers grabbing the chance to show just how much their season's training had improved their times. The winners of each event were rewarded not only with gold medals but also a towel from Speedo, the meet sponsor, and this was enthusiastically received.

The meet was so successful that a similar meet has been arranged for December and enquiries have already been received for entries to it!!!!!!

Meanwhile at the other end of the club, further support from Speedo assisted a strong team to compete in the National Championships at the Royal Commonwealth Pool in Edinburgh where they comfortably took the award for the best team. This was also the final selection meet for Scottish swimmers seeking a place in the Scottish Commonwealth Games Squad and, although Alison Sheppard again achieved selection, a number of her club mates failed by the narrowest of margins to book a place on the plane to Canada. Unfortunately this disappointment took away some of the pleasure of winning such an important title but the club's status in the sport was once again significantly enhanced.

"HOW THEY TRAIN"

For those of you at the Orjan Madsen Talks at Perth you will remember a suggestion that we provide articles on "Training Methods" to get the ball rolling we will be running a series of "How They Train". The first one is Helen Slatter, Great Britain International who has competed at the last two Olympics also the World Championships, Europeans and Commonwealth Games and has recently been selected for the English Commonwealth Games Team going to Victoria.

Helen is basically a 400m Individual Medley swimmer who can also compete at international level on 100 and 200 Backstroke and also 200m Butterfly. Helen believes the "I/M's" must have good all round ability and be able to produce good 200 times on all four strokes and then be fit enough to put all four strokes together into one swim. To give you some idea of Helen's all round ability I list her best long course times :- (50 metres)

50	Free	00:29.3
100	Free	01:03.2
200	Free	02:11.5
400	Free	04:36.4
800	Free	
50	Breast	00:37.6
100	Breast	01:19.0
200	Breast	02:48.3
50	Fly	00:31.5
100	Fly	01:03.44
200	Fly	02:14.82
50	Back	00:30.70
100	Back	01:03.9
200	Back	02:14.5
200	I/M	02:17.2
400	I/M	04:49.6

Helen's training plan leading into a major competition is divided into the following phases :-

- 3 - 4 weeks - Rest No Training
- 2 - 3 weeks - 5 - 7 sessions per week mainly on Stroke work and gently building into basic sets.
- 24 week Major Cycle divide in four cycles of 6 weeks. 10 sessions per week plus Land work.
- 2 week - Taper Period to Major Meet.

Helen's training programme is very systematic, if you study the "Cycles" listed you will see that the "Core Sets" are repeated week in week out with the number and turn-round time being altered to stress adaption to new levels of fitness.

Sessions are generally divided into the following aspects:-

WARM-UP

Core Set - Major set of session, usually on either backstroke, Freestyle, Individual Medley.

Main Set - Usually on Butterfly or Breaststroke.

Pulling - Usually Backstroke, Freestyle

or I/M.

Kicking - Usually Backstroke. I/M or Breaststroke.

Pace Work - Usually I/M or Backstroke or Butterfly.

Sprint - Backstroke and all four strokes

Misc - Change-over stroke work i.e.
Fly to Back
Back to Breast
Breast to Free

SWIM DOWN

Please note whilst the sample sessions are written down in the above order they do not follow this sequence during the work-out. Helen trains two sessions a day Monday to Friday, morning sessions 5.30 - 8.00am (first 10 minutes stretching) and 4.30 - 6.30pm additionally Helen does 3 one hour land work sessions.

Because the medley swimmer needs to cover all four strokes in training Helen sticks to the following weekly format :-

AM	MON	TUES	WED	THU	FRI
CORE	F/S	I/M	F/S	I/M	F/S
MAIN	BRST	BACK	BRST	BACK	BRST
KICK	I/M	BRST	I/M	BRST	I/M
PULL	BACK	I/M	BACK	I/M	BACK
PACE	BACK	BRST	BACK	BRST	BACK
PM	MON	TUE	WED	THU	FRI
CORE	BACK	I/M	BACK	I/M	BACK
MAIN	FLY	BRST	FLY	BRST	FLY
KICK	BRST	BACK	BRST	BACK	BRST
PULL	F/S	BACK	F/S	BACK	F/S
PACE	I/M	FLY	I/M	FLY	I/M

The following cycles were completed between 27 September 1993 and 7 March 1994 and the weeks training for week 4 in Cycle 2. - see page 6/7

I should explain to you how the sets are completed. In the main Helen would start each set repeating on a comfortable time, moving gradually and consistently faster through the set for example core set 10 X 200 Back at 2:30 (25yard pool) starting time 2:20.0 bringing time down to under 2:10.0 improving by 1 second each rep. If sets are say 4 or 5 reps i.e. core set 4 X 400 Back at 5:15 the set reduces 1 to four as follows :-

1st	-	5 minutes
2nd	-	4.45
3rd	-	4.30
4th	-	4.20

Most of Helen's Pace Work sets are broken swims i.e. 5 X 200 I/M at 4 with 10 seconds at 50 trying to swim in a race fashion as close to race pace as possible.

Sprint work is usually done in one of two ways either reducing 1 to 3

i.e. Monday am 30 X 25 at 30 Back or from a dive.

i.e. Thursday pm 15 X 25 at 1 minute choice, all done at race pace or better.

Looking at sessions alone cannot give you the full idea of how a swimmer trains so maybe you should understand some of Helen's beliefs also - Helen feels that yardage alone is not the answer...

Finally, as Helen's coach for the past years I must tell you about her qualities, she works extremely hard (but still realises that even the best swimmers need telling if they let their standards of self discipline drop)...

Martyn Woodroffe
Director of Swimming

CYCLE table for 100 F/S with columns for week, no., time, and multiple sessions.

CYCLE table for 200 F/S with columns for week, no., time, and multiple sessions.

CYCLE table for 400 F/S with columns for week, no., time, and multiple sessions.

CYCLE table showing dates for weeks 1 through 6.

CYCLE table for 400 I/M with columns for week, no., time, and multiple sessions.

CYCLE table for 200 I/M with columns for week, no., time, and multiple sessions.

WARRINGTON BOROUGH COUNCIL N SQUAD TRAINING PROGRAMME table for DATE 29-11-93.

WARRINGTON BOROUGH COUNCIL N SQUAD TRAINING PROGRAMME table for DATE 01-12-93.

WARRINGTON BOROUGH COUNCIL N SQUAD TRAINING PROGRAMME table for DATE 03-12-93.

CYCLE table for 200 No 1 with columns for week, no., time, and multiple sessions.

CYCLE table for 100 No 1 with columns for week, no., time, and multiple sessions.

CYCLE table for 400 No 1 with columns for week, no., time, and multiple sessions.

WARRINGTON BOROUGH COUNCIL N SQUAD TRAINING PROGRAMME table for DATE 30-11-93.

WARRINGTON BOROUGH COUNCIL N SQUAD TRAINING PROGRAMME table for DATE 02-12-93.

WARRINGTON BOROUGH COUNCIL N SQUAD TRAINING PROGRAMME table for DATE 30-11-93.

WARRINGTON BOROUGH COUNCIL N SQUAD TRAINING PROGRAMME table for DATE 02-12-93.

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WARRINGTON BOROUGH COUNCIL N SQUAD TRAINING PROGRAMME table for DATE 01-12-93.

WARRINGTON BOROUGH COUNCIL N SQUAD TRAINING PROGRAMME table for DATE 03-12-93.