

USRPTIA Webinar #1
**USRPT ORGANIZATION FOR
TRAINING GROUPS**

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<http://coachsci.sdsu.edu/swim/bullets/47GUIDE.pdf>

**Sports
Science
Associates**

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1.1

WORDS OF WISDOM 101

The task that confronts all man in this day and age is the weighing of evidence against non-evidenced self-interest. Objective evidence (science) is much more credible than self-generated fantastic propositions.

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TERMINOLOGY

TRAINING STIMULUS – A block of mental and physical exercises (all performance factors).

TRAINING EFFECT – What results from a training stimulus. Relevant or irrelevant?

PRINCIPLE OF SPECIFICITY – What is altered in a training stimulus as it relates to competitions. A measure of relevancy.

TRAINING RESPONSE – How a swimmer reacts to a training stimulus. Individual variation.

TRAINING STRESS – What results from the training stimulus demand. Individual variation.

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USRPT DEFINED

First, USRPT is a technique-oriented system that uses a particular training format to maximize the opportunities for learning race-relevant techniques.

Its second priority is to make coaches good teachers so that they can assist swimmers in changing their relevant techniques.

Thirdly, since psychology determines the outcome of races, that has to be emphasized.

Finally, conditioning is limited to inherited abilities and can be accomplished fastest and most effectively through ultra-short training.

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A SUMMARY OF THE DEVELOPMENTAL STAGES SUGGESTED FOR MINIMAL USRPT PROGRAMS

AGE IN YEARS	SESSIONS/ WEEK	CONTENT	USRPT / SESSION
8	3	Fun and technique	1
9	4	Fun and technique	2 for 2; 1 for 2
10	5	Skills, technique, and fun	2 for 2; 1 for 3
11	6	Skills, technique, and enjoyment	2 for 3; 1 for 3
12	7-8	Skills, technique, enjoyment, and achievement	3 for 2; 2 for 2; 1 for 2/3
After puberty	8	Skills, technique, training/competition achievements	3/4 for 3; 2 for 6
14+	8/9	Skills, technique, race strategies and simulations at practice; training/competition achievements	3/4 for 4; 2 for 4/5

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STEP 1: SWIMMER CONDUCT, SKILLS, AND USRPT RULES

There are certain modes of conduct, self-control, self-discipline, motivation, and intellectual acuity that a swimmer must exhibit before USRPT can be properly organized to yield its effects

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STEP 1: SWIMMER CONDUCT, SKILLS, AND USRPT RULES

1. DETERMINE THE TARGET SWIMMING TIME

- Time divided by distance/repetition distance.
- Usually 25, 50, 75, and 100 y/m.
- Must be able to do the mathematics.
- Some coaches have organized calculation of repetition times and recording of training performances.

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	GOAL-LCM	GOAL-SCY	SCY-ADJ			
	URS					
	SEC					
	TAGS					
	A					
	BB					
	+	+	+	P25	P50	P75
FR						
50	0:28.49	0:24.95	0:25.07	0:12.47		
100	0:59.32	0:52.00	0:52.26	0:13.00	0:26.00	
200	2:10.89	1:55.00	1:55.57	0:14.38	0:28.75	0:43.13
500	5:55.20	5:20.00	5:21.60	0:16.00	0:32.00	0:48.00
BK						
50	0:30.57	0:27.00	0:27.13	0:13.50		
100	1:06.68	0:58.99	0:59.28	0:14.75	0:29.50	
200	2:26.70	2:10.00	2:10.65	0:16.25	0:32.50	0:48.75
BR						
50	0:01.00	0:00.00	0:00.00	0:00.00		
100	0:02.00	0:00.00	0:00.00	0:00.00	0:00.00	
200	0:04.00	0:00.00	0:00.00	0:00.00	0:00.00	0:00.00
FL						
50	0:29.56	0:26.00	0:26.13	0:13.00		
100	1:03.55	0:55.99	0:56.27	0:14.00	0:28.00	
200	2:24.88	2:08.00	2:08.64	0:16.00	0:32.00	0:48.00
IM						
100	1:08.26	1:01.50	1:01.81	0:30.75		
200	2:29.72	2:12.00	2:12.66	0:33.00	1:06.00	
400	5:28.30	4:50.00	4:51.45	0:18.12	0:36.25	0:54.38

SIGMAPERFORMANCE
Meredith Schlosberg

Courtesy of
Coach Andrew Ha

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Head Coach
Steven Murphy

Training recording sheet - Marlins top squad						
Set 1			Set 2			
Record the set, reps before 1st fall and total reps			Record the set, reps before 1st fall and total reps			
Set 3			Set 4			
Record the set, reps before 1st fall and total reps			Record the set, reps before 1st fall and total reps			
Training target times						
Event	112m	21m	50m	75m	100m	Please use the excel-trained target calculator
50m FC	x		x	x	x	using your current short course personal bests
100m FC	x			x	x	(use seconds) to get your training target times and fill in the blank spaces
200m FC	x				x	where appropriate. When you swim a new personal best you will need to recalculate your training target
400m FC	x					target by using the excel-trained target calculator.
800m FC	x					Medley targets are worked out differently using your targets for the specific strokes / distances, ask coach.
1500m FC	x	x				
50m freestyle	x		x	x	x	
100m freestyle	x		x	x	x	
200m freestyle	x			x	x	
50m Fly	x		x	x	x	
100m Fly	x			x	x	
200m Fly	x				x	
50m Back	x		x	x	x	
100m Back	x			x	x	
200m Back	x				x	
100 IM	x		x	x	x	
200 IM	x			x	x	
400 IM	x				x	

KNOW WHEN TO START

- On a convenient 5-second unit.
- Swimmers at 5-second intervals.
- The coach has to be very strict about timing and monitoring one's progress. It is very important and should be the central behavior of USRPT swimmers.

KNOW HOW TO START

- Avoid cheating or self-deception.
- Use constant error in time.
- **The Wall-start Rule: After the clock hand has passed two seconds before the interval start time, the swimmer can reposition underwater and push off the wall.**

[This generates constant error]

KNOW HOW TO FINISH

- Avoid cheating or self-deception.
 - Use definite finish action.
 - Turn head and "photograph" the time.
- 35- seconds means complete the swim before the 35 second mark is passed by the clock-hand.
- 35+ seconds means complete the swim just after the clock-hand has passed 35 seconds but before it reaches the 36-second mark.
- 35 seconds means complete the swim as the clock-hand passes over the 35-second mark.



KNOW HOW TO DICTATE PARTICIPATION AND FAILURES

- Swimmers are responsible for monitoring their times.
- Times either meet or are better than the target time or **FAIL** to match the time.

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KNOW HOW TO DICTATE PARTICIPATION AND FAILURES

- First five repetitions are adjustments.
- If a failure in the first five repetitions is no more than +1 second then not counted as a failure.
- From then on correct time has to be respected.
- Miss one/two repetitions after a failure (move to side of lane).
- Finish the set when two consecutive failures or a total of three failures.

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SPECIAL ORGANIZATION FEATURES TO ACCOMMODATE RESTS

- Successful swims – there could be a reasonable excuse for failure.
- Number of repetitions before first failure is most important index.
- Two failures in a row or three total.
- Double rests for 25 and 75 if in SCy/m pool and 50 m in LCM pool.
- Neural fatigue closest approximation to race fatigue.

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THE USRPT CONCEPT OF FAILURE

- Swimmers are expected to fail before reaching the theoretical maximum number of repetitions.
- Do the maximum number and it is too easy.
- Missing target time and not completing maximum number of repetitions is good.

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RECOVER WELL

- Early failure – on deck activity.
- Empty lane – active recovery but not stroking (do not want to swim slow).
- All in-pool active recovery.
- Opportunity for coach instructions.

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RECORD THE SET PERFORMANCE

- Technique or psychology aspect.
- Actual set (coach can post on line).
- Target time and interval.
- Number of repetitions to first failure.
- Number of repetitions to two failures in a row, or number of repetitions to three failures.
- Total target yardage.

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INTERPRETING ONE SET'S PERFORMANCES

- Judge if improved, stable, or regressed.

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Number of Repetitions to First Failure	Total Yardage Achieved	Decision About Swimming Status
More	Increased	Improved
Same	Increased	Improved
Less	Increased	Improved
More	Same	Improved
Same	Same	Same
Less	Same	Indeterminate
More	Reduced	Improved
Same	Reduced	Worse
Less	Reduced	Worse

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DEVELOP MENTAL CONTENT FOR EVERY STROKE

- Every stroke should have an aspect of technique or racing strategy embedded in it.
- A stroke without directed mental activity is a wasted stroke.
- Many more trials for technique and racing are required than for conditioning and thus, conditioning is an automatic training effect.
- Persist with practice instruction until satisfied that swimmers have started to think every stroke.

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USRPT IS PRECISION TRAINING

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