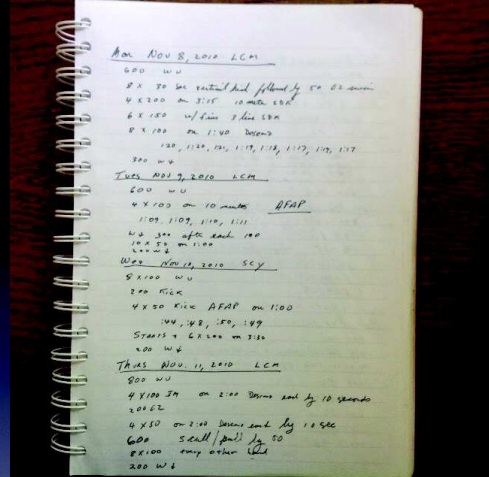


USRPT FOR MASTERS SWIMMERS

BY
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2016 MASTERS NATIONAL CHAMPION (65-69) SCY 50, 100, 200 FREE
2015 MASTERS NATIONAL CHAMPION (65-69) SCY 50, 200 FREE
2014 MASTERS WORLD & NATL CHAMPION (65-69) LCM 200 & 400 FREE
2014 MASTERS WORLD RECORD HOLDER (65-69) 400 SCM Freestyle

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Training Log - Traditional Training (TT) Workout
Before USRPT

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What is USRPT

- Made up of Three Components
- Technique
- Psychological
- Conditioning

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Technique

- Most Important! (More important than conditioning)
- This is what coaches know about
- Choose element to work on at Race Pace
- Examples - Head position, 90 degree elbow

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Psychological

- Positive Thinking - self fulfilling prophesy
- Visualization
- Segmenting the Race
- Trigger words - *Power, Whip, Boom, Lightening, Electric, Drive, Punch, Explode !*

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Conditioning

- Produces largest volume of race pace work
- Self limiting
- Teaches race pace daily
- Can predict race times
- You are *always* ready to race

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What *USRPT* is Not

- Not just for sprinters
- Not a set in a workout or a way to fill one day a week with something different
- Not 10 x 100 on 1:30 or 25 sprints at the end of workout
- Not drills, pulling or kicking
- Not slow swimming - EVER

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Why No Drills or Kicking?

- Specificity!
- Transfer of Training is specific
- Finger tip drag drill??? During a race?
- Kicking with a kick board? Huh?
- Isolate and work on technique while swimming at race pace!

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200 SCY Progression

| | 2010* | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 |
|-----------|------------|------------|------------|-------------|---------------|---------------|---------------|
| Feb | 2:10.94 | 2:07.07 | 2:10.15 | 2:09.94 | 2:03.35 | 2:03.82 | 2:06.97 |
| Nationals | 2:02.22 | 2:06.18 | 2:05.15 | 2:05.97 | 2:02.26 | 2:02.54 | 2:02.04 |
| Age | 60 (TT) | 61 (TT) | 62 (TT) | 63 (HIT) | 64 (USRPT) | 65 (USRPT) | 66 (USRPT) |

*2010 times were swum in full body suit
 TT = Traditional Training
 HIT= High Intensity Training
 USRPT = Ultra Short Race Pace Training

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200 Free at Nationals USRPT vs TT

| Name | 2010 | 2015 |
|-------------|-------------|-------------|
| Gruber | 2:02.22 (4) | 2:02.54 (1) |
| Swimmer "B" | 1:56.73 (1) | 2:06.05 (5) |
| Swimmer "R" | 2:01.17 (3) | 2:11.13 (7) |
| Swimmer "O" | 2:03.80 (6) | 2:05.45 (3) |

400 SCM Progression

| | *2009 | 2010 | 2011 | 2012 | 2013 | 2014 |
|-----------|------------|------------|------------|------------|---------------|---------------|
| Best Time | 4:49.57 | 4:53.44 | 4:57.02 | 5:02.97 | 4:56.25 | 4:54.45** |
| Age | 60 (TT) | 61 (TT) | 62 (TT) | 63 (TT) | 64 (USRPT) | 65 (USRPT) |

* 2009 Times were swum in full body suit
 **World Record (65-69)

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Results FINA Masters World Championships LCM

Goteburg 2010 60-64

| | | |
|----------|----------|-----|
| 50 Free | 29.42 | 9th |
| 100 Free | 1:05.51 | 7th |
| 200 Free | 2:25.00 | 4th |
| 400 Free | 5:11.55 | 3rd |
| 800 Free | 10:53.01 | 4th |

Traditional Training

Montreal 2014 65-69

| | | |
|----------|----------|-----|
| 50 Free | 28.91 | 2nd |
| 100 Free | 1:03.54 | 2nd |
| 200 Free | 2:22.53 | 1st |
| 400 Free | 5:06.25* | 1st |
| 800 Free | 10:39.76 | 2nd |

USRPT

* Meet Record

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Masters Swimmers who only train using *USRPT* experience the “Bourbon Effect”...

Like Bourbon, they improve with age!

Anatomy of a *USRPT* Workout

- Pick your Event
- Choose your *USRPT* set
- Calculate your Target Repeat Time
- Establish Send-off and Finish Rules

Pick Your Event

- Decide what event(s) to target
- Choose a reasonable goal
- Example - 400 SCM Free 4:55.56

Choose Your *USRPT* Set

- See chart “USRPT Training Sets”
- Choose a primary and secondary set
- Example - 30 x 50 and 40 x 25

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USRPT Training Sets

| Repetition Distance | 100 | 200 | 400/500 | 800/1000 | 1500/1650 | 200/400IM |
|---------------------|-----|-----|---------|----------|-----------|-------------------------------|
| 25 | 30 | 40 | 40 | 50 | | |
| 50 | 20 | 30 | 30 | 40 | 50 | 10BF-BK 10BK-BR 10BR-FR |
| 75 | | 20 | 24 | 30 | 30-35 | |
| 100 | | | | | 25-30 | |

For 25s rest is always :15. All other sets :20

Fail rules: Two back to back fails or three total within a set, set is over
IM - swim all three sets back to back.

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Calculate Your Target Repeat Time

- Divide goal time into 50s and 25s
- Example - 400 SCM Free 4:55.56
- $1:13.5/100m = 36.75/50m = 32.75/50y$
Round to :32 for 50s and :16 for 25s
- Example 200 yard Free 2:00
- :30 per 50 and :15 per 25

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Standard Rest :20 Long Rest/Short Rest

- Standard rest between repeat 50s is :20
- If holding :32s send-off should be :52
- For ease of send-off calculation use either :50 or :55
- Holding :32 on :50 = :18 rest (short rest)
or
- Holding :32 on :55 = :23 rest (long rest)

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Establish Send-Off and Finish Rules

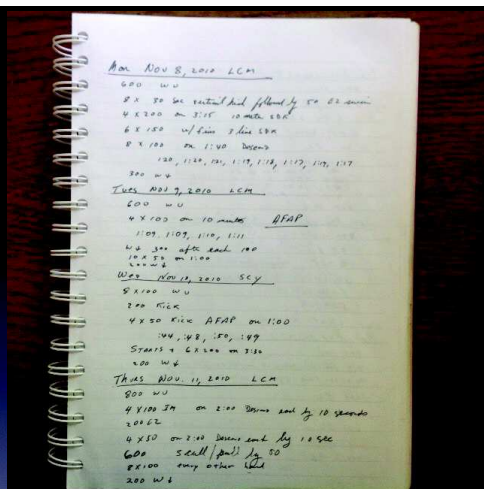
- In motion at the :59 (NOT :58 or :57)
- Finish to the wall BEFORE looking at clock
- Consistent send-offs and finishes give you accurate data/splits/target time

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USRPT Set Protocol

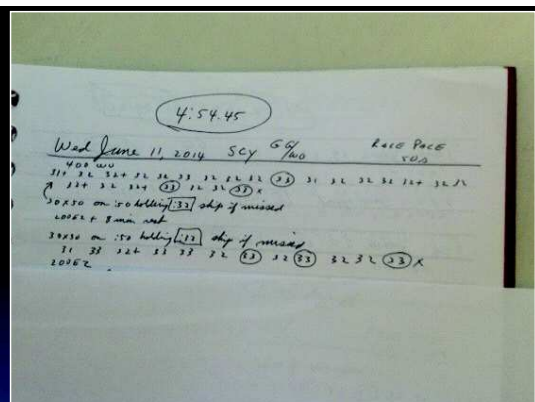
- Training distance should be 3-5 times race distance
- While training for 400 free swim two sets of 30 x 50 completing 18 - 26 on first set and 6 - 12 on the second set
- Total race pace yards 1200 - 1900
- How much race pace yardage in TT?

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Training Log - Traditional Training (TT) Workout Before USRPT

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Training Log - USRPT Workout

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- If your competitors average 150 y/m per day in TT doing AFAP swims and you average 1200 per day at Race Pace, in one year you will have swum 8 times more at Race Pace using *USRPT* than your competitors...

Failure is Good !

- Swimmers **MUST** swim to failure on each and every set every time - no exceptions!
- You should **NEVER, EVER, EVER**, be able to complete all 30 (or 20) repeats in a set!
- If you make all the repeats, the set is too easy. Adjust the target time.
- **DO NOT ADJUST THE REST TIME.**
- Where the first failure occurs in a set is important.
- In *USRPT* success is failure and failure is success!

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Isn't it Boring???

- *The challenge every day* is to see if you can push that first failure later in the set.
- *The challenge everyday* is to make more target times after a failure than you did before.
- *The challenge every day* is to get one more 50 or one more 25 before failure.

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How to Start Using *USRPT*

- “Immersing Traditional Training swimmers into a full *USRPT* workout has been tried, but difficulties and swimmer exhaustion has quickly become apparent, often with the attribution that *USRPT* is too hard and unreal” (Brent Rushall, PhD)

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- When starting *USRPT* use a generous target time. You want your swimmers to be successful! If it is too difficult they will quit.
- Start with one set of *USRPT* only.
- If anything *USRPT* sets for Masters should be added too slowly when first starting.
- *USRPT* is more swimmer directed than coach directed

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- Training progress is largely measured by the number of successful repetitions completed before first failure. (key concept!)
- Doing the same sets gives you the opportunity to compare apples to apples and to see progress.
- You can expect four to six months before seeing results.

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Sprint *USRPT*

- Different protocol for 50m/y training
- All-out (AFAP) 15s and 25s
- Timed From the Blocks
- Full Recovery between swims (3-4 minutes)
- Go to two failures in a row $>.2$ of best practice time for that day

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Sprint *USRPT* Set

| | |
|-------|--|
| 12.84 | Start too deep |
| 12.17 | Good |
| 12.25 | Extra stroke at finish |
| 12.26 | Hands apart at start |
| 12.27 | OK |
| 12.15 | Best Practice time of Day! Good glide at start |
| 12.69 | Bad Squeeze |
| 12.29 | Good |
| 12.25 | Good |
| 12.15 | Good Glide |
| ? | Clock did not start |
| 12.35 | Getting tired (first fail) |
| 12.91 | Bad Squeeze |
| 12.39 | Done. 2nd Failure |

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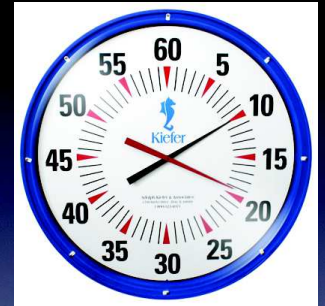
Keeping Track of *USRPT* Data

- Analog Clock
- Digital Clock
- Finger Stop Watch
- Divers Slate
- Training Log

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Analog Clock

- Difficult to be accurate on send-offs and more difficult on finish times



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Digital Clock

- Swimmers need to learn how to use the clock for send-offs
- With practice they will differentiate between 32.1 and 32.9



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Finger Stop Watch

- Excellent for 50 Sprint protocol
- Accuracy to .00
- After second fail do one more w/o finger stop watch to reinforce proper start & finish



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Divers Slate

- Used to record times and indicate failures
- Transfer later to training log
- Write send-offs especially for odd times e.g., :55

| Send off | Time |
|----------|-------|
| 1)59 | 31 32 |
| 2)54 | 31 32 |
| 3)49 | 26 27 |
| 4)44 | 21 22 |
| 5)39 | 16 17 |
| 6)34 | 11 12 |
| | 06 07 |

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Training Log

- Used to chart progress during season
- Keep notes on workout



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With *USRPT*...

You Are Always Ready to Race!!!

When you train using *USRPT* and you are behind the blocks getting ready to race, remember...

All you have to do is what you
do *every day* in practice!

USRPT for Masters

