



Shortcourse 2004-05 Provincial Team Camp #1 Report

Provincial Team Training Camp – October 17-20th, 2004

Dear Athlete,

Congratulations on being named to the British Columbia Provincial Team for the Shortcourse season 2004-05. . We sincerely hope that the UBC Camp was very beneficial for you. We look forward to seeing your performances and technique improve as a result of your exposure to the athletes, coaches and training environment at the camp.

This booklet is a summary of the swimming and learning that you participated in at the camp. We hope you will share this information with your coaches and peers. It should also be a nice souvenir of your work and achievements at the camp.

Enclosed you will find the workouts that we did and a brief summary of the information presented in each of the learning sessions. At the end of the booklet, you will find the results for all of the test swims completed at the camp. Please retain all of this information for future reference.

The Provincial Team program is an evolving process. It will only improve through your feedback and enthusiasm. Please send your thoughts on the camp to your coach and Swim BC. We would love to use this information to improve future training and competition opportunities with the Provincial Team.

Thank you.

All the Camp Coaches and Swim BC



Shortcourse 2004-05 Provincial Team Camp #1 Report

Primary Camp Staff

Pierre Lafontaine: Australian Institute of Sport, Head Coach

Claude Yves Bertrand: Head Coach, Canada Games

Cindy Radford: Assistant Coach, Canada Games

Steve Price: Vancouver National Swim Centre at Pacific Sport.

Dan Proulx: Team Manager, Swim BC

Guest Coaches

Brad Dalke, Kamloops Classics Swim Club

Xiaoping Lu, Gators Swim Club

Michelle Wilson, Delta Sundogs Swim Club

Brad Digney, Pacific Sea Wolves

Annie Wolfe, Pacific Sea Wolves

Dmitriy Kononenko, Surrey Knights Swim Club

Mike Picard, Richmond Racers Swim Club

Janice Hannah, Canadian Dolphins Swim Club

Kelly Taitenger, Canadian Dolphins Swim Club

Tyler Lewall, Vancouver Pacific Swim Club

Tom Rushton, Winskill Dolphins Swim Club

Cory Beatt, Surrey Knights Swim Club

Tom Johnson, Vancouver National Swim Centre at Pacific Sport.

Facilitators

Jane Lebreche – Recovery and Regeneration

Dana Diabro – Pilates and Core Stability

Laura Farres – Mental Training

Jim Miller and Sport Med BC – Medical Assessments

Special Thanks

Vancouver National Swim Centre at Pacific Sport.

Johnson family – Billeting

Chen family – Billeting

Beaudry family – Billeting

Kotlowski family - Billeting

Team Aquatic Supplies

Speedo



Shortcourse 2004-05 Provincial Team Camp #1 Report
Workout 1, October 17, 2004 5:00-7:30pm, Indoor Shortcourse

200 Free – 200 Kick – 100 IM – 200 Free Scull
8 x50 Kick on 55

2x50 Kick Maximum Effort

6x50 IM on 45 or 50
4x100 Pull on 1:30 as Breathe 5-3 by 25s
3x200 Best Stroke/Free by 50s on 3min

3x100 Kick on 1:45, 1:50 or 1:55
3x100 IM on 1:30, 1:35, 1:40
3x100 Kick (different from first) on 1:30, 1:35, 1:40
3x50 Best Stroke on 1:15

8x50 on 1:05 as back/side
6x50 on 1:20 Descend time and stroke count

6x50 kick on 1:00
6x100 Fly Kick/Back Kick on 1:50 or 2:00

4x200 Best Stroke Kick on 3:20, 3:30, 3:30, 3:40, 3:50

Total: 5950m

Workout 2 – Oct 18, 2004 7:30-10:00am, Outdoor Longcourse

200 Free on 3:30
4x50 as 25 feet first/25 Breast Pull with dolphin kick on 1:30
200 Reverse IM on 3:30
4x50 as 25 underwater dolphin kick on back, 25 Single Arm on 1:20

8x150 as 1 free, 1 as best stroke. 50 drill, 50 Stroke count smooth, 50 Build – hold Strk
Count. Free on 2:20, Best on 2:40

4x
100IM, 50IM order,
Descend IM 1-4 on 1:50
50 IM Order is High Intensity on 50sec.

10x50kick on 1:00

2000 Time Kick Descend the 500's and negative split



Shortcourse 2004-05 Provincial Team Camp #1 Report

500 Loosen Up

5x100 Free/Back by 50 on 1:40

20x50 Free with a band. On 1:00 as 5 Build, 15 Race Effort.

400 Backstroke Warm-down.

Total: 7750m

Workout #3 – Oct 18, 2004 2:00-4:30pm, Outdoor Longcourse

900 as 100 Free/50 Reverse IM

5x

1x200 Descended 1-6 as 100 swim, 100 kick

2x50 Free on 45 as Stroke Count Descended

4x250 Free Descended 1-4 as on 3:20 or 3:30

100 Easy on 2 min

4x200IM Fast on 2min

100 Easy on 2min

8x100 Stroke/Free by 50s on 1:30, 1:140

100 Easy on 2:00

16x50 Stroke Descended 1-4 on 45/50

1x100 Negative Split. Stroke Count.

200 Warm-down.

Workout 4 – Oct 19, 2004 7:30-10:00am, Outdoor Longcourse

400 Free, 300 IM, 200 Fly Kick, 100 Free

10x100 Kick on 2:30, 2:20, 2:10 (drop interval by 5sec on each repeat)

5x600 Free on 8:10, 2x50 on 50 OR

6x400 Bk on 6:00, 2x50 on 55 OR

6x300 BR on 5:30, 2x50 on 1:00 OR

6x300 same set as 4 dolphin kick/arm cycle fly OR

100 Easy

20x50 Kick on 1:15 **Total: 4900m-6100m**



Shortcourse 2004-05 Provincial Team Camp #1 Report

Workout 5 – Oct 19, 2004 2:00-4:00pm Outdoor Longcourse

100 Free, 400 Bk/Fr, 200IM

4x300 Pull/Kick/Swim by 100's on 5:15

8x50 on 1 min

Interval #5 is last 10m All-Out, Interval #6 is last 15m All-Out

Interval #7 is last 20m All-Out, Interval #8 is last 25m All-Out

7x200m on 5 min Step-Test

Recording 100m Split, 200m Time, Stroke Count, Heart Rate

2x50 on 50 Free

2x100 Choice Kick on 1:50

2x200 Free on 3:15

200 Free, 50 Kick, 100 Free, 50 Loosen, 50 Kick

Total: 4650m

Workout #6

800 Drill/Swim , 50 Reverse IM

600 Back as 50 3 Stroke/8Kicks, 50 Swim

400 IM by 50

16x50 Kick on 1:00/:55/:50:45

3x

8x100 Descending Interval on each round

400 Easy

Kicking – Attempt to kick 75m under your best 100 stroke time

300-600WD



Shortcourse 2004-05 Provincial Team Camp #1 Report

Learning Sessions

Day 1 Stations

Jane Lebreche – Skin fold measurements

Laura Farres – Assessment of Mental Training knowledge for each group of 6 athletes

Dana Diabro – Technical work with core strength and pilates movements

Sport Med BC – basic assessment of strength, flexibility and discussion of medical history with a physician. All medical information and recommendations were passed on to each athlete. Athletes need to follow up on recommendations with their own coaches.

Day 2 Classroom Sessions

Pierre Lafontaine – review of video segments from the Australian Institute of Sport. Particular focus on streamlines and underwater dolphin kicking. Highlights of underwater work from the last several Olympics. Reminder to all athletes of the importance of this work in daily training and under fatigued situations. “Remember that it’s 1400 or so days to the Olympics – try to improve one thing by 1% each day!”

Jane Lebreche – spoke about the importance of Recovery and Regeneration for your training and competition. Spoke about several different methods for enhancing recovery and getting the most out of your training. Nutrition, Hydration, Injury Prevention, understanding the basic concept of loading and recovery. Emphasis on developing a recovery protocol with your coach.

Day 3 Classroom Sessions

Pierre Lafontaine: Discussed the fundamental elements of racing.

Key Categories Discussed:

- 1) Start – Underwater, breakout, Swim, Approach to Turn, Turn
- 2) Streamline – Proper trajectory –maintaining speed – kick tbreakout
- 3) Body Position – Concave, Swimming Downhill, Surfboard analogy
- 4) Fitness
- 5) Positive Attitude
- 6) Health
- 7) Nutrition
- 8) Healthy Lifestyle
- 9) Technique
- 10) Flexibility
- 11) Race Strategies – Break down of each element by time of some world class swims



Shortcourse 2004-05 Provincial Team Camp #1 Report

Jane Labreche: Mental Training

Jane went over attention control and centering. She talked about different strategies for staying focused or regaining focus in the face of distraction. Development of cues for ideal performance state were discussed. Swimmers completed tasks in the classroom to help them learn to focus in distracting situations.

**October 17th 5:00-7:30pm
2x50 Kick at Maximum Effort
Indoor SC**

Name	Kick Type	Trial 1	Trial 2	Average
Swimmer 1	BR	40.08	39.97	40.03
Swimmer 2	BR	41.98	40.97	41.48
Swimmer 3	BR	41.40	41.70	41.55
Swimmer 4	BR	41.81	42.40	42.11
Swimmer 5	Fly	34.61	35.60	35.11
Swimmer 6	Fly	35.40	35.00	35.20
Swimmer 7	Fly	35.90	37.20	36.55
Swimmer 8	Fly	38.25	38.28	38.27
Swimmer 9	Fly	38.80	39.01	38.91
Swimmer 10	Fly	38.70	39.50	39.10
Swimmer 11	Fly	39.10	40.90	40.00
Swimmer 12	Fly	40.44	39.90	40.17
Swimmer 13	Free	34.30	35.00	34.65
Swimmer 14	Free	36.60	34.30	35.45
Swimmer 15	Free	36.09	35.86	35.98
Swimmer 16	Free	35.70	36.98	36.34
Swimmer 17	Free	38.80	39.00	38.90
Swimmer 18	Free	39.03	38.90	38.97
Swimmer 19	Free	39.68	38.50	39.09
Swimmer 20	Free	38.80	39.70	39.25
Swimmer 21	Free	40.80	40.60	40.70

**October 18th, 2004 7:30-10:00am
LC Outdoors
2000m Kick for Time**

	500m	1000m	1500m	2000m
Swimmer 1	8:49	17:16:00 8:27:00	25:41:00 8:25:00	33:59:00 8:18:00
Swimmer 2	8:49	17:22:00 8:34:00	25:51:00 8:31:00	34:15:00 8:24:00
Swimmer 3	8:55	18:05:00 9:10:00	26:58:00 8:53:00	35:47:00 8:51:00
Swimmer 4	8:44	17:14:00 8:30:00	25:41:00 8:27:00	34:09:00 8:28:00
Swimmer 5	8:12:00	16:22:00 8:10:00	24:29:00 8:07:00	32:26:00 7:57:00



Shortcourse 2004-05 Provincial Team Camp #1 Report

Swimmer 6	8:45:00	17:14:00	25:38:00	33:49:00
		8:29:00	8:24:00	8:11:00
Swimmer 7	9:15:00	18:22:00	27:24:00	36:20:00
		9:07:00	9:02:00	8:56:00
Swimmer 8	8:58:00	18:00:00	26:55:00	35:49:00
		9:02:00	8:55:00	8:54:00
Swimmer 9	9:18:00	18:24:00	27:22:00	36:12:00
		9:06:00	8:58:00	8:50:00
Swimmer 10	9:15:00	18:24:00	27:21:00	36:10:00
		9:09:00	8:57:00	8:49:00
Swimmer 11	9:15:00	18:24:00	27:21:00	36:10:00
		9:09:00	8:57:00	8:49:00
Swimmer 12	9:18:00	0:18:25	27:18:00	36:04:00
		9:07:00	8:53:00	8:46:00
Swimmer 13	8:45:00	17:45:00	26:39:00	35:14:00
		9:00:00	8:54:00	8:40:00
Swimmer 14	9:02:00	18:07:00	26:47:00	35:19:00
		9:05:00	8:40:00	8:32:00
Swimmer 15	9:22:00	19:07:00	28:30:00	37:43:00
		9:45:00	9:23:00	9:13:00
Swimmer 16	9:24:00	19:32:00	29:09:00	38:35:00
		10:09:00	9:37:00	9:37:00
Swimmer 17	9:32:00	19:09:00	28:45:00	38:21:00
		9:37:00	9:36:00	9:36:00
Swimmer 18	9:47:00	19:49:00	29:28:00	39:10:00
		10:02:00	9:39:00	9:42:00
Swimmer 19	9:53:00	20:11:00	30:47:00	41:03:00
		10:18:00	10:36:00	10:16:00
Swimmer 20	7:26:00	7:23:00	7:17:00	7:09:00
	6:55:00	0:36:11		



Shortcourse 2004-05 Provincial Team Camp #1 Report

7x200m Step Test on 5 minutes

October 19, 2004 2:00-4:00pm Outdoor Longcourse

Name	Split	Time	Stroke Count	HR
Swimmer 1 (Back)	01:22.0	02:45.5	34	140
	01:20.2	02:43.3	36	140
	01:19.7	02:27.7	37	156
	01:16.3	02:39.3	38	168
	01:16.2	02:31.1	38	180
	01:11.0	02:27.2	39	186
	01:10.0	02:23.3	41	192

Name	Split	Time	Stroke Count	HR
Swimmer 2 (Back)	01:31.0	03:04.0	39	126
	01:30.0	03:00.0	39	126
	01:27.0	02:56.0	40	132
	01:24.0	02:49.0	42	138
	01:22.0	02:46.0	41	138
	01:22.0	02:44.0	40	144
	01:19.0	02:30.0	43	162

Name	Split	Time	Stroke Count	HR
Swimmer 3 (Back)	01:30.0	03:02.0	38	126
	01:29.0	02:58.0	37	138
	01:26.0	02:52.0	37	144
	01:23.0	02:47.0	38	144
	01:22.0	02:45.0	37	150
	01:19.0	02:39.0	39	168
	01:17.0	02:33.0	40	186

Name	Split	Time	Stroke Count	HR
Swimmer 4	01:27.3	02:56.0	23	135
Free/Fly by 100s	01:25.0	02:52.0	23	150
	01:23.8	02:50.0	21	160
	01:18.1	02:43.0	22	165
	01:15.9	02:38.0	22	175
	01:11.4	02:33.0	22	190
	01:11.1	02:30.0	23	195



Shortcourse 2004-05 Provincial Team Camp #1 Report

Name	Split	Time	Stroke Count	HR
Swimmer 5	01:30.8	03:02.0	28	140
Free/Fly by 100s	01:25.0	02:50.0	26	140
	01:23.0	02:46.0	26	150
	01:20.8	02:41.0	26	170
	01:14.6	02:37.0	26	170
	01:14.0	02:31.0	26	180
	01:12.4	02:28.0	26	180

Name	Split	Time	Stroke Count	HR
Swimmer 6	01:28.0	02:59.0	37	140
	01:27.1	02:54.7	37	140
	01:25.2	02:49.0	37	150
	01:22.2	02:45.1	37	155
	01:22.4	02:44.5	39	160
	01:18.5	02:44.3	40	170
	01:20.5	02:43.0	40	185

Name	Split	Time	Stroke Count	HR
Swimmer 7	01:20.5	03:00.0	31	90
	01:27.0	02:52.0	30	102
	01:23.0	02:48.0	32	120
	01:21.0	02:42.0	33	132
	01:17.0	02:37.0	35	156
	01:17.0	02:35.0	35	174
	01:15.0	02:30.0	37	180

Swimmer 8	01:28.0	02:56.0	33	150
	01:22.0	02:49.0	31	170
	01:23.0	02:48.0	32	170
	01:17.0	02:39.0	33	180
	01:17.0	02:35.0	35	185
	01:14.0	02:32.0	37	190
	01:12.0	02:26.0	40	194



Shortcourse 2004-05 Provincial Team Camp #1 Report

Name	Split	Time	Stroke Count	HR
Swimmer 9	01:36.0	03:15.0	18	150
	01:33.0	03:07.0	18	150
	01:33.0	03:06.0	19	150
	01:29.0	03:02.0	19	160
	01:28.0	02:59.0	20	170
	01:26.0	02:55.0	21	180
	01:23.0	02:29.0	22	190

Name	Split	Time	Stroke Count	HR
Swimmer 10	01:39.1	03:18.3	16	150
	01:36.0	03:11.0	18	153
	01:33.0	03:05.0	18	158
	01:30.6	03:01.8	20	162
	01:28.7	02:57.7	21	162
	01:26.0	02:53.7	NA	180
	01:25.1	02:52.3	23	179

Name	Split	Time	Stroke Count	HR
Swimmer 11	01:26.8	02:52.0	37	150
	01:22.6	02:44.5	38	160
	01:20.9	02:39.5	38	170
	01:17.0	02:34.0	40	175
	01:15.8	02:31.5	40	180
	01:16.0	02:27.6	41	190
	01:10.6	02:22.7	41	190

Name	Split	Time	Stroke Count	HR
Swimmer 12	01:25.4	02:52.9	39	140
	01:22.9	02:45.8	40	140
	01:19.8	02:39.2	40	140
	01:16.0	02:33.2	41	150
	01:14.5	02:29.7	41	170
	01:11.8	02:23.9	42	190
	01:09.4	02:18.4	43	200



Shortcourse 2004-05 Provincial Team Camp #1 Report

Name	Split	Time	Stroke Count	HR
Swimmer 13	01:23.9	02:48.6	41	19
Free	01:21.0	02:40.2	42	23
	01:19.4	02:38.0	41	24
	01:16.6	02:31.9	44	26
	01:13.0	02:26.7	45	27
	01:11.8	02:25.8	47	30
	01:10.4	02:22.7	47	30

Name	Split	Time	Stroke Count	HR
Swimmer 14	01:18.8	02:40.0	33	130
	01:16.9	02:32.9	33	140
	01:15.6	02:30.0	34	150
	01:11.7	02:24.7	36	155
	01:09.8	02:20.2	37	155
	01:05.1	02:17.1	38	165
	01:00.0	02:13.6	41	180

Name	Split	Time	Stroke Count	HR
Swimmer 15	01:22.6	02:45.7	43	120
	01:19.8	02:38.1	45	120
	01:16.5	02:33.2	45	150
	01:13.9	02:27.3	45	162
	01:10.8	02:21.3	45	168
	01:08.4	02:17.3	45	180
	01:06.7	02:13.5	45	186

Name	Split	Time	Stroke Count	HR
Swimmer 16	01:19.5	02:41.1	37	110
	01:16.6	02:34.5	38	125
	01:16.1	02:31.2	38	130
	01:12.7	02:25.8	39	140
	01:10.2	02:22.3	39	150
	01:08.9	02:20.4	40	160
	01:08.5	02:19.6	39	160



Shortcourse 2004-05 Provincial Team Camp #1 Report

Name	Split	Time	Stroke Count	HR
Sean Nugent	01:37.8	03:18.5	18	NA
Swimmer 17	01:34.0	03:13.0	17	144
	01:32.0	03:08.0	18	156
	01:31.0	03:07.0	19	156
	01:29.5	03:04.5	21	168
	01:29.9	03:09.6	21	174
	01:29.2	03:04.1	23	186

Name	Split	Time	Stroke Count	HR
Erin Miller	01:32.9	03:02.9	22	144
Swimmer 18	01:27.7	02:55.0	24	150
	01:27.8	02:52.0	23	162
	01:21.8	02:43.0	24	162
	01:20.9	02:40.0	25	162
	01:18.4	02:35.0	27	174
	01:13.1	02:33.0	28	186

Name	Split	Time	Stroke Count	HR
Swimmer 19	01:25.0	02:50.0	24	162
Free/Fly by 100s	01:25.0	02:49.0	23	168
	01:20.0	02:44.0	24	162
	01:20.0	02:41.0	25	168
	01:20.0	02:42.0	25	174
	01:17.0	02:40.0	26	192
	01:15.0	02:37.0	26	198

Name	Split	Time	Stroke Count	HR
Swimmer 20	01:19.4	02:40.3	42	130
	01:15.6	02:33.6	42	151
	01:17.8	02:31.8	43	156
	01:12.0	02:24.0	43	160
	01:09.0	02:21.3	44	NA
	01:07.0	02:17.0	45	180
	01:05.0	02:13.0	46	200