

TAPERING

MSNSW

- Remember older swimmers need more taper! So younger ones don't cut the work load back too early!
- The taper must involve some quality high intensity work; a too low intensity taper may result in detraining.
- No all out efforts to be done within 3 days of swimming – muscle glycogen stores will be depleted and won't be replaced in time.
- Sessions should be refreshing – should feel ready to jump out of your skin! Not tired. If you are tired cut it back and rest.
- Sessions decreasing 2km to, at the most, 1.5 km.
- Long relaxed warm up and cool down– concentrating on stroke and feel of water. This is the bulk of session ,e.g., 400 warm up, 700 m sprints, 400 cool down
- Small quality sprints, e.g., 2 x 100 on 4 mins (early in taper), 4 x 50 on 2 min, 25 walk backs

Intensity	Days before swim	Distance
No all out effort	1	No swimming, or just warm up swimming
	2	Starts turns relay changes etc
	3	No more than 1500m
90-100% efforts for 25% program	4	Race pace, distance of events shorter than distance swims
	5	Longer rest, fewer repeats. No more than 1800m.
	6	
	7	90% race pace, swim race distance and less.50 m ,25 m.
	8	Longer rests
80% efforts	9	Some over distance swims
	10	Higher intensity sprints 50m , 25 m. longer rest periods
Some race pace		90-100% pace, many repeats. Start reducing distance swum

Adapted from Anita Killmier's book Mastering Swimming

Sample Set 1:

Sunday Taper before State (1 week out) 1.5hr

Warm up: fins

500 choice + 200 drills

Main Set:

- 4x 25 kick
- 8 x 25 dive starts walk back focus on start and finish
- 100 easy
- 4 x 100 on 4 min
- 100 easy
- 8 x 50 on 2 min
- 100 easy
- 200 pull paddles etc
- 200 IM drill fins

Cool down 200

2700

Sample Set 2:TAPER TUESDAY (4 days out from comp)

Warm up fins

500/600 m swim + 400 drill inc kick - stretch out swim

Main Set:

- 4 x 25 heart starters on 1 minute
- 100 easy
- 2 x 100 choice 85 % strong Swimming on 4 min
- 100 easy
- 4 x 50 choice 90 % effort on 2.00
- 100 easy
- 25s or turn practice

Cool Down 200

2+ km