EST BLUEPRINT · PREMIUM TRAINING GUIDE

STROKE TECHNIQUE · SENIOR / COLLEGIATE TRACK

+3 BONUSES INCLUDED



4-WEEK PROGRAM

FREESTYLE STROKE BLUEPRINT

Alignment, catch, rotation, breathing, kick and distance per stroke

BONUS · STROKE RATE TRACKER

BONUS · FAULT-FIX FLOWCHART

BONUS · COACH'S VIDEO REVIEW CARD

4	12	28	4
WEEK PLAN	FULL WORKOUTS	PAGES	PHASES

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WEEKS	WORKOUTS	YARDS IN PACK	BONUSES

YOUR BONUSES

Stroke Rate Tracker · Fault-Fix Flowchart · Coach's Video Review Card — exclusive tools included with every EST Blueprint.

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COACH'S INTRODUCTION

Program Guide

Freestyle Stroke Blueprint is a 4 weeks Blueprint built for the Senior / Collegiate Track athlete. It applies the same periodization principles used by NCAA Division I programs: a polarized aerobic base, progressive threshold density, and race-specific speed timed to peak on championship day.

Focus: Alignment, catch, rotation, breathing, kick and distance per stroke. Every week is written with clear objectives, an intensity target, and coached workouts so the athlete always knows why a set exists, not just what it is.

"Train the system, then trust the system. Champions are made in the boring middle of the season."

What the athlete will achieve

Outcome	How it's measured	Target
Aerobic capacity	T-30 or 10 x 100 test	+3-6% distance / -1.5 s avg
Race-pace control	Broken 200 at goal pace	±0.5 s per 50
Stroke efficiency	Stroke count @ pace	-1 to -2 strokes / 25
Underwater skill	15 m breakout time	-0.3 to -0.6 s
Consistency	Attendance + log	90%+ sessions

The weekly microcycle

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Aerobic + skills	Threshold + dryland	Recovery + technique	Race pace	Speed + dryland	Test / long aerobic	Rest & reflect

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SPORTS SCIENCE

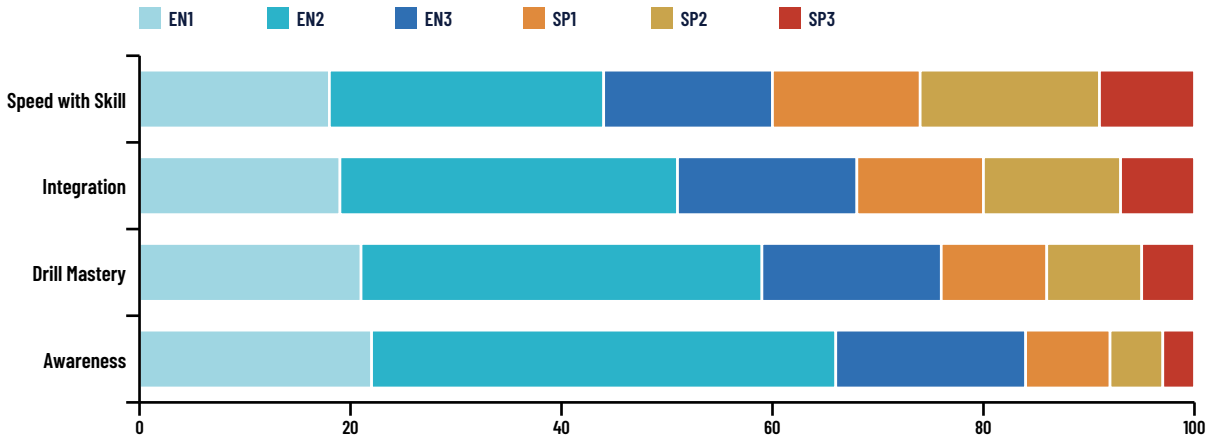
Energy Systems & Training Zones

Swimming races from 22 seconds to 15 minutes draw on all three energy systems. The zone system below — used by most collegiate staffs — tells the athlete exactly how hard each repeat should feel.

Zone	Name	Heart rate	% max effort	Feel	Typical sets
EN1	Aerobic Recovery	120-140	50-60%	Easy, conversational	Warm-up, recovery, drill
EN2	Aerobic Endurance	140-160	60-75%	Steady, sustainable	Long aerobic repeats
EN3	Threshold	160-175	75-85%	Comfortably hard	Threshold / CSS sets
SP1	VO2 Max / Lactate Tolerance	175-190	85-95%	Very hard	Heart-rate and broken race sets
SP2	Race Pace	Max	95-100%	Goal race speed	Broken swims at target pace
SP3	Sprint / Alactic	n/a (short)	100%+	All-out, full rest	Starts, 12.5s, 25s from a dive

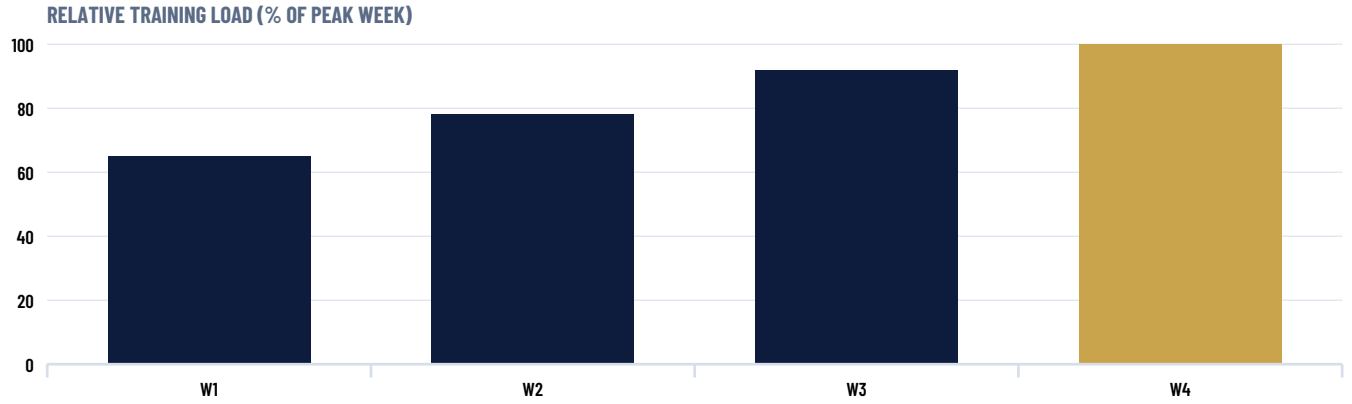
System	Duration	Fuel	Trained by
ATP-PC (alactic)	0-10 s	Creatine phosphate	Dive 12.5s / 25s, full rest
Glycolytic (lactic)	10 s - 2 min	Glycogen lactate	75s / 100s all-out, lactate sets
Aerobic (oxidative)	2 min +	Fat + carbohydrate	EN2 / EN3 volume

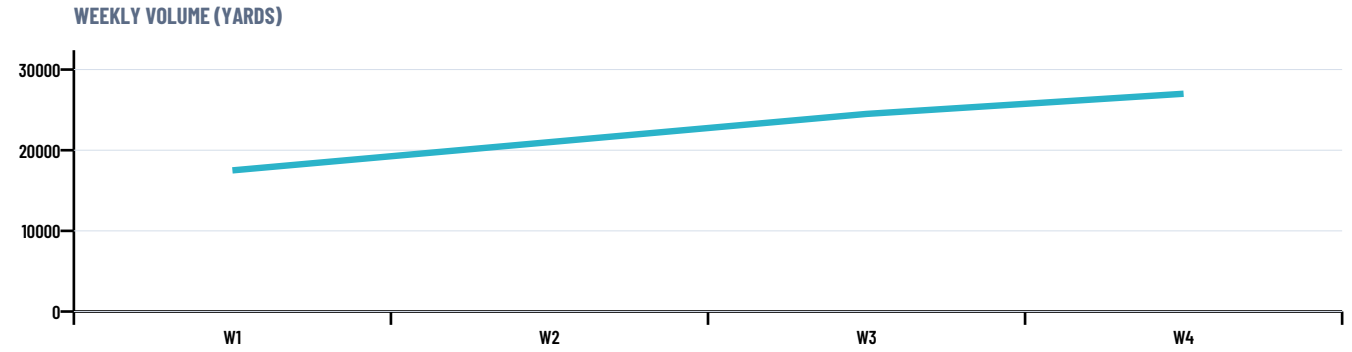
Intensity distribution by phase



THE PLAN

Season Periodization





Phase	Weeks	Objective	Key performance indicator
Awareness	Week 1	Understand the key positions and feel of the stroke.	Aerobic test baseline
Drill Mastery	Week 2	Repeat drills until positions become automatic.	Threshold pace -1 s
Integration	Week 3	Blend drills into full stroke at moderate effort.	Race-pace hold
Speed with Skill	Week 4	Hold technique at race tempo and under fatigue.	Season best

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EXECUTION

Week-by-Week Plan

Wk	Phase	Theme	Load	Volume	Sessions
1	Awareness	Alignment	65%	17,500	6-3-6 / Fist drill / Bilateral breathing 3/5
2	Drill Mastery	Catch	78%	21,000	Tarzan / head-up / Side-kick balance / Catch-up freestyle
3	Integration	Rotation	92%	24,500	Fingertip drag / 6-3-6 / Fist drill
4	Speed with Skill	Breathing	100%	27,000	Bilateral breathing 3/5 / Tarzan / head-up / Side-kick balance

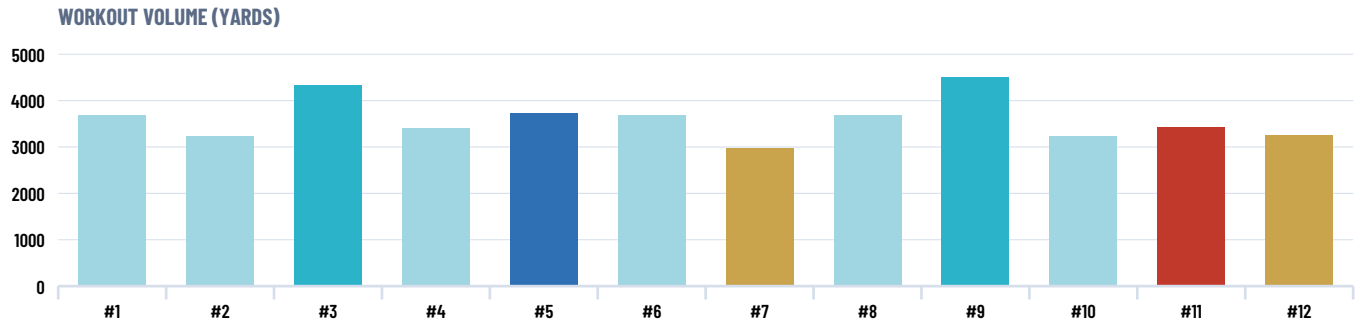
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12 COMPLETE SESSIONS

The Workout Pack

Each workout is written at full collegiate detail: every set, interval, intensity zone and distance. Intervals are starting points — adjust ±5 s per 100 to keep each repeat inside its zone.

#	Workout	Primary zone	Volume	Best used in
1	Technique Lab	EN1	3,675 yd	Awareness
2	Technique Lab	EN1	3,225 yd	Awareness
3	Aerobic Engine	EN2	4,325 yd	Awareness
4	Technique Lab	EN1	3,400 yd	Drill Mastery
5	Threshold Builder	EN3	3,725 yd	Drill Mastery
6	Technique Lab	EN1	3,675 yd	Drill Mastery
7	Race Pace Precision	SP2	2,975 yd	Integration
8	Technique Lab	EN1	3,675 yd	Integration
9	Aerobic Engine	EN2	4,500 yd	Integration
10	Technique Lab	EN1	3,225 yd	Speed with Skill
11	Speed & Power	SP3	3,425 yd	Speed with Skill
12	Race Pace Precision	SP2	3,250 yd	Speed with Skill



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WORKOUT 1 OF 12 · EN1

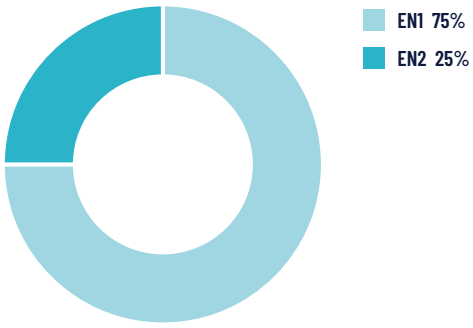
Technique Lab

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: 6-kick switch / fist swim	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	8 x 100 as 25 drill / 50 swim / 25 build	1:30	EN1	800
Main set	8 x 50 free distance-per-stroke, count strokes	1:00	EN2	400
Secondary	6 x 100 as 25 drill / 50 swim / 25 build	1:40	EN1	600
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				3,675

COACHING POINTS

Slow is smooth, smooth is fast. Film one rep of each drill if possible.

VOLUME BY ZONE



Session facts	
Primary system	EN1
Total volume	3,675 yd
Est. duration	80 min
Best phase	Awareness

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Motor learning at low fatigue: grooves efficient patterns before they are loaded at speed.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

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WORKOUT 2 OF 12 · EN1

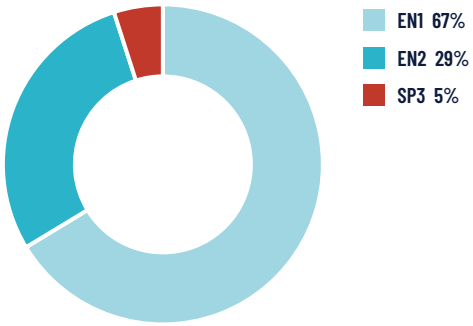
Technique Lab

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: catch-up with paddles / fingertip drag	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	8 x 100 as 25 drill / 50 swim / 25 build	1:30	EN1	800
Main set	8 x 50 free distance-per-stroke, count strokes	1:00	EN2	400
Secondary	6 x 25 free dive sprint, max velocity	1:00	SP3	150
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				3,225

COACHING POINTS

Slow is smooth, smooth is fast. Film one rep of each drill if possible.

VOLUME BY ZONE



Session facts	
Primary system	EN1
Total volume	3,225 yd
Est. duration	70 min
Best phase	Awareness

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Motor learning at low fatigue: grooves efficient patterns before they are loaded at speed.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

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WORKOUT 3 OF 12 · EN2

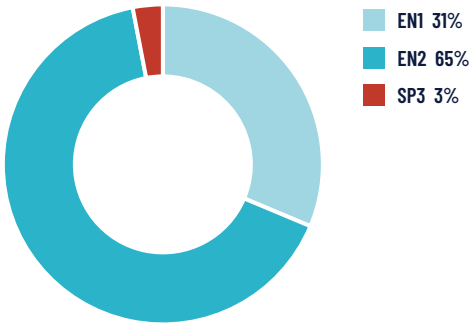
Aerobic Engine

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: fist swim / 3-3-3 (right/left/full)	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	5 x 300 free @ EN2, descend 1-3	3:55	EN2	1,500
Main set	4 x 200 pull w/ paddles, hold strokes count	2:40	EN2	800
Secondary	6 x 25 free dive sprint, max velocity	1:00	SP3	150
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				4,325

COACHING POINTS

Hold the same stroke count on every repeat. Breathe bilaterally on pull. The goal is sustainable speed, not heroics.

VOLUME BY ZONE



Session facts	
Primary system	EN2
Total volume	4,325 yd
Est. duration	94 min
Best phase	Awareness

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Builds mitochondrial density and capillary networks — the engine every event above 50 depends on.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

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WORKOUT 4 OF 12 · EN1

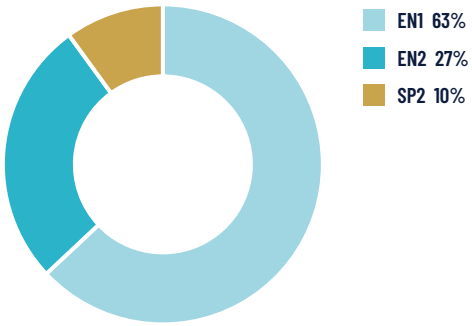
Technique Lab

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: fingertip drag / single-arm 25s	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	8 x 100 as 25 drill / 50 swim / 25 build	1:30	EN1	800
Main set	8 x 50 free distance-per-stroke, count strokes	1:00	EN2	400
Secondary	13 x 25 free @ 100 race pace	0:45	SP2	325
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				3,400

COACHING POINTS

Slow is smooth, smooth is fast. Film one rep of each drill if possible.

VOLUME BY ZONE



Session facts	
Primary system	EN1
Total volume	3,400 yd
Est. duration	74 min
Best phase	Drill Mastery

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Motor learning at low fatigue: grooves efficient patterns before they are loaded at speed.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

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WORKOUT 5 OF 12 · EN3

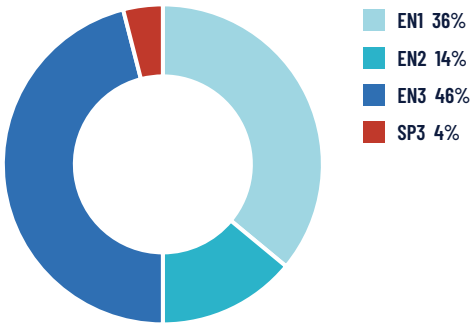
Threshold Builder

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: 3-3-3 (right/left/full) / 6-kick switch	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	9 x 100 free @ threshold (CSS) pace	1:20	EN3	900
Main set	4 x 200 IM, hold 1:00 per 50 average	3:05	EN3	800
Secondary	6 x 25 free dive sprint, max velocity	1:00	SP3	150
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				3,725

COACHING POINTS

Pace should feel 'comfortably hard' — you could hold it for 30 minutes. Record your average; it becomes next week's target.

VOLUME BY ZONE



Session facts	
Primary system	EN3
Total volume	3,725 yd
Est. duration	81 min
Best phase	Drill Mastery

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Raises the speed you can hold before lactate accumulates. The single best predictor of 200-1650 performance.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

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WORKOUT 6 OF 12 · EN1

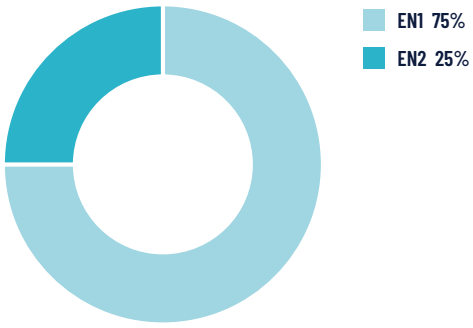
Technique Lab

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: single-arm 25s / catch-up with paddles	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	8 x 100 as 25 drill / 50 swim / 25 build	1:30	EN1	800
Main set	8 x 50 free distance-per-stroke, count strokes	1:00	EN2	400
Secondary	6 x 100 as 25 drill / 50 swim / 25 build	1:40	EN1	600
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				3,675

COACHING POINTS

Slow is smooth, smooth is fast. Film one rep of each drill if possible.

VOLUME BY ZONE



Session facts	
Primary system	EN1
Total volume	3,675 yd
Est. duration	80 min
Best phase	Drill Mastery

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Motor learning at low fatigue: grooves efficient patterns before they are loaded at speed.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

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WORKOUT 7 OF 12 · SP2

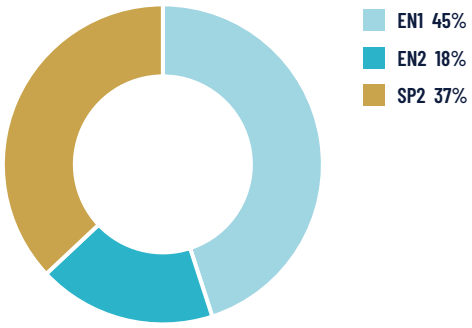
Race Pace Precision

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: 6-kick switch / fist swim	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	15 x 25 free @ 100 race pace	0:40	SP2	375
Main set	8 x 50 free @ 200 race pace	1:05	SP2	400
Secondary	13 x 25 free @ 100 race pace	0:45	SP2	325
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				2,975

COACHING POINTS

Use a pace clock or tempo trainer. Within 0.3 s of goal pace = success. Miss twice in a row: take an extra 15 s rest.

VOLUME BY ZONE



Session facts	
Primary system	SP2
Total volume	2,975 yd
Est. duration	65 min
Best phase	Integration

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Rehearses exact goal-race speed and stroke rate so race day feels familiar.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

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WORKOUT 8 OF 12 · EN1

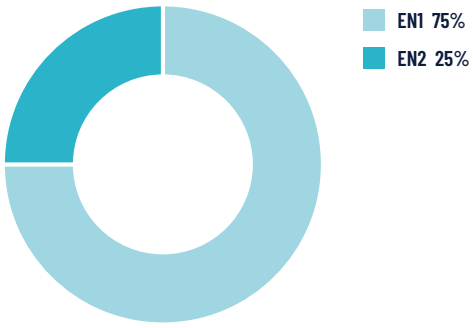
Technique Lab

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: catch-up with paddles / fingertip drag	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	8 x 100 as 25 drill / 50 swim / 25 build	1:30	EN1	800
Main set	8 x 50 free distance-per-stroke, count strokes	1:00	EN2	400
Secondary	6 x 100 as 25 drill / 50 swim / 25 build	1:40	EN1	600
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				3,675

COACHING POINTS

Slow is smooth, smooth is fast. Film one rep of each drill if possible.

VOLUME BY ZONE



Session facts	
Primary system	EN1
Total volume	3,675 yd
Est. duration	80 min
Best phase	Integration

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Motor learning at low fatigue: grooves efficient patterns before they are loaded at speed.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

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WORKOUT 9 OF 12 · EN2

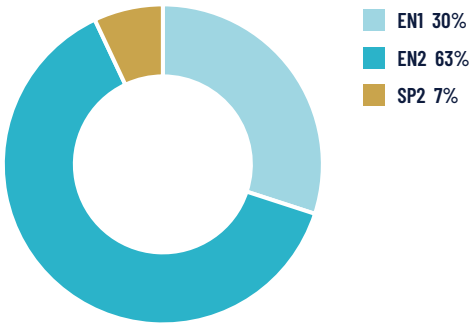
Aerobic Engine

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: fist swim / 3-3-3 (right/left/full)	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	5 x 300 free @ EN2, descend 1-3	3:55	EN2	1,500
Main set	4 x 200 pull w/ paddles, hold strokes count	2:40	EN2	800
Secondary	13 x 25 free @ 100 race pace	0:45	SP2	325
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				4,500

COACHING POINTS

Hold the same stroke count on every repeat. Breathe bilaterally on pull. The goal is sustainable speed, not heroics.

VOLUME BY ZONE



Session facts	
Primary system	EN2
Total volume	4,500 yd
Est. duration	98 min
Best phase	Integration

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Builds mitochondrial density and capillary networks — the engine every event above 50 depends on.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

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WORKOUT 10 OF 12 · EN1

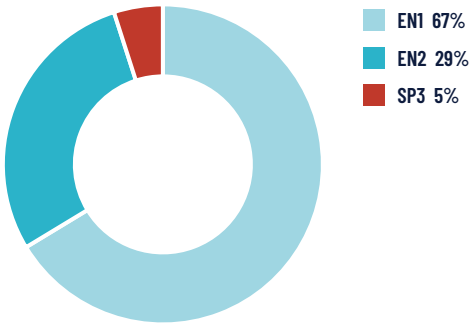
Technique Lab

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: fingertip drag / single-arm 25s	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	8 x 100 as 25 drill / 50 swim / 25 build	1:30	EN1	800
Main set	8 x 50 free distance-per-stroke, count strokes	1:00	EN2	400
Secondary	6 x 25 free dive sprint, max velocity	1:00	SP3	150
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				3,225

COACHING POINTS

Slow is smooth, smooth is fast. Film one rep of each drill if possible.

VOLUME BY ZONE



Session facts	
Primary system	EN1
Total volume	3,225 yd
Est. duration	70 min
Best phase	Speed with Skill

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Motor learning at low fatigue: grooves efficient patterns before they are loaded at speed.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

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WORKOUT 11 OF 12 · SP3

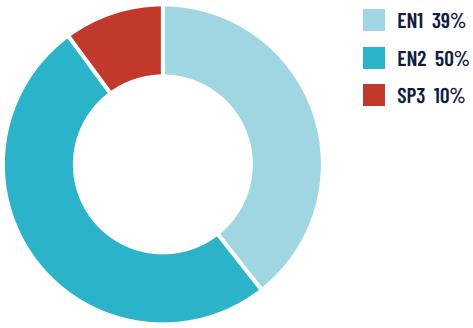
Speed & Power

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: 3-3-3 (right/left/full) / 6-kick switch	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	8 x 25 free dive sprint, max velocity	1:00	SP3	200
Main set	6 x 12.5 fast + easy, breakout focus	0:45	SP3	150
Secondary	4 x 300 free @ EN2, descend 1-3	4:20	EN2	1,200
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				3,425

COACHING POINTS

Full recovery. Quality over quantity. Every dive to 15 m with 5+ underwater kicks.

VOLUME BY ZONE



Session facts	
Primary system	SP3
Total volume	3,425 yd
Est. duration	75 min
Best phase	Speed with Skill

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Develops the alactic system and neuromuscular power: starts, breakouts and top-end velocity.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

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WORKOUT 12 OF 12 · SP2

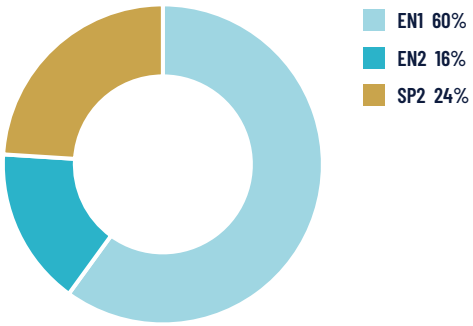
Race Pace Precision

Part	Set	Interval / rest	Zone	Yards
Warm-up	350 swim / 200 kick / 200 pull	Continuous	EN1	750
Pre-set	7 x 50 drill: single-arm 25s / catch-up with paddles	1:05	EN1	350
Kick	7 x 75 kick (25 underwater / 50 build) w/ fins	1:25	EN2	525
Main set	15 x 25 free @ 100 race pace	0:40	SP2	375
Main set	8 x 50 free @ 200 race pace	1:05	SP2	400
Secondary	6 x 100 as 25 drill / 50 swim / 25 build	1:40	EN1	600
Cool-down	250 easy choice, long strokes	Continuous	EN1	250
Total				3,250

COACHING POINTS

Use a pace clock or tempo trainer. Within 0.3 s of goal pace = success. Miss twice in a row: take an extra 15 s rest.

VOLUME BY ZONE



Session facts	
Primary system	SP2
Total volume	3,250 yd
Est. duration	71 min
Best phase	Speed with Skill

Lane scaling

Lane	Who	Interval adjustment	Main-set reps	Equipment
A — Elite	Top 20% of group	-5 s per 100	+1 round	Optional paddles
B — Core	Most athletes	As written	As written	Fins on kick
C — Developing	Younger / returning	+10 s per 100	-25%	Fins + snorkel

Why this session: Rehearses exact goal-race speed and stroke rate so race day feels familiar.

Date	Pool	Best rep	Average	RPE (1-10)	Notes

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RESOURCE

Drill Progressions

#	Drill	Purpose	Dosage	Progression
1	6-Kick Switch	Alignment	7 x 50	Add fins remove
2	Catch-Up With Paddles	Early vertical forearm	7 x 50	Add paddles
3	Fist Swim	Rotation timing	7 x 50	Build to race tempo
4	Fingertip Drag	Breath control	7 x 50	Snorkel normal
5	3-3-3 (Right/Left/Full)	Rhythm	7 x 50	Add fins remove
6	Single-Arm 25S	Kick connection	7 x 50	Add paddles
7	Im Order 25 Drill/25 Swim	Alignment	7 x 50	Build to race tempo
8	Fly-Back Turn Rehearsal	Early vertical forearm	7 x 50	Snorkel normal
9	Back-Breast Crossover	Rotation timing	7 x 50	Add fins remove
10	Breast-Free Transitions	Breath control	7 x 50	Add paddles

COACH'S RULE

Never swim a drill badly. Drill quality is the session: when form breaks, shorten the rep or add fins. Two perfect 25s beat eight sloppy 50s.

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RESOURCE

Common Faults & Fixes

Fault	What you see	Cause	Fix drill	Cue
Dropped elbow	Hand pushes down first	Weak lat engagement	Fingertip drag + sculling	'Reach over the barrel'
Crossover entry	Hand crosses midline	Over-rotation	Catch-up w/ paddles	'Railroad tracks'
Late breath	Head lifts, hips sink	Exhale too late	Bubble-bubble-breathe	'Breathe in the bow wave'
Scissor kick	Legs split on breath	Balance compensation	6-kick switch	'Kick through the breath'
Short finish	Exit at waist	Fatigue / tempo	Fist swim	'Thumb past thigh'
Flat body line	No hip rotation	Weak core link	Side kick 6-3-6	'Hip, then hand'

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Video Analysis Checklist

Checkpoint	Camera angle	Pass standard	Done
Head position	Side, above water	Waterline at hairline	[ ]
Entry & extension	Front, underwater	Shoulder-width entry	[ ]
Catch	Side, underwater	Forearm vertical by shoulder	[ ]
Rotation	Front, underwater	35-45° each side	[ ]
Kick amplitude	Side, underwater	Within body shadow	[ ]
Breakout	Side, deck	First stroke at surface	[ ]
Turn	Deck, 5 m mark	Feet planted < 0.3 s	[ ]

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Daily Practice Log

Date	Session	Main set result	RPE	Sleep (h)	Notes

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MEASURE WHAT MATTERS

Benchmark Testing

Test	Protocol	Week 1	Mid-point	Final	Change
T-30	30 min continuous free, count yards				
10 x 100 @ 1:30	Average time				
Dive 50 best stroke	Electronic or hand time				
15 m breakout	Push, time to head at 15 m				
Stroke count	25 @ 200 pace				
Vertical jump	Best of 3				
Pull-ups	Max strict reps				

Race pace reference chart

100 goal	25	50	75	100	200 pace/100
48.0	11.3	23.0	35.3	48.0	51.8
51.0	12.0	24.5	37.5	51.0	55.1
54.0	12.7	25.9	39.7	54.0	58.3
57.0	13.4	27.4	41.9	57.0	61.6
60.0	14.1	28.8	44.1	60.0	64.8
63.0	14.8	30.2	46.3	63.0	68.0
66.0	15.5	31.7	48.5	66.0	71.3
69.0	16.2	33.1	50.7	69.0	74.5
72.0	16.9	34.6	52.9	72.0	77.8
75.0	17.6	36.0	55.1	75.0	81.0
78.0	18.3	37.4	57.3	78.0	84.2

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EXCLUSIVE BONUS

Stroke Rate Tracker

Date	Pace /100	Strokes / 25	Tempo (s/cycle)	Efficiency index

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EXCLUSIVE BONUS

Fault-Fix Flowchart

If you see...	Check first	Then try	Re-test with
Slow tempo late in race	Kick timing	Fins + tempo trainer	4 x 50 @ race tempo
Losing water on catch	Elbow position	Sculling series	Stroke count 25
Hips dropping	Head position	Snorkel swim	Video side view
Short underwaters	Streamline + breath	Hypoxic UW 15s	15 m time

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EXCLUSIVE BONUS

Coach's Video Review Card

Check	Pass / Flag	Notes
Shoulder flexion 180°	Pass / Flag	
Internal rotation 60°+	Pass / Flag	
Thoracic rotation 45°+	Pass / Flag	
Single-leg squat control	Pass / Flag	
Ankle plantarflexion	Pass / Flag	
Core hold 60 s	Pass / Flag	
Pain-free overhead reach	Pass / Flag	

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OFF THE POOL DECK

Fuel, Recovery & Wellbeing

Window	What to eat	Example
2-3 h before	Carb-rich meal, moderate protein	Rice bowl with chicken, fruit
30-60 min before	Light carbs	Banana, toast with honey
During (90 min+)	Fluids + electrolytes	500-750 ml sports drink
0-60 min after	3:1 carbs : protein	Chocolate milk, yogurt + granola
Daily	Protein 1.4-1.8 g/kg	Spread across 4-5 meals

BACK-OFF SIGNALS

Resting heart rate up 5+ bpm for 3 days · sleep under 7 h for a week · persistent shoulder pain · loss of motivation. Any two: replace the next hard session with EN1 + mobility and tell your coach.

Glossary

Term	Meaning
CSS	Critical Swim Speed — threshold pace per 100
DPS	Distance per stroke
Taper	Planned volume reduction before a peak meet
Negative split	Second half faster than first
Breakout	Transition from underwater to surface swimming
RPE	Rate of perceived exertion, 1-10
Microcycle	One training week
Macrocycle	The full season plan

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