

UL Arena Performance Centre Trainability Group Update – 30th August 2013

Dear Athletes, Parents, and Coaches

We have had a quiet start to the new season with a few athletes back in the water this week. Many athletes are starting back at school this week and most clubs do not start again until next week. Do not hold back though as there are competitions approaching quite quickly, including the Munster SC Championships, and then, the Irish SC Championships at the end of November. That is only 13 weeks away and a great opportunity to swim fast leading into Christmas.

Last season we held the *Trainability Group* sessions on three mornings and a Saturday afternoon each week. This season we will increase to five mornings Monday to Friday, with an on-deck start time of 5.45am and 6.00am–7.30am in the water. The Saturday PM session is scheduled for 3.00pm on-deck and 3.30pm–5.00pm in the water. This will give athletes more opportunity to train and also allow us to keep good coachable numbers in each session.

The mornings and Saturday afternoon will also run for the first time during mid-term breaks, Easter etc. The *Trainability Group* will take a break in the summer for approximately a month and there will be some days off over the Christmas/ New Year period.

Throughout the season various events will be held in the UL Arena, and this will result in the cancellation of some sessions, however we will keep you well-informed prior to any rescheduling.

The following key points are a reminder of the goals of the Trainability Group programme:

- To provide extra training on top of club training for athletes to achieve trainability
- Develop *trainability* – develop frequency of training with excellent skills and optimum workload
- Develop fitness & athleticism for athletes to cope with training workload
- Develop endurance for 200 and 400 races – holding form over race distances and longer
- Skill development – stroke and race skills
- Kick development – speed and endurance
- Develop distance per stroke (DPS) – every stroke (also distance per kick for BR & Fly)
- Develop speed with HVOs (High Velocity Overloads) – Short speed bursts mixed with race skills
- Allow individuals to develop at their own pace
- Guide athletes to take responsibility for their own swimming and training
- Develop the person and the athlete – better people make better athletes

If you have not yet renewed or registered your membership for the Trainability Group, and wish to do so, please head to the Swim Ireland website where you will find an online registration form: www.swimireland.ie/high-performance-swimming/high-performance-centres/ul/. All Administration will continue through Niamh O'Sullivan in the High Performance Department (hp@swimireland.ie // 01-6251127).

All the best!

Lars