

# A GUIDE TO ANAEROBIC TRAINING

## 'INTRODUCTION'

### PURPOSE

The PURPOSE of this series of articles is to give guidance on the concept of an Anaerobic approach to swim training. The 8 information sheets that make up the series were first produced by British Swimming in 2006 and have recently been updated to further align with current thinking and science. The information sheets give guidelines on the different components that are included in Anaerobic training and includes advice as to training set duration, repeat distances and rest intervals for example, as well as giving sample sets for the coach's guidance.

### USE OF THE INFORMATION SHEETS

Coaches should read all of the sheets in the series thoroughly before introducing any new concepts to their training programme. You may (quite rightly) decide that you only want to introduce 1 or 2 concepts to your training programme, e.g. 'Lactate Removal' and 'Secondary Removal Sets' as a way of enhancing what you currently do or to address a particular weakness with certain individuals. Any coaches that are unsure of what/how to apply any of this should seek appropriate guidance from a more experienced coach or mentor (e.g. SE Coach Advisor, SE Talent Officer and Home Nation Technical Leads in Scotland and Wales etc.).

### CAUTION!

Coaches need to carefully consider the appropriateness of any of these training methodologies for the age and stage of the swimmers in their programme. British Swimming would not recommend that a coach fully adopts a reversed periodisation programme, for example, for young athletes who have not been through maturation.

As a rough guide we would suggest that these training concepts can be sparingly introduced to athletes over the age of 15 for females and 16 for males. All of the training modalities in the series are appropriate for senior level swimmers but coaches need to tailor their programmes to the needs of the individuals they are working with.

### NOTE

**British Swimming does not promote any one training method or model over any other. It is the coaches decision as to how they train their athletes but along with Swim Scotland, Swim Wales and Swim England we are available for advice and assistance with whatever path the coach decides to adopt.**