

USRPT
FOR
MASTERS SWIMMERS

BY
GLENN A. GRUBER

2017 MASTERS NATIONAL CHAMPION (65-69) SCY 100 FLY
2016 MASTERS NATIONAL CHAMPION (65-69) SCY 50, 100, 200 FREE
2015 MASTERS NATIONAL CHAMPION (65-69) SCY 50, 200 FREE
2014 MASTERS WORLD & NATL CHAMPION (65-69) LCM 200 & 400 FREE
2014 MASTERS WORLD RECORD HOLDER (65-69) 400 SCM Freestyle

Mon Nov 8, 2010 LCM

600 wu

8 X 50 sec vertical kick followed by 50 62 swim

4 X 200 on 3:15 10 meter 50K

6 X 150 w/ fins 3 line 50K

8 X 100 on 1:40 Descend

1:20, 1:20, 1:21, 1:19, 1:18, 1:17, 1:17, 1:17

300 w↓

Tues Nov 9, 2010 LCM

600 wu

4 X 100 on 10 minutes AFAP

1:09, 1:09, 1:10, 1:11

w↓ 300 after each 100

10 X 50 on 1:00

200 w↓

Wed Nov 10, 2010 SCY

8 X 100 wu

200 Kick

4 X 50 Kick AFAP on 1:00

:44, :48, :50, :49

STARTS + 6 X 200 on 3:30

200 w↓

THURS NOV. 11, 2010 LCM

800 wu

4 X 100 IM on 2:00 Descend each by 10 seconds

200 62

4 X 50 on 2:00 Descend each by 10 sec

600 Scull/pull by 50

8 X 100 every other hand

200 w↓

Training Log - Traditional Training (TT) Workout Before **USRPT**

What is *USRPT*

- Made up of Three Components
 - Technique
 - Psychological
 - Conditioning

Technique

- Most Important! (More important than conditioning)
- This is what coaches know about
- Choose element to work on at Race Pace
- Examples - Head position, 90 degree elbow

Psychological

- Your Brain as a Swimming Aid
- Positive Thinking - self fulfilling prophesy
- Visualization
- Segmenting the Race
- *Trigger words - Power, Whip, Boom, Lightening, Electric, Drive, Punch, Explode !*

Conditioning

- Produces largest volume of race pace work
- Self limiting
- Teaches race pace daily
- Can predict race times
- You are *always* ready to race

What ***USRPT*** is Not

- Not just for sprinters
- Not a set in a workout or a way to fill one day a week with something different
- Not 10 x 100 on 1:30 or 25 sprints at the end of workout
- Not drills, pulling or kicking
- Not slow swimming - EVER

Why No Drills or Kicking?

- Specificity!
- Transfer of Training is specific
- Finger tip drag drill??? During a race?
- Kicking with a kick board? Huh?
- Isolate and work on technique while swimming at race pace!

200 SCY Progression

	2010*	2011	2012	2013	2014	2015	2016
Feb	2:10.94	2:07.07	2:10.15	2:09.94	2:03.35	2:03.82	2:06.97
Nationals	2:02.22	2:06.18	2:05.15	2:05.97	2:02.26	2:02.54	2:02.04
Age	60 (TT)	61 (TT)	62 (TT)	63 (HIT)	64 (USRPT)	65 (USRPT)	66 (USRPT)

*2010 times were swum in full body suit

TT = Traditional Training

HIT= High Intensity Training

USRPT = Ultra Short Race Pace Training

200 Free at Nationals

USRPT vs TT

Name	2010	2015	2016
Gruber	2:02.22 (4)	2:02.54 (1)	2:02.04 (1)
Swimmer "B"	1:56.73 (1)	2:06.05 (5)	2:09.33 (7)
Swimmer "R"	2:01.17 (3)	2:11.13 (7)	2:18.69
Swimmer "O"	2:03.80 (6)	2:05.45 (3)	2:04.91

400 SCM Progression

	*2009	2010	2011	2012	2013	2014
Best Time	4:49.57	4:53.44	4:57.02	5:02.97	4:56.25	4:54.45**
Age	60 (TT)	61 (TT)	62 (TT)	63 (TT)	64 (USRPT)	65 (USRPT)

* 2009 Times were swum in full body suit

**World Record (65-69)

Results FINA Masters World Championships LCM

Goteburg 2010 60-64

50 Free	29.42	9th
100 Free	1:05.51	7th
200 Free	2:25.00	4th
400 Free	5:11.55	3rd
800 Free	10:53.01	4th

Traditional Training

Montreal 2014 65-69

50 Free	28.91	2nd
100 Free	1:03.54	2nd
200 Free	2:22.53	1st
400 Free	5:06.25*	1st
800 Free	10:39.76	2nd

USRPT

* Meet Record

Anatomy of a *USRPT* Workout

- Pick your Event
- Choose your ***USRPT*** set
- Calculate your Target Repeat Time
- Establish Send-off and Finish Rules

Pick Your Event

- Decide what event(s) to target
- Choose a reasonable goal
- Example - 400 SCM Free 4:55.56

Choose Your *USRPT* Set

- See chart “USRPT Training Sets”
- Choose a primary and secondary set
- Example - 30 x 50 and 40 x 25

USRPT Training Sets

Repetition Distance	100	200	400/500	800/1000	1500/1650	200/400IM
25	30	40	40	50		
50	20	30	30	40	50	10BF-BK 10BK-BR 10BR-FR
75		20	24	30	30-35	
100					25-30	

For 25s rest is always :15. All other sets :20

Fail rules: Two back to back fails or three total within a set, set is over
IM - swim all three sets back to back.

Calculate Your Target Repeat Time

- Divide goal time into 50s and 25s
- Example - 400 SCM Free 4:55.56
- $1:13.5/100\text{m} = 36.75/50\text{m} = 32.75/50\text{y}$
Round to :32 for 50s and :16 for 25s
- Example 200 yard Free 2:00
- :30 per 50 and :15 per 25

Standard Rest :20

Long Rest/Short Rest

- Standard rest between repeat 50s is :20
- If holding :32s send-off should be :52
- For ease of send-off calculation use either :50 or :55
- Holding :32 on :50 = :18 rest (short rest)
or
- Holding :32 on :55 = :23 rest (long rest)

Establish Send-Off and Finish Rules

- In motion at the :59 (**NOT** :58 or :57)
- Finish to the wall **BEFORE** looking at clock
- Consistent send-offs and finishes give you accurate data/splits/target time

USRPT Set Protocol

- Training distance should be 3-5 times race distance
- While training for 400 free swim two sets of 30 x 50 completing 18 - 26 on first set and 6 - 12 on the second set
- Total race pace yards 1200 - 1900
- How much race pace yardage in TT?

Mon Nov 8, 2010 LCM

600 wu

8 X 50 sec vertical kick followed by 50 G2 swim

4 X 200 on 3:15 10 meter SDK

6 X 150 w/ fins 3 line SDK

8 X 100 on 1:40 Descend

1:20, 1:20, 1:21, 1:19, 1:18, 1:17, 1:17, 1:17

300 w↓

Tues Nov 9, 2010 LCM

600 wu

4 X 100 on 10 minutes AFAP

1:09, 1:09, 1:10, 1:11

w↓ 300 after each 100

10 X 50 on 1:00

200 w↓

Wed Nov 10, 2010 SCY

8 X 100 wu

200 Kick

4 X 50 Kick AFAP on 1:00

:44, :48, :50, :49

STARTS + 6 X 200 on 3:30

200 w↓

THURS NOV. 11, 2010 LCM

800 wu

4 X 100 IM on 2:00 Descend each by 10 seconds

200 G2

4 X 50 on 2:00 Descend each by 10 sec

600 Scull/pull by 50

8 X 100 every other hand

200 w↓

Training Log - Traditional Training (TT) Workout Before **USRPT**

4:54.45

Wed June 11, 2014 SCY GG/WO RACE PACE
50A

400 WU
31+ 32 32+ 32 32 33 32 32 32 (33) 31 32 32 32 32+ 32 32
32+ 32 32+ (33) 32 32 (33) X

30x50 on :50 holding :32 skip if missed
200E2 + 8 min rest

30x50 on :50 holding :32 skip if missed
31 33 32+ 33 33 32 (33) 32 (33) 32 32 (33) X
200E2

Training Log - USRPT Workout

- If your competitors average 150 y/m per day in TT doing AFAP swims and you average 1200 per day at Race Pace, in one year you will have swum 8 times more at Race Pace using **USRPT** than your competitors...

Failure is Good !

- Swimmers **MUST** swim to failure on each and every set every time - no exceptions!
- You should **NEVER, EVER, EVER**, be able to complete all 30 (or 20) repeats in a set!
- If you make all the repeats, the set is too easy. Adjust the target time.
- **DO NOT ADJUST THE REST TIME.**
- Where the first failure occurs in a set is important.
- In **USRPT** success is failure and failure is success!

Isn't it Boring???

- ***The challenge every day*** is to see if you can push that first failure later in the set.
- ***The challenge everyday*** is to make more target times after a failure than you did before.
- ***The challenge every day*** is to get one more 50 or one more 25 before failure.

How to Start Using USRPT

- “Immersing Traditional Training swimmers into a full **USRPT** workout has been tried, but difficulties and swimmer exhaustion has quickly become apparent, often with the attribution that **USRPT** is too hard and unreal” (Brent Rushall, PhD)

- When starting **USRPT** use a generous target time. You want your swimmers to be successful! If it is too difficult they will quit.
- Start with one set of **USRPT** only.
- If anything **USRPT** sets for Masters should be added too slowly when first starting.
- **USRPT** is more swimmer directed than coach directed

- Training progress is largely measured by the number of successful repetitions completed before first failure. (key concept!)
- Doing the same sets gives you the opportunity to compare apples to apples and to see progress.
- You can expect four to six months before seeing results.

Sprint *USRPT*

- Different protocol for 50m/y training
- All-out (AFAP) 15s and 25s
- Timed From the Blocks
- Full Recovery between swims (3-4 minutes)
- Go to two failures in a row $>.2$ of best practice time for that day

Sprint *USRPT* Set

12.84	Start too deep
12.17	Good
12.25	Extra stroke at finish
12.26	Hands apart at start
12.27	OK
12.15	Best Practice time of Day! Good glide at start
12.69	Bad Squeeze
12.29	Good
12.25	Good
12.15	Good Glide
?	Clock did not start
12.35	Getting tired (first fail)
12.91	Bad Squeeze
12.39	Done. 2nd Failure

Keeping Track of *USRPT* Data

- Analog Clock
- Digital Clock
- Finger Stop Watch
- Firebelly
- Divers Slate
- Training Log

Analog Clock

- Difficult to be accurate on send-offs and more difficult on finish times



Digital Clock

- Swimmers need to learn how to use the clock for send-offs
- With practice they will differentiate between 32.1 and 32.9



Finger Stop Watch

- Excellent for 50 Sprint protocol
- Accuracy to .00
- After second fail do one more w/o finger stop watch to reinforce proper start & finish



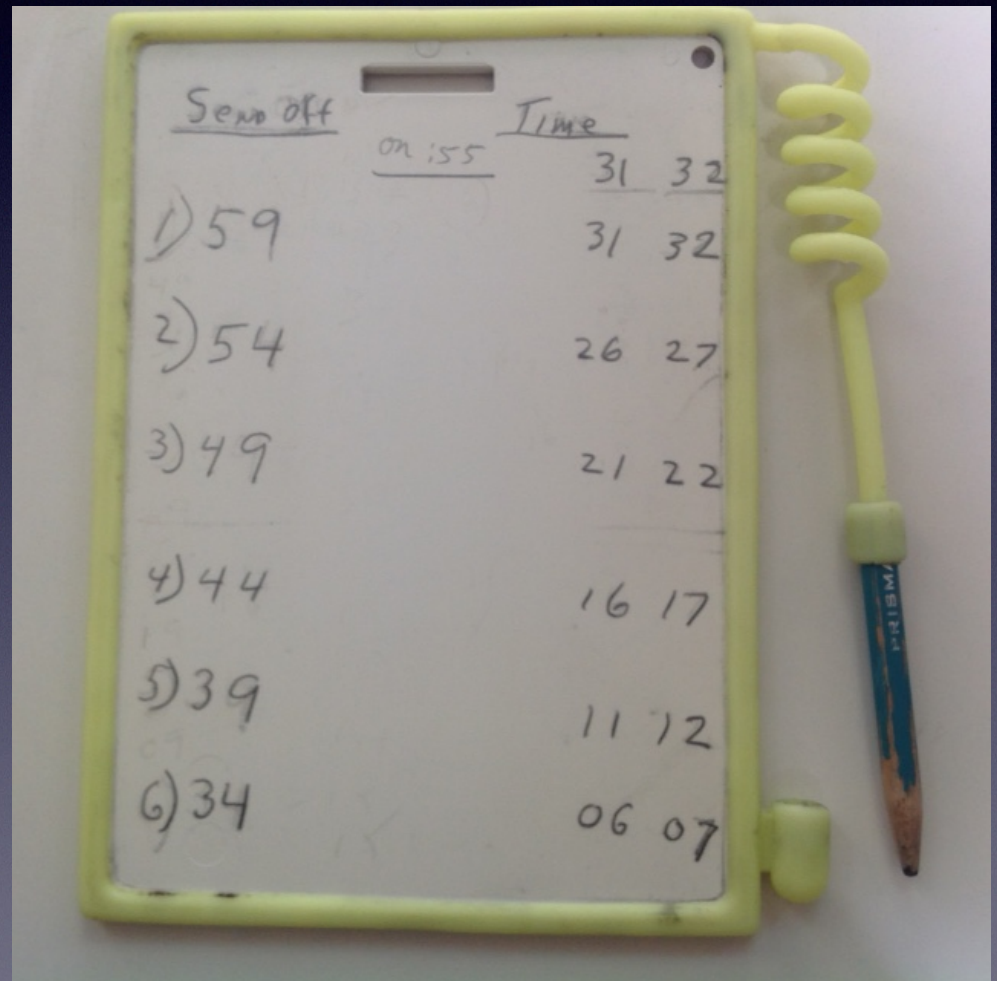
Firebelly

- Can give splits while swimming
- Can give accurate start
- Download times later



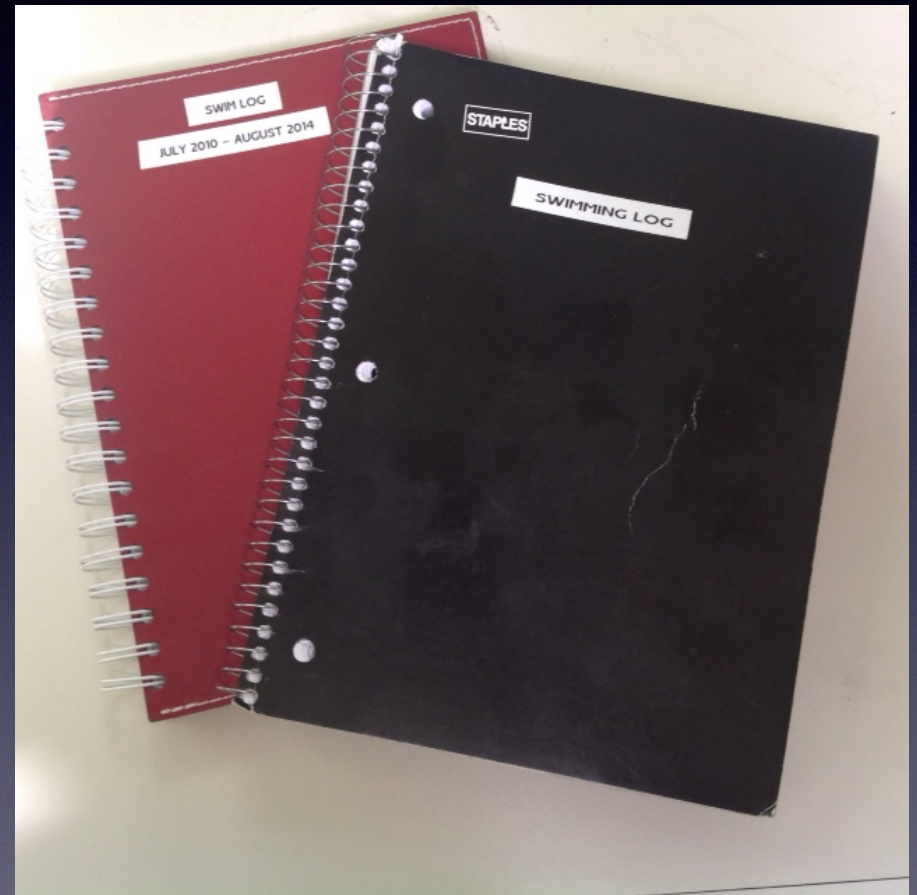
Divers Slate

- Used to record times and indicate failures
- Transfer later to training log
- Write send-offs especially for odd times e.g., :55



Training Log

- Used to chart progress during season
- Keep notes on workout



With ***USRPT***...

***You Are Always Ready to
Race!!!***

When you train using ***USRPT*** and you are behind the blocks getting ready to race, remember...

All you have to do is what you
do ***every day*** in practice!

USRPT for Masters



THE ULTRA-SHORT RACE-PACE TRAINING INTERNATIONAL ASSOCIATION

Providing Programs of Excellence
Join the USRPTIA

[Click here to initiate membership](#)

<http://usrptia.org/>