

Canada Artistic Swimming Return to Water Training Framework

Source: [Canada Artistic Swimming Return to Artistic Swimming Resource Document](#)

SAMPLE GRADUAL RETURN TO WATER TRAINING SCHEDULE

As the COVID-19 situation across Canada evolves, conversations are starting to take place about restarting sport. What does this look like for artistic swimmers? This is very likely the first time that your club has been out of the water for this long a time.

As clubs return to some form of structured training and start their new season, a well-designed periodized training plan should start with general preparation, working on building the engine of your athletes with a focus on aerobic conditioning (land and in water), strength, coordination, and flexibility. The duration of this phase is 8-12 weeks depending on the level of athletes your work with:

Learn to Train:	8-12 yrs of age	12 weeks
Train to Train:	11-15 yrs of age	10-12 weeks
Train to Compete:	15-21 yrs of age	8-10 weeks

Before the pandemic, clubs and athletes had different training situations and the amount of time spent in-water could vary between 1 and 29+ hrs./ week. When pools closed and access to water-based training stopped, artistic swimmers became 100% land-based beings (no time in the water). In addition, many clubs replaced water-based training with land-based training. The result of this situation is that athlete's bodies have adapted to being 100% land based.

Returning to the pool after being out of the water for this long presents a challenge for athletes and coaches. Stopping water-based training can significantly affect the bodies adaptation to being in a weightless environment and **this adaptation must be considered when returning to in-water training.**

As such, precautions must be taken to plan for a PROGRESSIVE return to in-water training in the number of hours, the frequency (times/ week) and the activities within the training session.

WEEK 1

20-25 minutes just play
do whatever you want – re-acquaint yourself with the water by floating & diving – get moving with no structure



Finish the 25 minutes with **200 meter** freestyle and backstroke mix



Basic exercises:

- back layout head-first & foot-first travel
- propeller
- reverse propeller
- ballet leg exercises
- front layout head-first & foot-first travel
- front layout support scull
- vertical positions at the wall

WEEK 2

20-25 minutes just play
do whatever you want – re-acquaint yourself with the water by floating & diving – get moving with no structure



Finish the 25 minutes with **400-600 meter** freestyle and backstroke mix



Basic exercises:

- back layout head-first & foot-first travel
- propeller & reverse propeller
- ballet leg exercises
- front layout head-first & foot-first travel
- front layout support scull
- vertical positions at the wall
- vertical positions off the wall at ankles and at knee level – provide individual technical

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WEEK 3

10 minutes play / free



600-1000 meter swimming:
• no time requirement
• attention on technique



- Basic exercises as previous week
- 25-30 minutes vertical positions
- Basic barracuda exercises
- Basic body boost exercises
- 20-30 minutes
- Basic routine skills: kick-pull, eggbeater travel, side flutter, pike entries, simple figures & arms, nothing fast or with any type of speed. Be control of your movements at all times.

WEEK 4

10 minutes play / free



1000-1400 meter swimming:
• no time requirement
• attention on technique



- Basic exercises as previous week
- 25-30 minutes vertical positions
- Basic barracuda exercises
- Basic body boost exercises
- 30-45 minutes of basic routine skills: same as above.

WEEK 5

1200-1600 meter swimming:
• Start sets with time (easy)
• attention on technique



- 25-30 minutes vertical positions
- Basic barracuda exercises
- Basic body boost exercises
- 45-60 minutes of basic routine skills: add in easy speed and quickness basic drills. Start with simple movements. No complex movements

CHOREOGRAPHIES

Clubs and coaches could consider using the choreographies they prepared for the 2019-2020 season as their routines for the 2020-2021 season. By using the same choreographies, this will **free up time** typically allotted to developing the new choreographies and that can be used to **develop energy systems** and spend **focused time on athleticism and technical skills**.

