

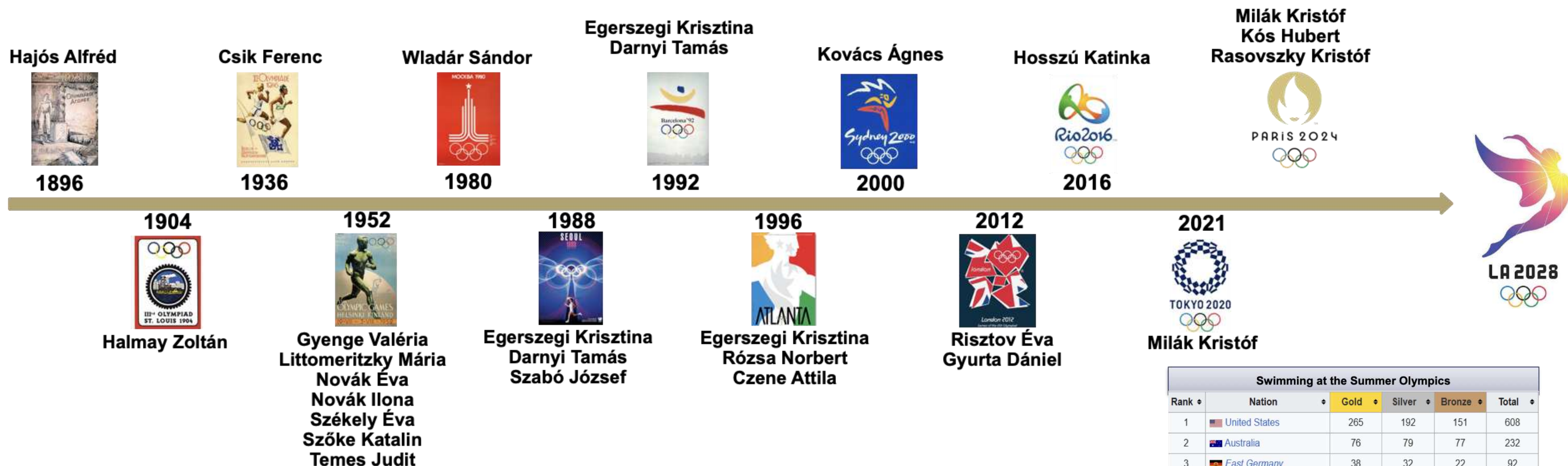
Sprint - training to be fast

Discussion - planning

Quick foreword

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8805353/>
- "... training regimens have an endurance nature (many hours and many kilometres of swimming every day), which makes it impossible to classify swimming by definitions of aerobic-type or anaerobic-type events, as in track and field sports..."
- „... genetic variants associated with swimming performance are not necessarily related to metabolic pathways, but rather to blood lactate transport (*MCT1*), muscle functioning (*IGF1* axis), muscle damage (*IL6*) and others. The current paper reviews the main findings on the leading 12 genetic polymorphisms (located in the *ACE*, *ACTN3*, *AMPD1*, *BDKRB2*, *IGF1*, *IL6*, *MCT1*, *MSTN*, *NOS3*, *PPARA*, *PPARGC1A*, and *VEGFR2* genes) related to swimming performance, while taking into consideration the unique environment of this sport.”

Hungary: a swimming nation



Swimming at the Summer Olympics					
Rank ↕	Nation ↕	Gold ↕	Silver ↕	Bronze ↕	Total ↕
1	United States	265	192	151	608
2	Australia	76	79	77	232
3	East Germany	38	32	22	92
4	Hungary	32	28	21	81
5	Japan	24	28	32	84
6	Netherlands	23	21	21	65
7	Great Britain	21	35	31	87
8	China	18	24	19	61
9	Germany	15	20	32	67
10	Soviet Union	12	21	26	59

Personal involvement

30+ EU/World medals, 150 National titles, 30+ National records, 1 WR 20+NCAA Scholarship
 1x BSc, 1x PgDip, 3x MSc

Sors Tamás
Baka Dorottya
Jakabos Zsuzsanna



2008

GYÚSE



2013

EYOF Győr



2017

PhD studies



2023



2004



ATHENS 2004



Pásztory Dóra
Jakabos Zsuzsanna

2012



London 2012

Cseh László
Kozma Dominik
Pulai Bence
Bernek Péter
Szilágyi Liliána
Dara Eszter

2016

Jakabos Zsuzsanna
Balog Gábor
Takács Krisztián
Gyárfás Bence



2021



TOKYO 2020

Jakabos Zsuzsanna
Sebestyén Dalma
Szabó Szabaszián
Lobanovszkij Maxim

2024



PARIS 2024

Sebestyén Dalma
Szabó Szabaszián



Sprint experience in GYÚSE

Culture

- Culture is a shared system of learned rules, norms, beliefs, values and behaviours that guide a group's way of life, often accepted unconsciously and passed down.
- All members of the group believe that these norms are good and useful for the whole community.

Sprint experience in GYÚSE

Culture

- Cultural values are very different from laws (they are not enforced)



Sprint experience in GYÚSE

Culture

- Honesty
- Accountability
- Competitiveness
- Resilience
- Respect
- Positive attitude: be supportive, open to learning and making changes, don't tear down others
- Consistency
- Every day we take a small step forward

Bowman: “I’m driving the bus, I let people in the bus, I get wrong people off the bus.”

10 THINGS THAT REQUIRE **ZERO TALENT**

Being On Time

Making An Effort

Being High Energy

Having A Positive Attitude

Being Passionate

Using Good Body Language

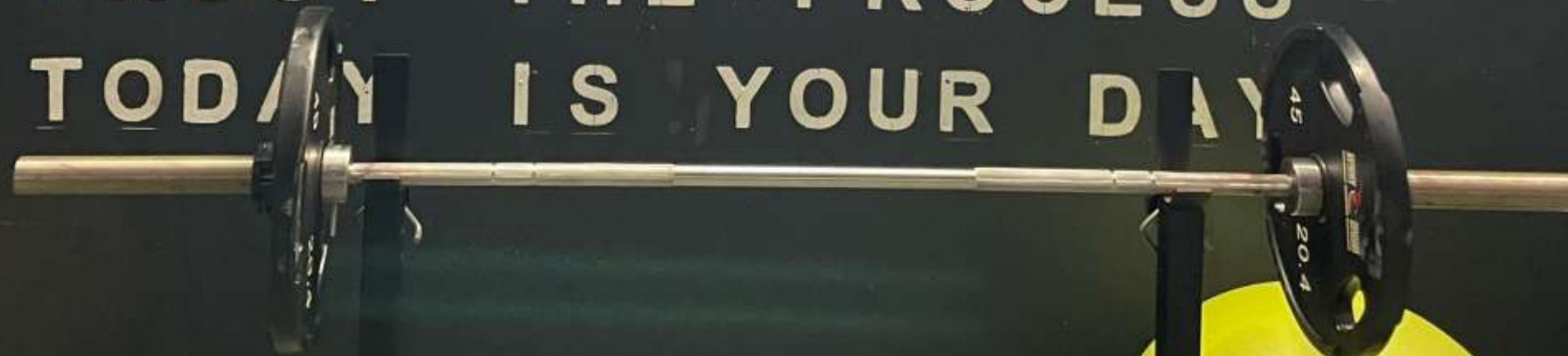
Being Coachable

Doing A Little Extra

Being Prepared

Having A Strong Work Ethic

NO EXCUSES
NEVER GIVE UP
STAY HUMBLE
HARD WORK
BE POSITIVE
STOP WISHING
START DOING
KEEP GOING
TRUST THE PROCESS
TODAY IS YOUR DAY



Sprint experience in GYÚSE

Krisztián Takács (1985) - 2014-2020

- 185 cm, established swimmer
- Hard work, high frequency
- Textile PB 50 fr 21,89
- PB 100 Fr 49,29, 50 fly 23,80, 100 fly 53,85
- PB 200 Fr, 400 Fr, 800 Fr, 1500 Fr, 50 Bk, 100 Bk, 50 Br, 100 medley, 200 medley
- Kovács József (Dunaújváros)



Sprint experience in GYÚSE

Krisztián Takács (1985) - 2014-2020

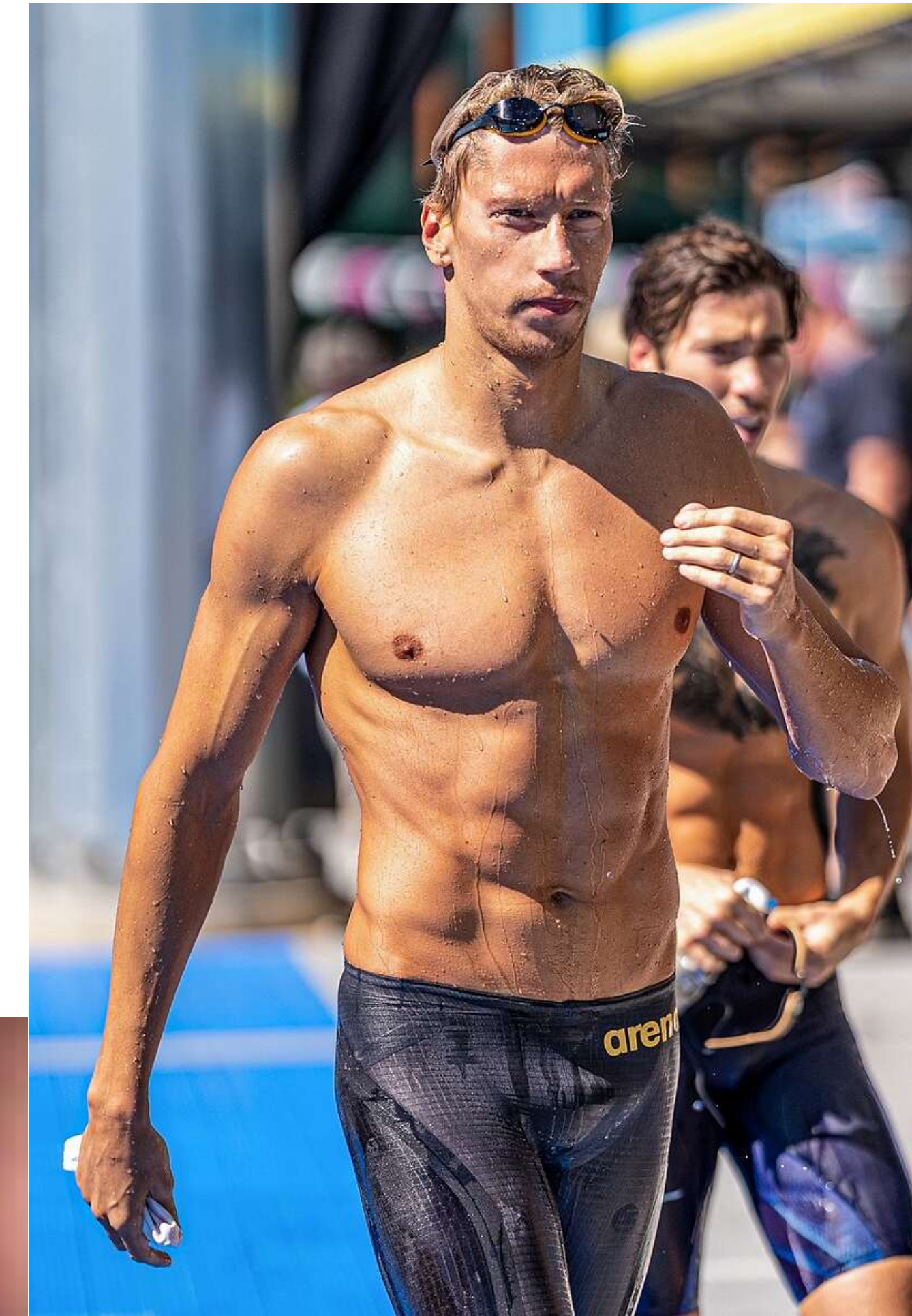
- High mileage background
- Excellent dynamics, swimming capabilities
- Not very athletic
- 30-60 km / week during the season
- 2-4 weight sessions per week



Sprint experience in GYÚSE

Lobanovszkij Maxim (1996) - 2015-2019

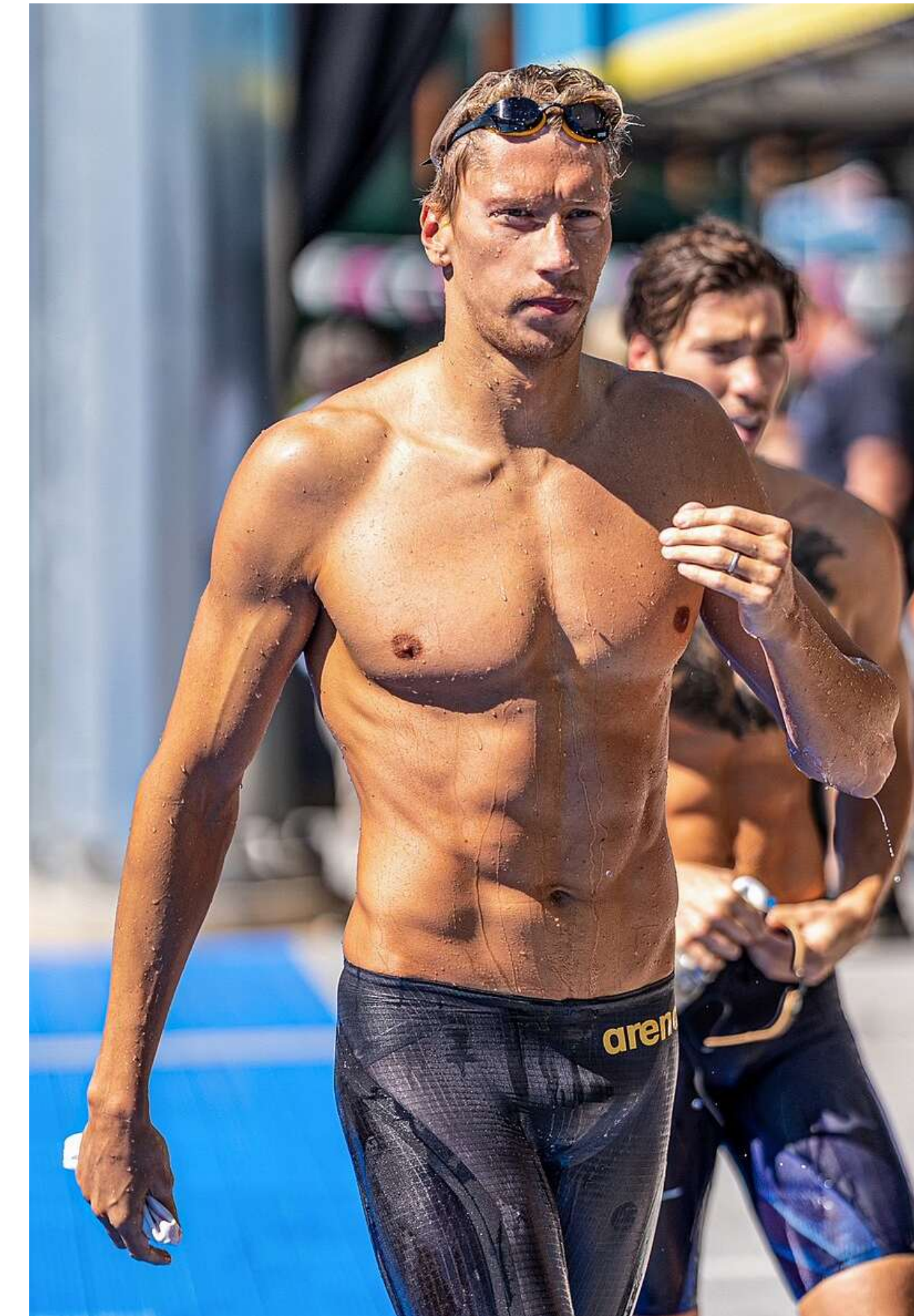
- 204 cm
- 2014: 50 fr 23,25 100 fr 53,77. 50 fly 25,39
- By the end of 2019: 50 fr 21,79 100 fr 49,52. 50 fly 24,40
- 100 free lap 28,47
- Guennady Touretsk helps us a lot



Sprint experience in GYÚSE

Lobanovszkij Maxim (1996) - 2015-2019

- Completely undeveloped, raw swimmer
- Very basic sculling, kicking, swimming exercises
- Very basic dryland work
- Slow but steady progress
- Sickness and injuries



Sprint experience in GYÚSE

Szebasztián Szabó (2018-2024)

- 195 cm
- 50 fr 22,65 — 21,60 (21,72 — 20,72)
- 100 fr 49,69 — 48,19 (48,37 — 46,63) 100fr lap 47,37 (46,26)
- 50 fly 23,48 — 22,90 (22,44 — 21,75)
- 100 fly 52,96 — 51,28. (51,24 — 49,68)
- 50bk 25,32 (23,47) , 100bk 57,15 (54,28), 100im (53,84)
- Igor Beretic (Novi Sad)



Sprint experience in GYÚSE

Szebasztián Szabó (2018-2024)

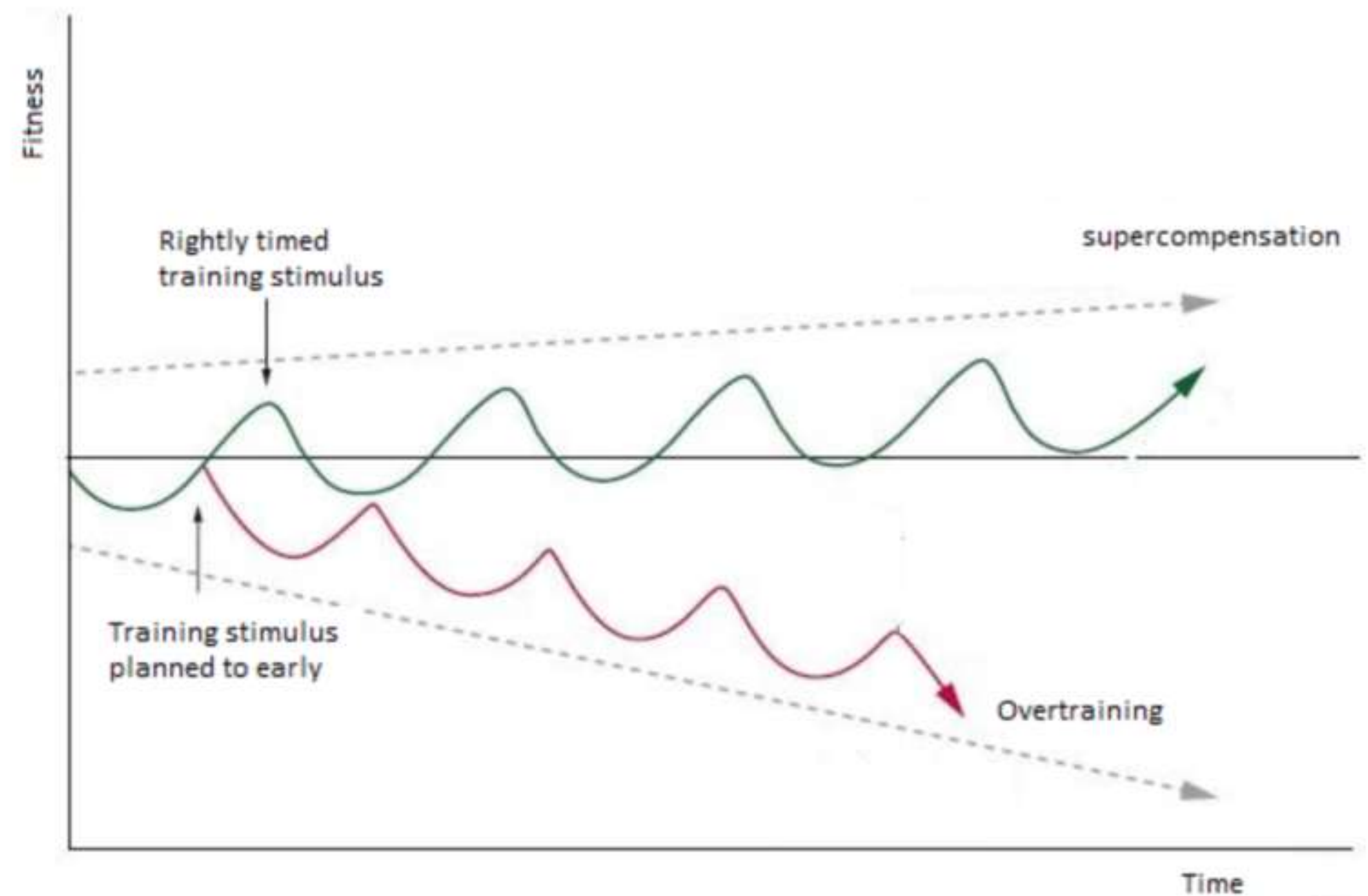
- Very good athletic background
- Low aerobic fitness
- Low anaerobic fitness
- 2019 100 fly World Championship qualification controversy
- Affection towards 50's



A WR Macrocycle

2021 autumn

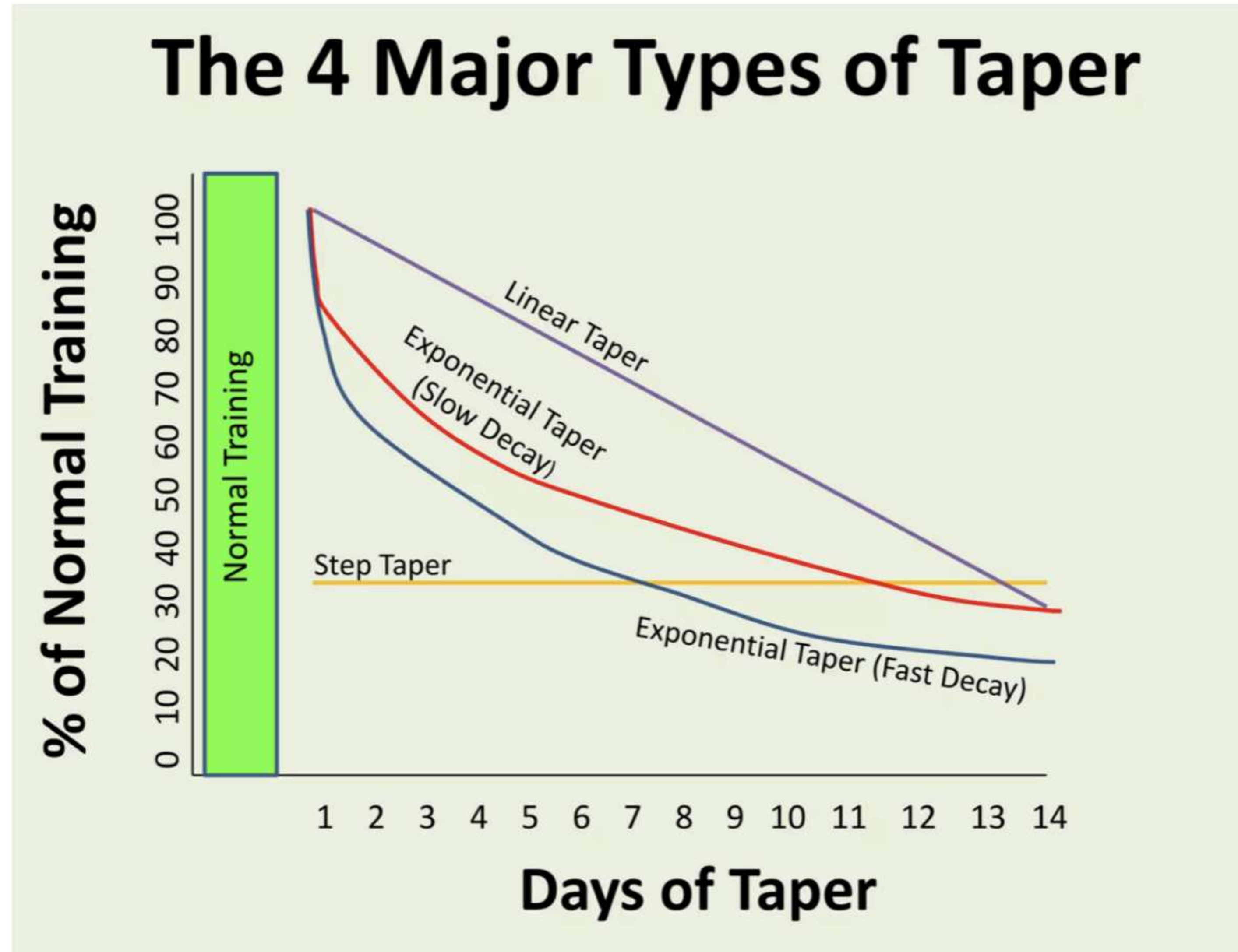
- Training: stress under control
- Work-Rest ratio
- Sport/Race specific stress
- Cross-Training



A WR Macrocycle

2021 autumn

- Taper



A WR Macrocycle

2021 autumn

- Planning training load
- Setting personal goals (what do we want to achieve?)
- Calendar (when?)
- Factors of performance:
- Aquatic Intensity zones
- Dryland intensity zones
- Weekly workload measurement
- Logging training load

A WR Macrocycle

2021 autumn

- Logging training load

	A	B	C	D	E	F	G	H	I	J	K
1	Date	ISO Week	Weekday	Athlete	Session	Session type	Zone (EN/SP)	Duration (min)	RPE (1–5)	Load	Notes
2	2026-01-01	1	Thu	Iván	AM ▾	Recovery ▾	EN1 ▾	120	1	120	Hike in Austria
3	2026-01-01	1	Thu	Iván	PM ▾	Strength ▾	SP1 ▾	60	2	120	Core training
4	2026-01-02	1	Fri	Iván	AM ▾	Strength ▾	SP1 ▾	60	2	120	Core training
5	2026-01-02	1	Fri	Iván	PM ▾	Recovery ▾	REC ▾	100	1	100	Walking in Pinnyéd
6	2026-01-03	1	Sat	Iván	AM ▾	Strength ▾	SP1 ▾	60	2	120	Core training
7	2026-01-03	1	Sat	Iván	PM ▾	Aerobic ▾	REC ▾	120	2	240	Walking in Pinnyéd
8	2026-01-04	1	Sun	Iván	AM ▾	Technique ▾	EN1 ▾	60	3	180	Gym work
9	2026-01-04	1	Sun	Iván	PM ▾	Sprint ▾	SP2 ▾	100	4	400	Gym work
10	2026-01-05	2	Mon	Iván	AM ▾	Recovery ▾	REC ▾	120	1	120	Walking in Pinnyéd
11	2026-01-05	2	Mon	Iván	PM ▾	Strength ▾	SP3 ▾	90	5	450	Gym work
12	2026-01-06	2	Tue	Iván	AM ▾	Threshold ▾	SP1 ▾	50	3	150	HIIT
13	2026-01-06	2	Tue	Iván	PM ▾	Recovery ▾	REC ▾	100	1	100	Walking in Pinnyéd

A WR Macrocycle

Macrocycle

- Tokyo Olympic Games (July 24-aug 1): 100 free 48,51. 100 fly 51,67. 100 fr lap 47,44

1. táblázat

WEEK	CYCLE	SEASON 21-22			PF	KM	A1WHITE -23 X1	AN3RED 25 X2	AN5BLUE 30! X3	CARDIO X0.01	CROSSFIT X0.02	WEIGHTS X0.03	STRECH / PREVENTIO N	SAUNA / CRYO
1	1.1.1	AUG 23	AUG 29	ISL 1. MATCH	34,8	20	15	3	2	30	30	60	30	30
2	1.1.2	AUG 30	SZEPT 5	ISL 2. MATCH	44,4	20	15	3	2	90	90	120	30	30
3	1.1.3	SZEPT 6	SZEPT 12	IS 3. MATCH	50,9	25	20	3	2	90	120	120	30	30
4	1.1.4	SZEPT 13	SZEPT 19		41,7	20	15	3	2	120	90	90	30	30
1	1.2.1	SZEPT 20	SZEPT 26	ISL 4. MATCH	50,9	25	20	3	2	90	120	120	30	30
2	1.2.2	SZEPT 27	OKT 3	WC BERLIN 1-3.	60,9	25	15	6	4	90	120	150	30	30
3	1.2.3	OKT 4	OKT 10	WC BP 7-9.	65,9	30	20	6	4	90	120	150	30	30
4	1.2.4	OKT 11	OKT 17		41,7	20	15	3	2	120	90	90	30	30
1	1.3.1	OKT 18	OKT 24	WC DOHA 21- 23.	60,9	25	15	6	4	90	120	150	30	30
2	1.3.2	OKT 25	OKT 31	WC KAZAN 28- 30.	50,9	25	20	3	2	90	120	120	30	30
3	1.3.3	NOV 1	NOV 7	SC EUROPEANS 2- 7. KAZAN	41,7	20	15	3	2	120	90	90	30	30

A WR Macrocycle

2021 weekly cycle

- Competitions involved in workload

2021. SZEPT 6-12. SPRINT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HÉTFŐ	KEDD	SZERDA	CSÜTÖRTÖK	PÉNTEK	SZOMBAT	VASÁRNAP
OFF	60' GYM	20' CROSSFIT	60' GYM			2A1
	3 A1	2 A1	2 A1			
	0.5 A3 UW KICK		0.5 A3 UW KICK			
	10' STRETCH		10' STRETCH			
				20' CROSSFIT		
OFF				3 A1	15' CROSSFIT	15' CROSSFIT
	20' CROSSFIT		20' CROSSFIT	10' STRETCH	2 A1	2 A1
	2 A1		2 A1		1A3	1A3
30' WALK IN THE CITY	0.5 A5		0.5 A5		0.5 A5	0.5 A5
					ISL MATCH	ISL MATCH

A WR Macrocycle

2021 daily program

- Dryland before every training
- HR controlled trainings
- Lot of video feedback
- Training explosiveness

**2021. SEPT 7. TUESDAY
AFTERNOON SPRINT**

15' CARDIO (HR 21-23)

**6X(20 SITUP, 10 SQUAT, 5
PUSHUP, 1 BURPEE) HR 25**

**4X200 (100IM-100FR AIR 5) @3'30"
2NORM,2FINS HR 25**

4X50 FR AIR 0@1' HR 30

200 STK DRILL

**8X25 STK (1. 0 AIR, 2. 50 PACE)
@1'
HR 30**

200STK DRILL

**TEST: 2X50 STK 100 PACE -2 @2'
PUSHOFF HR 30**

3X100 BK FINS@1'30" HR 23-25

200BK EASY HR 23

- <https://www.youtube.com/watch?v=xaT4TVtMQJI>



Questions?

- https://www.youtube.com/watch?v=YdCJ_8R0qOQ

