

# Is The Giving Tree A Poem

Jianjun Gao

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web followed when building the content  
of sets and the practice the steps  
outlined below are appropriate for the  
sets and how those sets fit into the total  
time frame of a training session will be  
suggested four usrpt sets for four  
sessions and two sets per session for  
the remainder if the swimmers are  
judged to be adapting well increase

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segments are repetitions to failure of  
50 m of freestyle swimming at 200 m  
race pace with 20 in usrpt sets before  
extreme neural fatigue begins to  
crossover into the next fatigue stage  
the criteria to terminate participation in  
the set would have been reached  
therefore the criteria for failure are  
usrpt s

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short race pace training this essentially  
means that in training you only swim at

your goal race pace or faster this  
means no partial swimming no drills  
kicking or any of that technique  
focused work if you don t do in a race  
you don t do it in training you re only  
allowed to swim at race pace

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dryland 1x 1 x 1 stretching 10min warm  
up 1x 1 x 200 freestyle 2 00 rest after  
set 1x 15 x 50 im 25 back 25 breast  
race 200 pace target time 1 4 of your  
fastest 200 im pace 2 00 0 30 25 back  
25 breast race 200 pace target time 1 4  
of your fastest 200 im pace

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one example of a usrpt set is 50 x 25s  
with a target time of 12 5 on a 30  
second interval this set is not designed  
for the swimmer to complete all 50  
repetitions after the body adjusts to the  
set about 5 repetitions if the swimmer  
swims 13 0 seconds on a repetition it is  
considered a failure

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web usrpt set per session 9 years four sessions per week emphasizing fun and technique two usrpt sets for two sessions and one for each of the other two sessions 10 years five sessions per week emphasizing skills technique and fun two usrpt sets for two sessions and one for each of the other three sessions  
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web two example sets are 112 x 25 fs at 200 pace on 30 seconds and within the usrpt set failed and recovery repetitions do not contribute to the total yardage at race pace but successful repetitions after a failed and recovery repetition do silverman 1996 summarized very useful guidelines for developing skilled behaviors within

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