

Training week beginning:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Emphasis/ Main Set	Emphasis/ Main Set	Emphasis/ Main Set	Emphasis/ Main Set	Emphasis/ Main Set	Emphasis/ Main Set	Emphasis/ Main Set
	Metres:	Metres:	Metres:	Metres:	Metres:	Metres:	Metres:
PM	Emphasis/ Main Set	Emphasis/ Main Set	Emphasis/ Main Set	Emphasis/ Main Set	Emphasis/ Main Set	Emphasis/ Main Set	Emphasis/ Main Set
	Metres:	Metres	Metres	Metres	Metres	Metres	Metres
	How I Felt?	How I Felt?	How I Felt?	How I Felt?	How I Felt?	How I Felt?	How I Felt?
	Fatigue 1 2 3 4 5	Fatigue 1 2 3 4 5	Fatigue 1 2 3 4 5	Fatigue 1 2 3 4 5	Fatigue 1 2 3 4 5	Fatigue 1 2 3 4 5	Fatigue 1 2 3 4 5
	Muscle 1 2 3 4 5	Muscle 1 2 3 4 5	Muscle 1 2 3 4 5	Muscle 1 2 3 4 5	Muscle 1 2 3 4 5	Muscle 1 2 3 4 5	Muscle 1 2 3 4 5
	Soreness	Soreness	Soreness	Soreness	Soreness	Soreness	Soreness
	Effort 1 2 3 4 5	Effort 1 2 3 4 5	Effort 1 2 3 4 5	Effort 1 2 3 4 5	Effort 1 2 3 4 5	Effort 1 2 3 4 5	Effort 1 2 3 4 5
	Health 1 2 3 4 5	Health 1 2 3 4 5	Health 1 2 3 4 5	Health 1 2 3 4 5	Health 1 2 3 4 5	Health 1 2 3 4 5	Health 1 2 3 4 5

How would I rate my training this week?

		1	2	3	4	5
1	My overall performance in pool sessions					
2	My attitude in pool sessions					
3	My commitment to improving my flexibility					
4	How regularly and accurately I check the clock before and after I set off					
5	The quality of my streamlining after every push off and turn					
6	Completing 4 quality underwater dolphin kicking off every push off and turn					
7	The quality of my technique when swimming in warm ups and cool downs					
8	The quality of my technique when swimming at maximum speed					

Total Weekly Metres

.....

1 =

5 =

Coach's Comments

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Competition Log

DATE	COMPETITION VENUE	AGE	SC/LC	STROKE	25m	50m	100m	200m	400m	800m	1500m
				Fly							
				BK							
				BRS							
				FC							
				IM							

Coach's Comment:

DATE	COMPETITION VENUE	AGE	SC/LC	STROKE	25m	50m	100m	200m	400m	800m	1500m
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				FC							
				IM							

Coach's Comment:



swimpreston.co.uk

Swimmers Log Book

Swimmer:

Squad:

Season 2009/2010



Swimmer Details

Name:

Date of Birth:

Parents/Guardian:

Home Address:

Home Telephone:

Email Address:

Medical information:

Main Events (s):

Hobbies:

Coach Details:

Guidelines for Effective Goal Setting

You will often be told to make goals "smart". The letters all stand for words. We are going to look at making goals "smarter".

S pecific	Say what you want to improve. "I want to improve my backstroke finish" rather than "I want to improve my backstroke".
M easurable	How will you judge you have reached your target? "I will be able to go hard into the backstroke finish every time, without looking round".
A chievable	Speak to your coach about the goals you set. They will tell you if it is within your capabilities.
R ealistic	Setting a goal that is too challenging will not help your self-confidence because you are not likely to achieve it.
T ime-measured	Give yourself time to achieve your goals. Set yourself clear deadlines in line with any competitions you have coming up.
E valuate	Constantly check your progress towards your goal and plan the next step.
R ecorded	Write down your goals – it will make you more determined to achieve them and help you monitor progress.



Personal Goals:

	Goal to be Achieved
Short Term (This year)	
<i>In order to achieve my goal I will:</i>	
Mid Term (Next year)	
<i>In order to achieve my goal I will:</i>	
Long Term (In 2-3 years)	
<i>In order to achieve my goal I will:</i>	

Date (of goal setting)	
Signed (Swimmer)	
Signed (Coach)	



Personal Best Times

Fill in the times you know, with dates achieved

Long Course (50m)

	50m	100m	200m	400m	800m/1500m
Butterfly					-
Backstroke					-
Breaststroke					-
Freestyle					
IM					-
#1 Kick					

Short Course (25 m)

	50m	100m	200m	400m	800m/1500m
Butterfly					-
Backstroke					-
Breaststroke					-
Freestyle					
IM					-
#1 Kick					

The main source of energy during training is derived from carbohydrate, therefore, it is not surprising that high carbohydrate meals and drinks are essential to provide energy and to facilitate recovery.

The timing of meals and snacks however, is important.

30-Minute Rule:

The muscles are most susceptible to restoration of carbohydrate stores within the first 30 minutes after exercise.

The swimmer should eat 50 to 100 grams of carbohydrate, whilst keeping fat ingestion low, as soon as training finishes, and definitely within the first 30 minutes after training.

The following are examples of appropriate snack foods:

Fruit, Nutrigrain bars, jam or honey sandwich, malt loaf, fig rolls, smoothie, Muller rice, dried fruit, rice cakes.

Keep hydrated: It is vitally important to drink plenty of fluids (water, juices, sports drink) prior to training, during training and after training.

Morning training: Have a snack item (examples above) with fruit juice 30 minutes before training with breakfast after training.

Guidelines for event meals:

Before a race: High carbohydrate / low fat meal 2-4 hours before the race. Suitable types of food include: breakfast cereals, porridge, bread, toast, fruit juice, fruit, rice cakes, boiled rice, potatoes, boiled pasta, oatmeal biscuits, muffins and carbohydrate drinks. These foods all help to release energy slowly. A small snack (see snacks above) may be eaten about 30 minutes prior to a race.

If the interval between races is less than 30 minutes, the swimmer should drink fluids / juices or a sports drink.

If the interval between races is up to 1 hour, the swimmer should have a snack from the above list, with plenty of fluid, up to 30 minutes before the next race.

If the interval is 1 to 2 hours, the swimmer should have a small high carbohydrate / low fat meal.

Important: As water is stored with carbohydrate, it is essential that a substantial amount of fluid be drunk with meals and snacks.

Warm Up Exercises

The warm up is an essential part of training & competition.

A warm-up is the exercise of the body and mind before training or a match. It should be undertaken gradually.

The key benefits from well-performed warm-ups are to:

- Reduce the chance of soft tissue injury by stretching muscles.
- Increase the body's temperature and blood flow.
- Allow mental preparation for the forthcoming exercise or game.
- Increase the level of performance.

Most coaches and players would agree that a warm-up session should also be enjoyable, varied and support the player as an athlete as well as a swimmer or water polo player.

The science of the warm-up.

Scientific research has increased our understanding of the best way to warm-up for sport.

Here is a summary of the consensus view of sports scientists:

- Stretching for warm-ups should be dynamic not static. "Dynamic stretching" means stretches carried out through a controlled range of movements rather than held for a period of time. Swimming is dynamic, so the warm ups have to be the same.
- Warm-ups should be specific to the activity about to be undertaken.
- The cool down is as important as the warm-up and should also be performed after every training session.
- To derive the greatest benefits from a warm-up, the work should mirror the actions that are to be taken while competing or training.
- Specific warm-ups are best employed after completing a general warm-up, which reduces the chance of injuries.

Warm-up guidelines.

- Try to achieve a mild increase in body temperature (around a one or two degree Celsius increase in temperature).
- Avoid getting tired out.
- The benefits of the warm-up are lost after 5 to 30 minutes of rest. Once a specific warm-up is completed the player should remain active.

The cool-down.

After a race or training session it is essential to use some form of warm-down or cool-down.

The benefits of a cool-down are that it helps to:

- Break down waste products in the muscles.
- Prevent muscle soreness by coaxing muscles gently back into shape.

A cool-down should include:

- Gentle movements like light swimming, stretching.
- Static stretching of the muscles for 10–15 seconds. Do not overstretch. They are trying to help the repair process and if the body has been bashed around in a game, the muscles will need to be gently coaxed back into shape.

Summary

Do...

- Build the level of intensity gradually.
- Ensure the technique is correct, even if the activity is light and gradual.
- Increase the heart rate first then move to stretching and specific activity.
- Have plenty of water available.

Don't...

- Do not bounce during stretching. Muscles increase their elasticity as the body warms up, so they will not take kindly to over exertion.
- Stop for a long period of time after warming up (such as for team talks or game reviews) before moving into the activity.
- Expect athletes to be warmed up at the same time. Different players need a different amount of time.

Stretching

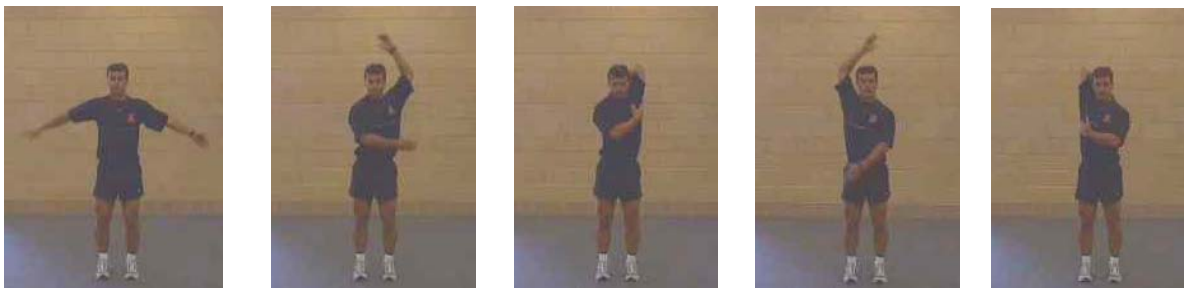
Ask your coach to suggest a few simple stretches that you can do while you wait for your session to start. Here are some suggestions to get you started:

Arm swings forward and back



Action ⇒ keeping the arms relaxed and straight -- lift both arms (turn alms out) to a position above the shoulders then continue to rotate the arms back and down to the starting position -- repeat the rotation several times, starting slowly and gradually adding speed to the movement (do not swing arms so fast as to lose control), then reverse the direction of the arm rotation

Arm swings with latissimus stretch



Action ⇒ rotate one arm up (bending the elbow) to reach behind the back as the other arm swings across the front of the body (finishing under the opposite shoulder) -- reverse the swing to the other side

Arm swings across the chest



Starting Position → feet at shoulder width and knees slightly bent; trunk bent forward; arms hanging below the shoulders (maintain body position with abdominal muscle control)

Action ⇒ right-arm swings forward as left-arm swings back through

maximum range of movement -- reverse arm positions (i.e. left-arm back and right-arm forward)

Arm swings with trunk rotation



Starting Position → feet at shoulder width (or wider) and knees slightly bent; trunk bent forward (maintain body position with abdominal muscle control)

Action ⇒ keeping the arms relaxed, rotate the shoulders and arms to the left

and then to the right

Lateral arm swings (without trunk rotation)



Starting Position → feet at shoulder width (or wider) and knees slightly bent; trunk bent forward (maintain body position with abdominal muscle control)

Action ⇒ lift the arms out and up to their highest point, then swing both arms

down (keep arms straight, yet relaxed) and across the body

Stretching:

Tricep



Raise one arm and bend the elbow (placing the palm of the hand in the middle of the back). Place the other hand on top of the bent elbow and gently pull toward the midline of the body.

Lattisimus Dorsi



Raise one arm and reach across with the other to grasp around the elbow joint. Gently pull the extended arm toward the midline of the body.

Pectoral



Stand side-on to a wall or post with elbow at a right angle. Gently press the body forward and away from the bent arm.

Quadriceps



From a standing position lift one foot up toward the buttock by flexing the knee. Hold the foot in place and buttock by flexing the knee. Hold the foot in place and feel the stretch in the front of the thigh.

Hamstrings



Sit with one leg extended and the other leg flexed so the foot rests on the inside of the thigh. Lean forward with the trunk and slide hands down the extended leg.

Hips and Inner Thighs



Sit with knees bent so the soles of the feet are together. Hands rest on the ankles, use the elbows to push down against the inside of the across the body.

Calf (gastrocnemius)



Stand in front of a wall, move one leg back (keep heel down and leg straight), feel the stretch in the calf (straight leg).

Ankle flexibility



From a sitting position, extend one leg straight out. Hold the other leg under the knee, bending the leg, and rotate the foot at the ankle with the other hand. First rotate the ankle clockwise, then counter-clockwise stretching ankle muscles

Sit back on ankles, gently raise knees

Single Leg/ Double Leg Breaststroke Stretch



Single: Sit with one leg bent and the other extended. Lean diagonally back, resting bodyweight on the forearms.



Double: Sit with knees at hip width and feet turned out-ward. Hold the position with back straight and stomach pulled in.



Stroke Counting

Each time you train, count the number of strokes it takes you to swim 25m and make a note in your logbook. If you want to, you can work out how far each stroke takes you by dividing 25 metres by the number of strokes. See if you can get your frontcrawl count to match your backstroke count. And, can you get your fly and breast to be the same number? When you have recorded your count a few times, if they are always the same, see if you can reduce the number by one. The top swimmers in their middle to late teens aim for a target for a 4 x 25m individual medley swim of 8 strokes of fly, 12 arm pulls on backstroke, 8 strokes of breaststroke, and 12 arm pulls on frontcrawl. How close can you get to these and keep up a good pace?

Reading the Pace Clock

"Leave on the top", "go on the 15", "on a one and a quarter turn-round", "go on the bottom". What does it all mean? It is pace clock talk. Nearly everything we do in training is based on the big pace clock on the wall or the portable clocks on the poolside. You will use the pace clock for swims, kicking and pulling sets not only to time yourself but almost more important to ensure you get sufficient rest.

The pace clock is basically an oversized analogue stopwatch. It's broken into 12 equal 5-second marks just like a normal clock, but is marked 5, 10, 15, 20 on up to 60 at the top of the clock instead of the 12 you would find on a "normal" clock. Most pace clocks have a red second hand which sweeps round the face of the clock. Some also have a black hand which moves more slowly and tells you the minutes.

Most of the time all you have to do is remember where the second hand was when you started, then check again when you finish. This gives you the time you took to complete the swim. If you have been given 15 second rest, just watch for the second hand to move to the third mark (each mark is worth 5 seconds) beyond where you came in, and off you go again. It is easy!

"Go on a minute turn-round" Just start each swim at the same spot on the clock each time. "Go on one and a quarter turn-round" Just add 15 seconds to your start time each swim, e.g. go on the 60, then the 15, then the 30, then the 45 and then back to 60 until you complete the set.

"Go on 50 second turn-round" Just take 10 second (two marks) off your start mark each time, e.g. 5, 55, 45, 35.

Practise using the clock even if you are not told to use it. Then when you do have to use it you will know what you are doing. You can just follow the person in front and hope they get it right, but it is so much nicer to know you are in control and know you are getting the right amount of rest. Of course, if you practise when you get put at the front of the lane, you will have no problems leading the lane.



CODE OF PRACTICE FOR ALL SWIMMERS OF PRESTON SWIMMING CLUB.

PRACTICES BEFORE A TRAINING SESSION

- Punctuality to ensure participation in the full session
- Ensure you are ready on poolside 10 minutes before start of session with hats on, goggles & costumes adjusted.
- Warm up exercises on poolside should be undertaken before the start of each session.
- All training equipment such as Paddles, Pull Buoys, Kickboards, FINS etc readily available
- Each session should start with a good dive or push off

DURING THE SESSION

- Leave on the correct time on all sets
- Know your repeat times for all sets
- Good Streamlining on **ALL** starts & turns
- Finish all swims hard into the wall
- Swimmers must inform the Coach before leaving poolside during a session

If swimmers feel they need to stop during a session, they must climb out of the pool at the end of the lane. Frequent stops or swimmers behaving in a disruptive manner will receive a verbal warning and then will be asked to leave the pool if the situation does not improve.

PRACTICES DURING COMPETITION / GALA'S.

- ALL swimmers are responsible for checking notice boards at West View & Fulwood Leisure Centres for swimming events.
- ALL swimmers should arrive 15 minutes prior to the scheduled warm-up time.
- Once changed swimmers must report to the Coach on poolside before warming up
- Warm-up properly & professionally. Check your warm-up protocol for what you are required to do. (it would be a good idea to put a copy of your warm-up protocol in your log book

Items, which should be taken to all events, include:

- Two race costumes
- One warm-up costume
- Two Preston Swimming hats
- Two pairs of goggles already adjusted
- suitable poolside wear & poolside footwear, preferably club colours