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Training Log

Swimmers Expectations

It has become apparent to the coaching team that there are basic fundamental skills & behaviors that swimmers should be performing a lot better than at present.

By following the basic guidelines set out below this will help Apex raise the standard throughout the region.

Before the session

- Always be early – at least 10 minutes early
- Have the right swim equipment for every session kept in a wet bag
- For a 2 hour session ensure that you have 2 x 1litre drinks bottles to maintain hydration
- Agree with the coach a dry side warm up
- Listen to the coaches explanation of what is required in the warm up
- Ask any appropriate questions when the coach has finished talking

During the session

- Always start the session with a correct race start
- Off every turn ensure that you are performing 4 big fly kicks and 4 little fly kicks on freestyle, backstroke and butterfly. Breastroke swimmers perform a legal breastroke start
- Ensure that turns and starts are always at race pace and that the streamlined position is maintained underwater at all times i.e. arms in line with body, elbows locked out, hands with a bottom hand break out position, head tucked in and pointed toes
- Ensure that your feet pass the flags off every start and turn as a minimum

Training Log

- Try to ensure that you are not breathing for the first stroke off every start and turn
- Maintain kick into turns and ensure that the transition from underwater butterfly kick to racing kick is continuous
- Always finish at the wall fast with no breathing in the last 5 metres and move over to let the person behind you finish properly
- Always push from the wall do not start 1 metre out
- Use pace clock effectively i.e. leave 5 seconds between each person
- Maintain eye contact with coach and do not talk when the coach is talking
- Do not go to the toilet in the main set
- Do not sit on the lane ropes
- Maintain good technique at all times, particularly in warm up and swim down
- Warm ups should be continuous – socializing should be done before or after the session
- Allow yourself to be overtaken, do not stop the passer must overtake in the centre of the lane
- Do not change the lane order during the main set to try and gain more rest
- Record all of the session on your wipe board for your log book
- Be prepared at any time to be asked to do a cold swim

General Items

- Always talk to your coach when they are not busy – be prepared to ask questions
- Set your own practice/session goals – what do you want to get out of the session?
- Praise yourself when you do well, be annoyed when you have not performed at your best
- Try to be a leader not a follower
- You are responsible for all of the above not your coach
- Act as role models for the younger swimmers – they will copy what you do!!!

Training Log Swimmer Details

Name	
Date of Birth	
Parents Names	
Home Address	
Home Telephone Number	
Mothers Mobile and Work Telephone Numbers	
Fathers Mobile and Work Telephone Numbers	
Email contact address	
Main Event(s)	
National Results Year:	
Best Swimming Experience	
Club	
Training Programme/Group	
Coach	
Coaches Telephone Numbers	
Coaches Email contact address	

Training Log

Goal Setting

Date:.....

Short Term (This cycle):	
Mid Term (the coming season):	
Long Term (major ambition):	
Signed by Swimmer	
Signed by Coach	
Date of Goal Setting Exercise	

Training Log

Long Course Personal Best Times

Insert current personal best times along with splits, stroke counts, stroke rates and date of swim.

<i>Long Course</i>					
Stroke/Date	50	100	200	400	800/1500
Butterfly					
Backstroke					
Breaststroke					
Freestyle					
IM					

Training Log

Short Course Personal Best Times

Insert current personal best times along with splits, stroke counts, stroke rates and date of swim.

<i>Short Course</i>					
Stroke/Date	50	100	200	400	800/1500
Butterfly					
Backstroke					
Breaststroke					
Freestyle					
IM					

Training Log

Performance Recording Log

Date	Meet	SC/LC	Event	Time	Splits	Counts	Comments

Training Log
My Pre Race Warm Up for Main Events

My main event is

Record below your pre race warm up for your main event.

Training Log

My Post Race Swim Down Protocol

My main event is

All swimmers on Age/Youth teams or camps will follow the following swim down protocol. Exceptions to this may be made providing the home coach of an athlete has a swim down protocol that has been tested and confirmed by a sports scientist using lactate testing as a justification for their policy.

Coaches are encouraged to not have discussions with athletes until after the swimdown or at least until 800m has been swum.

The basic assumption is that following swim down at 50bpm below maximum and waiting one and a half minutes the heart rate will not oscillate down to 80 bpm or less until the lactate level has dropped to 2mM .

1. After taking some replacement fluid each swimmer is asked to swim 400m in the stroke they have just finished.(combination fly drill and free style for butterflyers.) 4x100 or straight 400m.
2. Heart rate is checked at any time or at the end of the 400m to make sure the speed is fast or slow enough. The swimmers are encouraged to take replacement fluid at the end of the 400m.
- 3.The swimmers are then asked to swim any stroke for the next 400m going through all strokes if they are happy, but to have 4 bursts of 10 to 15 m in the stroke of their competition.
- 4.After finishing 800m the swimmers are asked to wait for one and a half minutes and the heart rate is checked. If the heart rate is not oscillating or does not get to 80bpm the swimmer is asked to swim a 200m preferably in the stroke of competition.
5. A further similar test is done after each 200m and the swim down continues until the oscillations DROP to 80bpm or when 1400m has been swum and a management decision is made.

Training Log

Daily Distance – Mornings & Evening

Insert date, total metres

Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						

Training Log

12.						
13.						
14.						
15.						
16.						
17.						
18.						
19.						
20.						
21.						
22.						
23.						
24.						
25.						

Training Log

26.						
27.						
28.						
29.						
30.						
31.						
32.						
33.						
34.						
35.						
36.						
37.						
38.						
39.						

Training Log

40.						
41.						
42.						
43.						
44.						
45.						
46.						
47.						
48.						
49.						
50.						
51.						
52.						

Training Log Weekly Volume Recording Sheet

Week	Week Commencing	Weekly Volume	Running Volume Totals	Average Weekly Volume
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
Totals C/F				

Training Log

		Weekly Volume	Running Volume Totals	Average Weekly Volume
Totals B/F				
Week	Week Commencing			
22				
23				
24				
25				
26				
27				
28				
29				
30				
31				
32				
33				
34				
35				
36				
37				
38				
39				
40				
41				
Totals C/F				

Training Log

		Weekly Volume	Running Volume Totals	Average Weekly Volume
Total B/F				
Week	Week Commencing			
42				
43				
44				
45				
46				
47				
48				
49				
50				
51				
52				
Totals				

Endurance tests

- Endurance Test 1: 200m kick.
- Endurance Test 2: 5 Km (Seniors Only)
- Endurance Test 3: 400m I.M time trial.
- Endurance Test 4: T30.
- Endurance Test 5: 6 x 200m on shortest rest possible with a minimum of 5 seconds rest. The goal is to achieve the fastest possible average time for the 6 x 200m swims on the shortest possible send off cycle.
- Endurance Test 6: 24 x 50mts Main Stroke (average)

It is important that the swimmer swims at the fastest possible speed that they can sustain. The tests are based on the fact that swimmers should be able to sustain about 30 minutes of work at their individual anaerobic threshold speed. Using the recording sheets repeat training times can be established.

Core Body Strength Tests

1. *Push Up Position Hold*
2. *Push Up Position - Shoulder Blades Together*
3. *Lumbar Hold*
4. *Front Abdominal Hold*
5. *Flexibility Test 1*
6. *Flexibility Test 2*

1. Push Up Position Hold

Description: The athlete is required to hold a particular position until the position is altered significantly or two and a half minutes lapse.

The Test Position:

1. The athlete should lie face down on a comfortable, flat surface.
2. The arms should be placed in a push up position, with the hands underneath the shoulders. The legs should be held straight, with the toes turned under, in the push up position.
3. The athlete pushes up till the arms are fully extended; eyes should be looking directly toward the ground.
4. The back of the head, shoulder blades and buttocks should all be aligned in a straight line. This is the start position of the test.

The test protocol: The test is conducted in the following fashion.

1. A clock is started as soon as the "start" position is attained.
 2. That position is held without variation.
 3. The test ends when significant position changes or voluntary termination occur. Significant position changes are as follows;
- The body does not stay in a straight line, ie the hips begin to sag, or the head is thrust upwards or downwards or the knees bend.
 - Any other alteration that changes the position.



2. Push Up Position - Shoulder Blades Together

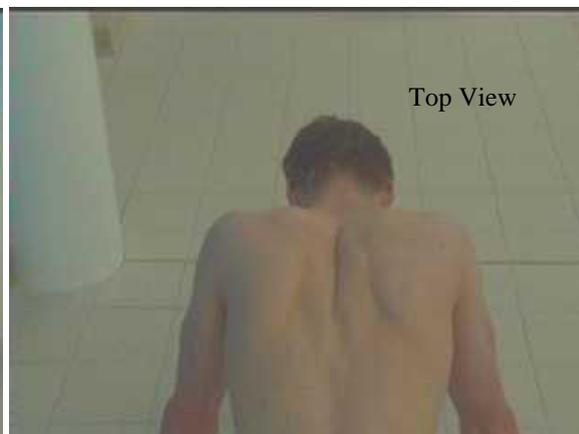
Description: The athlete is required to hold a push up position and at the same time, hold the shoulder blades together until the position is altered significantly or two and a half minutes lapse. This is an extension from the Push Up Position Hold as outlined in on the previous page.

The Test Position:

1. The athlete should lie face down on a comfortable, flat surface. The arms should be placed in a push up position, with the hands underneath the shoulders. The legs should be held straight, with the toes turned under, in the push up position.
2. The athlete pushes up till the arms are fully extended, eyes should be looking directly toward the ground.
3. The back of the head, shoulder blades and buttocks should all be aligned in a straight line. The swimmers should then draw their shoulder blades together without alteration to their body position. The shoulder blades should be held flat against the back and not protrude from it. This is the "start," position of the test.

The test protocol: The test is conducted in the following fashion;

1. A clock is started as soon as the start position is attained.
2. That position is held without variation.
3. The test ends when significant position changes or voluntary termination occur. Significant position changes are as follows:
 - The body does not stay in a straight line, ie, the hips begin to sag, or the head is thrust upwards or downwards, or the knees bend.
 - Any other alteration that changes the position.



3. Lumbar Hold

Description: The athlete is required to hold a particular position until the position is altered significantly or four (4) minutes elapse.

The test position:

1. The athlete should lie face down on a comfortable, flat surface.
2. The legs should be extended fully, knees straight and toes pointed, in much the same position as is desirable for maximum streamlining when swimming. The feet should be together.
3. Both arms should be extended forward and straight with fingers stretched and palms down.
4. The face should look directly downward with the nose touching the ground.
5. Both legs should be raised with the straight streamlined leg position being maintained. The knees should be held well clear of the ground with at least the mid-point of the thigh being off the surface. This is the test start position.

The test protocol: The test is conducted in the following fashion.

1. A clock is started as soon as the start position is attained.
2. That position is held without variation.
3. The test ends when significant positional change or voluntary termination occurs. Significant position changes are as follows:
 - The knees bend or the pointed feet position is altered.
 - The arms are not held straight. If they start to bend or "give" the position of hold changes which is outside the bounds of the test.
 - The mid-position of either thigh or any other part of a leg touches the ground.
 - Any other alteration that changes the position. It is vitally important that the athlete be tested on the muscle groups required to hold this exact position. The positioning is as important as the muscular endurance. The combination of the two requirements is what is important for the assessment of this capacity for swimming.

Scoring and Evaluation: The time that the position is held is the test score. It is considered that if the position can be held for the four minutes, the swimmer has sufficient strength and muscular endurance to hold an adequate body position in any swimming event.



4. *Front Abdominal Hold*

Description: The athlete is required to hold a particular position until the position is altered significantly or four (4) minutes elapse.

The Test Position:

1. The athlete should lie on a comfortable, flat surface.
2. The legs should be drawn up so that the feet remain flat on the ground and the knee bend is 90 degrees.
3. The athlete extends both arms forward, straight, fingers stretched, and palms facing downward.
4. The straight body is raised until the wrists of both arms are over each corresponding knee. This is the test start position.

The Test Protocol: The test is conducted in the following fashion:

1. A clock is started as soon as the start position is attained.
2. That position is held without variation.
3. The test ends when significant positional changes or voluntary termination occur. Significant position changes are as follows:
 - The arms are not held straight, fingers stretched, palms down and positioned over the knees. A change in any of these characteristics is significant. It is important to keep the arms in this position because most swimming actions require specific arm positioning while the body is stabilised.
 - The back is not held straight. If it starts to bend or give the position changes outside the bounds of the test.
 - Any other alteration that changes the position. It is vitally important that the athlete be tested on the muscle groups required to hold this exact position. The positioning is as important as the muscular endurance. The combination of the two requirements is what is important for the assessment of this capacity for swimming.

Scoring and Evaluation: The time that the position is held is the test score. It is considered that if the position can be held for the four minutes, the swimmer has sufficient strength and muscular endurance to hold an adequate body position in any swimming event.



5. Flexibility Test 1

Description: The athlete is required to attain a position.

The Test Position:

1. The athlete should stand up straight with their heels together, toes turned slightly outwards.
2. The swimmer should grasp each elbow with the arms in a folded position (as shown below, above their head).
3. The athlete should then move the body forward, without moving the feet or knees, stretching the arms forward holding the position. There should be a 90 degree position from the body to the thighs.
4. The swimmer will continue with and downward, till the upper body is resting on the thighs (or as close as possible to this position).

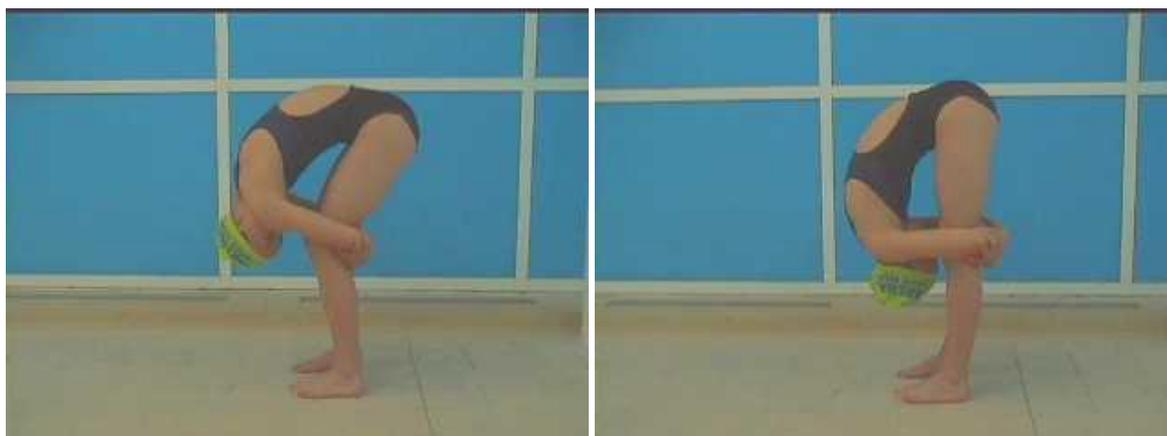


6. Flexibility Test 2

Description: The athlete is required to attain a position.

The Test Position:

1. The athlete should start in a position with the arms folded behind their knees. Each hand would grip the opposite elbow and maintain this hold through the test.
2. The athlete should then push upward through the hips, without moving the feet, stretching the hamstrings to the maximum stretch position without letting go of the hold on each elbow.



Core Body Strength Tests - Recording Sheet

(Record your own results, plus those of some of the other swimmers on the camp.)

<i>Date</i>	<i>Name</i>	<i>Main Stroke</i>	<i>Push Up Position Hold</i>	<i>Push Up Position - Shoulder Blades together</i>	<i>Lumbar Hold</i>	<i>Front Abdominal Hold</i>	<i>Flexibility Test 1</i>	<i>Flexibility Test 2</i>

HEIGHT/WEIGHT LOG

Each month use this table to log your weight and height.

MONTH	DATE	HEIGHT	WEIGHT
		(cm)	(kg)
SEP			
OCT			
NOV			
DEC			
JAN			
FEB			
MAR			
APR			
MAY			
JUN			
JUL			
AUG			