



# Training Log

**Name:**

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# Swimmer Details

PERSONAL DETAILS

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Home tel. no: \_\_\_\_\_

Mobile tel. no: \_\_\_\_\_

Emergency contact details: \_\_\_\_\_

\_\_\_\_\_

Medical information e.g. Disabilities, allergies, medication etc.

\_\_\_\_\_

\_\_\_\_\_

Date of Birth: \_\_\_\_\_

ASA Registration no: \_\_\_\_\_

Hobbies, other sports: \_\_\_\_\_

\_\_\_\_\_

School name and address: \_\_\_\_\_

\_\_\_\_\_

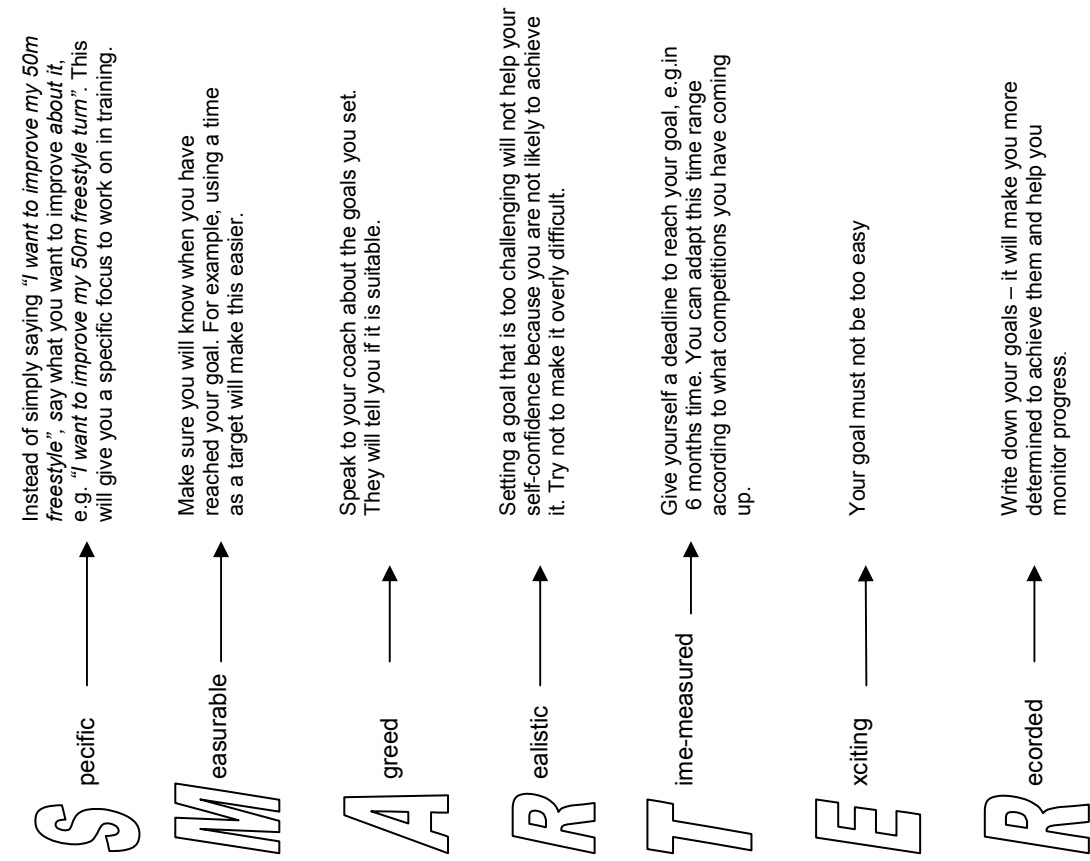
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## HEIGHT AND WEIGHT RECORD

	Height	Weight	Notes
Sept			
Oct			
Nov			
Dec			
Jan			
Feb			
Mar			
Apr			
May			
Jun			
Jul			
Aug			

Training Log  
Guidelines for Effective Goal Setting

The goals you set yourself to help improve your swimming should be: **PERSONAL GOALS**



<b>Short Term</b> (This year)	
<b>Mid Term</b> (Next year)	
<b>Long Term</b> ( In a few years time)	
Signed by Swimmer	
Date of goal setting exercise	
Signed by Coach	

**Goal Setting September.....**

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

**Goal Setting January/February.....**

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

**Goal Setting April/May .....**

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

**Long Course Personal Best Times – As at September 200...**

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

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

## Short Course Personal Best Times – As at September 200...

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

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

Training Log

**Performance Recording Log – Page 1**

Date	Meet	SC/LC	Event	Time	Splits	Rates	Counts	Comments

















## **My Pre Race Warm Up for Main Events**

My main event is .....

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

## My Post Race Swim Down Protocol

My main event is .....

All swimmers will follow the following swim down protocol. Exceptions to this may be made providing the 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 butterflys.) 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.

The policy has been devised by Dr Bob Treffene and is reproduced from an article written by Bob called, Swim Downs : Best Practice.

## Training Log

### Best Ever Training Sets

Insert date, set conducted and any relevant information.

1
2
3
4
5
6
7
8
9
10

## Training Log

### Best Ever Training Sets

Insert date, set conducted and any relevant information.

11
12
13
14
15
16
17
18
19
20



## NUTRITION

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 – 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 is drunk with meals and snacks.

## 30% Fat Rule

It is recommended that swimmers should eat high carbohydrate low fat meals. Low fat is defined as food items with less than 30% fat by calories. This is not the value that is presented by the food manufacturers, who display fat content by weight, which makes the foodstuff appear healthier than it usually is.

**An easy way to calculate the true fat content of food:**

1. Look at the label on the food and see how many grams of fat it contains per serving.
2. Multiply the number of grams by 10 to calculate the number of kcal from fat per serving.
3. Look at the label for the total energy, the number of kcal per serving.
4. Divide the kcal from fat by the total kcal and multiply by 100.

You now have the TRUE fat content of the food stuff.

**Examples:**

1. **McCain oven chips:** (packet claims to be less than 5%fat)  
The label shows 5.4 grams of fat per serving – therefore 54 kcal per serving (5.4 x 10). The label shows 163 kcal per serving. The % fat content is, therefore, 54 divided by 163 x 100 = **33.1%**.  
**This is greater than 30%, so these chips should be rejected by the swimmer.**

2. **Baked Beans in Tomato Sauce (Tesco):**

A 100g portion provides 0.3g fat = 3 kcal.

Total energy = 85 kcal

% fat content = 3 divided by 85 x 100 = **3.5%**.

**Decision: Accept!**

## Dynamic Stretching Exercises

The following are examples of dynamic stretching and mobility exercises, which could form part of the [warm up](#) program in a training session. The dynamic exercises you incorporate into your warm up program should be appropriate to the movements you would experience in your sport/event. In all the exercises breathe easily whilst performing them.

Current research work detailed in Medicine & Science in Sport and Exercise and Journal of Strength and Conditioning Research, suggests that the use of dynamic stretches - slow controlled movements through the full range of motion - are the most appropriate exercises for the [warm up](#). By contrast, [static stretches](#) are more appropriate for the [cool down](#).

The Exercises

## Joint Rotations

From a standing position with your arms hanging loosely at you sides, flex, extend, and rotate each of the following joints:

- Fingers
- Wrist
- Elbows
- Shoulders
- Neck
- Trunk and shoulder blades
- Hips
- Knees
- Ankles
- Feet and toes

## Neck Mobility

- Flexion/Extension - Tuck your chin into your chest, and then lift your chin upward as far as possible. 6 to 10 repetitions
- Lateral Flexion - lower your left ear toward your left shoulder and then your right ear to your right shoulder. 6 to 10 repetitions
- Rotation - Turn your chin laterally toward your left shoulder and then rotate it toward your right shoulder. 6 to 10 repetitions

## Shoulder Circles

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent
- Raise your right shoulder towards your right ear, take it backwards, down and then up again to the ear in a smooth action
- Repeat with the other shoulder

## Arm Swings

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent
- Keep the back straight at all times
- Overhead/Down and back - Swing both arms continuously to an overhead position and then forward, down, and backwards. 6 to 10 repetitions
- Side/Front Crossover - Swing both arms out to your sides and then cross them in front of your chest. 6 to 10 repetitions

## Side Bends

- Stand tall with good posture, feet slightly wider than shoulder-width apart, knees slightly bent, hands resting on hips
- Lift your trunk up and away from your hips and bend smoothly first to one side, then the other, avoiding the tendency to lean either forwards or backwards
- Repeat the whole sequence sixteen times with a slow rhythm, breathing out as you bend to the side, and in as you return to the centre

## Hip circles and twists

- Circles - With your hands on your hips and feet spread wider than your shoulders, make circles with your hips in a clockwise direction for 10 to 12 repetitions. Then repeat in a counter clockwise direction
- Twists - Extend your arms out to your sides, and twist your torso and hips to the left, shifting your weight on to the left foot. Then twist your torso to the right while shifting your weight to the right foot. 10 to 12 reps on each side

## Half Squat

- Stand tall with good posture holding your hands out in front of you for balance
- Now bend at the knees until your thighs are parallel with the floor
- Keep your back long throughout the movement, and look straight ahead
- Make sure that your knees always point in the same direction as your toes
- Once at your lowest point, fully straighten your legs to return to your starting position

## Training Log

- Repeat the exercise sixteen times with a smooth, controlled rhythm
- Breath in as you descend, and out as you rise

# Leg Swings

- **Flexion/Extension-** Stand sideways onto the wall
- Weight on your left leg and your right hand on the wall for balance
- Swing your right leg forward and backward
- 10 to 12 repetitions on each leg
- **Cross-Body flexion/Abduction** - Leaning slightly forward with both hands on a wall and your weight on your left leg, swing your right leg to the left in front of your body, pointing your toes upwards as your foot reaches its furthest point of motion
- Then swing the right leg back to the right as far as comfortable, again pointing your toes up as your foot reaches its final point of movement
- 10 to 12 repetitions on each leg

# Lunges

- Standing tall both feet together (starting position)
- Keeping the back straight lunge forward with the right leg approx 1 to 1½ metre
- The right thigh should be parallel with the ground and the right lower leg vertical
- Spring back to the starting position
- Repeat with the left leg
- 12 to 16 repetitions on each leg

# Ankle Bounce

- **Double leg bounce** - Leaning forward with your hands on the wall and your weight on your toes, raise and lower both heels rapidly (bounce)
- Each time, lift your heels one to two inches from the ground while maintaining ground contact with the ball of your feet
- 12 to 16 repetitions
- **Single leg bounce** - leaning forward with your hands on a wall and all your weight on your left foot, raise the right knee forward while pushing the left heel towards the ground
- Then lower the right foot to the floor while raising the left heel one or two inches
- Repeat in a rapid, bouncy fashion
- 12 to 16 repetitions on each leg

## Training Log

### **INDIVIDUAL WEIGHT AND LAND PROGRAMME**

	Max	90%	70%	50%	30%
Bench Press					
Hamstring					
Quads					
Lats					
Triceps					
Squats					

Plyometrics

Repeats:

90% 6 x 3

70% 12 x 3

50% 20 x 3

30% 30 x 3

### **Cardiovascular Program**

1.-10 minutes stepping

2.-10 minutes cycling

3.-10 minutes running

## Training Log

### SKILLS & DRILLS

100% RIGHT IS 100% RIGHT  
99% RIGHT IS 100% WRONG  
PAY ATTENTION TO DETAILS

#### DRILLS

- . Drills are not designed for a rest period. Full concentration is required. They should be clinical, controlled and precise.

#### TECHNIQUE

- . Hold perfect technique especially when fatigued.
- . Hold same stroke rate and stroke count during sets.
- . Can you do the same time for same distance on fewer strokes? – Check it out.
- . When working on high velocity swim, emphasis is still on perfect technique. Swimming fast and relaxed is priority.

*Note: On high velocity swims 100% speed at 100% effort is acceptable. 100% speed at 85% effort develops endurance.*

#### URNS

- . Every turn in training practice is a race turn... THINK!
- . No breathing into turns on final 5 meters.
- . Streamline off wall use fly kicks to beyond flags.
- . Head to feet must be quicker on f/c and back turn.
- . Knees to feet must be quicker on fly and breaststroke turn.
- . On breaststroke push off accelerate arms to full power during A-Pull.
- . Turn hands to face each other after A-Pull, this will bring elbows into side for streamlining
- . Keep arms close to body on recovery.
- . When turning on all strokes, lower arm off wall should be bottom arm in streamlined position.
- . Head follows last stroke, keep chin on chest, tuck up and rotate small.

#### FINISHES

- . Fast hands at finish.
- . Always finish on full stroke extension.
- . No breathing final 10 meters.

#### GENERAL

- . When you dehydrate it takes 2-3 days to fully re-hydrate. Dehydration affects both training and competition performance.
- . What you eat today will affect and fuel you tomorrow.

#### SWIMMERS YOU SHOULD KNOW

- . Resting heart rate
- . Maximum heart rate
- . Stroke count for each stroke in 25 and 50 meter pool
- . PB's for all events, long course and short course.