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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	

HOW TO SET GOALS

<p>SPECIFIC</p>	<p>Say what you want to improve. "I want to improve my backstroke finish" rather than "I want to improve my backstroke".</p>
<p>MEASURABLE</p>	<p>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".</p>
<p>AGREED</p>	<p>Speak to your Coach about your goals. They can help you achieve them.</p>
<p>REALISTIC</p>	<p>Try not to set a goal that is too much of a challenge. If you want a County Record, set out to achieve a number of small improvements rather than one big one.</p>
<p>TIME-BOUND</p>	<p>Give yourself time to achieve your goal. Not too long or you will lose interest. 6 months maximum or perhaps the date of a WASC championship.</p>
<p>EVALUATE</p>	<p>Constantly check your progress towards your goal and plan the next step.</p>
<p>RECORDED</p>	<p>Write it down and keep a note of all the little steps you take towards achieving your goal.</p>

Use the goal setting sheet to record your own goals.

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	

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					

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					

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 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.

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

Weekly Training Schedule - Mornings

Insert date, schedule and total metres

Day	Schedule	Total metres
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Morning Sessions - Weekly Total		

Weekly Training Schedule - Evenings

Insert date, schedule and total metres

Day	Schedule	Total metres
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Evening Sessions - Weekly Total		

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				

Swim21 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				

Swim21 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				

Swim21 Training Log