



# EDMONTON PHOENIX SWIMMING CLUB

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Affiliated Club

## Edmonton Phoenix Swimming Club.

### SWIMMER'S LOG BOOK

**Chief Coach: Barry Thomas**  
**Group 1 Coach: Rob Howe**  
**Group 2 Coach: Sarah Thomas**  
**Teaching Coordinator: Susan Thomas**

**Swimmer's Name** .....

#### **How to use your log book**

This log book is for you to record your swimming training and competition information. At the beginning is a page to record your personal information. Then there is a chart to write down your height and weight each month and add other relevant notes.

The next two pages are about goal setting. Perhaps there are certain qualifying times you would like to achieve at the next Open Meet. In the mid term, maybe you would like to reach a County or Regional Championship final, and in the long term perhaps you would like to achieve a National time.

The next few pages are for you to record the target times and times achieved in competition. The competition log is for use at meets and championships and for you to record any comments about your swims i.e. how you felt, what you ate before and during the meet, how much you drank. This is very useful as it can sometimes explain why you swam so well or why it wasn't as you'd hoped. There is a space for your coach to comment too, after the Meet.

The training log is to be filled in after each training session to record the main emphasis of that week in the training cycle & that session. It should explain the type of work carried out, no. of metres swum, your comments, ratings for fatigue, muscle soreness, health & diet and resting HR.

### 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:	
Hobbies, other sports:	
School name and address:	

### HEIGHT AND WEIGHT RECORD

Month	Height	Weight	Notes
September			
October			
November			
December			
January			
February			
March			
April			
May			
June			
July			
August			

## Guidelines for Effective Goal Setting

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

<b>S</b>	pecific	→	Instead of simply saying “ <i>I want to improve my 50m freestyle</i> ”, say what you want to improve about it, e.g. “ <i>I want to improve my 50m freestyle turn</i> ”. This will give you a specific focus to work on in training.
<b>M</b>	asurable	→	Make sure you will know when you have reached your goal. For example, using a time as a target will make this easier.
<b>A</b>	greed	→	Speak to your coach about the goals you set. They will tell you if it is suitable.
<b>R</b>	ealistic	→	Setting a goal that is too challenging will not help your self-confidence because you are not likely to achieve it. Try not to make it overly difficult.
<b>T</b>	ime-measured	→	Give yourself a deadline to reach your goal, e.g.in 6 months time. You can adapt this time range according to what competitions you have coming up.
<b>E</b>	xciting	→	Your goal must not be too easy
<b>R</b>	ecorded	→	Write down your goals – it will make you more determined to achieve them and help you monitor progress.

### 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	











## SWIM EVALUATION

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

Meet:- \_\_\_\_\_

Event:- \_\_\_\_\_

Time:- \_\_\_\_\_

Date:- \_\_\_\_\_

PB:- \_\_\_\_\_

**Directions:-** Circle the number from 1-5 in each categories listed below that best rates how you would evaluate your swim performance.

**Rating Scale:-** 1=Excellent, 2=Good (solid performance), 3=Satisfactory (average),  
4=Weak (errors made, could have performed better),  
5=Very Weak (identification of areas that must be improved),

**Swim No1**

Pre-Meet Preparation	1	2	3	4	5
Pre-Swim Warm-Up	1	2	3	4	5
Pre-Swim Preparation	1	2	3	4	5
Start (include dive and first 15m)	1	2	3	4	5
Stroke:- Leg Action	1	2	3	4	5
Arm Action	1	2	3	4	5
Breathing	1	2	3	4	5
Timing	1	2	3	4	5
Complete Stroke	1	2	3	4	5
Turns	1	2	3	4	5
Finish (15m from touch)	1	2	3	4	5
Overall Swim	1	2	3	4	5

My most pleasing aspect of my swim \_\_\_\_\_

My overall swim performance (including Mental and Physical performance) \_\_\_\_\_

The area I feel I must now work on before my next meet \_\_\_\_\_

Event:- \_\_\_\_\_

Time:- \_\_\_\_\_

Date:- \_\_\_\_\_

PB:- \_\_\_\_\_

**Swim No1**

Pre-Meet Preparation	1	2	3	4	5
Pre-Swim Warm-Up	1	2	3	4	5
Pre-Swim Preparation	1	2	3	4	5
Start (include dive and first 15m)	1	2	3	4	5
Stroke:- Leg Action	1	2	3	4	5
Arm Action	1	2	3	4	5
Breathing	1	2	3	4	5
Timing	1	2	3	4	5
Complete Stroke	1	2	3	4	5
Turns	1	2	3	4	5
Finish (15m from touch)	1	2	3	4	5
Overall Swim	1	2	3	4	5

My most pleasing aspect of my swim \_\_\_\_\_

My overall swim performance (including Mental and Physical performance) \_\_\_\_\_

The area I feel I must now work on before my next meet \_\_\_\_\_

## Psych skills self-assessment

<b>Visualisation and Mental rehearsal</b>	<b>Yes</b>				<b>No</b>
I can rehearse my swim in my mind	4	3	2	1	0
I never mentally rehearse my swim before racing	0	1	2	3	4
My mental pictures are clear and vivid	4	3	2	1	0
I can really feel my swim when I think about it	4	3	2	1	0
My mental rehearsals never work	0	1	2	3	4
<b>Goal Setting</b>	<b>Yes</b>				<b>No</b>
I never set training goals	0	1	2	3	4
I set very specific goals	4	3	2	1	0
I always analyse my performance after competition	4	3	2	1	0
I usually achieve the goals I set	4	3	2	1	0
My goals are always SMARTER	4	3	2	1	0
<b>Confidence</b>	<b>Yes</b>				<b>No</b>
I suffer from lack of confidence about my performance	0	1	2	3	4
I approach all competitions with confident thoughts	4	3	2	1	0
All my confidence dribbles away as competition approaches	0	1	2	3	4
I keep a positive attitude in competition	4	3	2	1	0
I am sure I will achieve my aims	4	3	2	1	0
<b>Anxiety handling</b>	<b>Yes</b>				<b>No</b>
I never feel fears about losing	4	3	2	1	0
I worry that I will disgrace myself in competitions	0	1	2	3	4
I never let mistakes bother me in competition	4	3	2	1	0
I worry too much about competing	0	1	2	3	4
In competition, I never worry about life outside swimming	4	3	2	1	0
<b>Concentration and focussing</b>	<b>Yes</b>				<b>No</b>
I only think about my current swim when racing	4	3	2	1	0
Concentration is a major weakness for me in competition	0	1	2	3	4
Unexpected noises or events put me off swim	0	1	2	3	4
Nothing distracts me in competition	4	3	2	1	0
I can cut out distractions easily	4	3	2	1	0
<b>Relaxation skills</b>	<b>Yes</b>				<b>No</b>
I am able to relax myself before a competition	4	3	2	1	0
I get too tense before a competition	0	1	2	3	4
I often get so knotted up I can't swim properly	0	1	2	3	4
I can relax individual muscles at will	4	3	2	1	0
I can easily feel and remove muscle tension in competition	4	3	2	1	0
<b>Motivation</b>	<b>Yes</b>				<b>No</b>
I can 'psych up' easily for competitions	4	3	2	1	0
I really enjoy tough competition	4	3	2	1	0
I am good at motivating myself	4	3	2	1	0
I never seem to do all the training I intend to	0	1	2	3	4
I always try my hardest	4	3	2	1	0
Sub- Total					
Total					

# Training Log

A training log is a tool that can help improve your swimming performance. If used properly and accurately it may make training more effective in helping you understand yourself as a swimmer! This training log is designed to assist you in tracking changes in certain parameters over time. The monitoring of these variables is very important in providing feedback for you and your coach. This feedback may be used to adapt current and future training, as well as to monitor seasonal changes in these parameters. It should be completed on a daily basis, in order to accurately reflect trends and changes within those variables. To receive the most benefit from your training log, it should be used on a consistent and continuous basis. Initial use of the training log may take up to 10 minutes a day. However, after becoming accustomed to the training log, you should be able to complete the log in no more than 5 minutes a day!

*Below is a description of each item on the training log along with the time of the day, morning (AM) or afternoon (PM), that the item should be evaluated:*

- |   | <i>Time of Day<br/>Item Should be<br/>Recorded</i> |
|---|--|
| ○ <b>Resting Heart Rate-</b> Record your resting heart rate <b>first</b> thing in the morning while you are still lying in a prone position (flat) in bed. Heart rate can be taken either on the neck or the wrist. Your heart rate should be counted for exactly one minute beginning with zero...1...2...3 and so on.   | <b>AM</b>  |
| ○ <b>Quality of Sleep-</b> Record how well you slept the previous night based on a five-point scale ranging from “very poor” to “very restful”.   | <b>AM</b>  |
| ○ <b>Length of Sleep-</b> Record how long you slept in hours. This should include only those hours of actual sleep from the previous night (not reading in bed, watching TV, etc.).   | <b>AM</b>  |
| ○ <b>Willingness to Train-</b> Record your willingness to train based on a four-point scale ranging from “did not train” to “very willing”. Willingness to train relates directly to your workout or practice session.  | <b>AM</b>  |
| ○ <b>Mood State-</b> Record your mood state on a five-point scale ranging from “very unmotivated” to “very motivated”. Mood state is a reflection of how you feel (your state of mind) on that day and your motivation.   | <b>AM</b>  |
| ○ <b>Rating of Fatigue-</b> Record your fatigue level on a five-point scale ranging from “high” to “low”. Fatigue can be described as a feeling of excessive whole-body tiredness and exhaustion that affects the ability to function normally due to lack of energy. Usually, sleep will not relieve the feelings of fatigue. Fatigue is a long-term or extended feeling of heaviness and exhaustion that can be cumulative over time. | <b>AM</b>  |

○ <b>Rating of Muscle Soreness-</b> Record the rating of how sore your muscles are on a five-point scale ranging from “severe pain” to “no pain”. Muscle soreness is different from feeling discomfort from an injury. Muscle soreness is pain, discomfort or tenderness in muscles that results from regular swim and dryland training.	<b>AM</b>
○ <b>Ability to Recover-</b> Record the rating of how well you can physically recover and recuperate after challenging sets and workouts based on a five-point scale ranging from “very poor” to “very good”.	<b>PM</b>
○ <b>How much was your workout affected by illness?</b> Record how much an illness affected your workout on a five-point scale ranging from “couldn’t swim” to “not affected”.	<b>PM</b>
○ <b>Was your workout affected by pain or an injury?</b> Record whether or not your workout was affected by an injury (yes or no).	<b>PM</b>
○ <b>Start/Finish of Menstrual Cycle-</b> Record the day your menstrual cycle starts (S) and finishes (F) by placing the respective letter in the box.	<b>PM</b>
○ <b>Total Workload Volume-</b> Record actual total workload volume for each workout (in meters or yards). Morning and afternoon workout volumes should be recorded separately.	<b>Both AM and PM</b>
○ <b>Total Dryland Minutes-</b> Record total minutes spent doing dryland exercises, including weights, med balls, cords, abs, etc.	<b>Both AM and PM</b>
○ <b>Main Set-</b> Record the main set for each workout. The main set may also include test sets and time trials.	<b>Both AM and PM</b>
○ <b>Comments on Main Set-</b> Record any thoughts you have on your performance in the main set (how you felt, what you did or did not do well, etc.).	<b>Both AM and PM</b>
○ <b>Performance on Main Set-</b> Record how well you think you performed on the main set on a five-point scale (1=poor, 2=below average, 3=good, 4=above average, 5=great).	<b>Both AM and PM</b>

**\* Note: Special care should be taken to read each scale and score the item according to that scale.**



## Training Log

Date	Day	AM or PM	Total Workload Volume	Total Dryland Min	Main Set	Comments on Main Set	Performace on Main Set 1=poor 5=great
	1	AM PM					
	2	AM PM					
	3	AM PM					
	4	AM PM					
	5	AM PM					
	6	AM PM					
	7	AM PM					
	8	AM PM					
	9	AM PM					
	10	AM PM					
	11	AM PM					
	12	AM PM					
	13	AM PM					
	14	AM PM					
	15	AM PM					
	16	AM PM					
	17	AM PM					
	18	AM PM					
	19	AM PM					
	20	AM PM					
	21	AM PM					
	22	AM PM					
	23	AM PM					
	24	AM PM					
	25	AM PM					
	26	AM PM					
	27	AM PM					
	28	AM PM					
	29	AM PM					
	30	AM PM					
	31	AM PM					

## 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 9 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 9). 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 the swimmer should reject these chips.**

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!**

## **Taking the Next Step – Be Tomorrow’s Swimmer Today**

At every stage of their swimming development, swimmers come to hurdles or obstacles. These hurdles and obstacles become goals to overcome and targets for swimmers to achieve.

For example, an obstacle that a swimmer may face early in their career could be the challenge to swim fast enough to qualify to swim at their local, club or regional championships. Once that has been achieved the next goal might be to qualify for Metropolitan Championships or Country Championships (for regional swimmers).

The next target might be State Championships, then Nationals then finally their ultimate goal might be to swim internationally for Australia.

This ongoing process of setting, achieving and then resetting goals is fundamental to success in most areas of life.

At each step along the way, hurdles and obstacles need to be overcome by training and racing smarter, more frequently, faster, with better skills and with more commitment than ever before.

To make the breakthroughs and achieve the important goals, (and to take the next step at each level), swimmers need to **THINK AND TRAIN LIKE SWIMMERS WHO ARE ALREADY AT THE NEXT LEVEL.**

In other words to be successful at the next level, swimmers must act as if they are already there!

Look at a practical example:

The six factors essential to swimming success are:

- 1. Swim with excellent technique**
- 2. Swim with excellent skills**
- 3. Swim with Fast strokes**
- 4. Swim with Long strokes**
- 5. Do all the above when tired**
- 6. Do all the above when under pressure**

These six factors (see article “Six Steps to Greatness”) can be used to progress training sets and training routines as swimmers aim for higher and higher goals.

A training set like 16 x 25 butterfly might be completed on a one minute cycle by a young swimmer training for his or her local competition. The importance would be placed on the stroke technique and skills elements rather than speed at this early stage. However, we know that as the swimmer develops and aims for higher, more challenging and more difficult goals, three things are crucial to good butterfly at senior levels:

## **SWIM GREAT TECHNIQUE WITH MAXIMUM SPEED**

## **SWIM GREAT TECHNIQUE WITH MINIMUM BREATHS**

## **SWIM GREAT TECHNIQUE WITH MINIMUM STROKES**

When training for THE NEXT STEP, (eg Metropolitan or Country) it could be expected that the swimmer would complete the 16 x 25 fly set with less rest and perhaps at a faster speed.

Targeting THE NEXT STEP, (eg State Age Championships), the swimmer would aim to maintain good speed with less rest and with a minimum breath count (perhaps breathing every three or four strokes).

At THE NEXT STEP, (eg National Age Championships), the swimmer would aim to hold good speed, with limited rest, with the minimum number of breaths and hold a stroke count of 8-10 strokes per 25.

Training sets need to progress in terms of faster speeds, shorter rest (or longer rest), breathing control, skill level and stroke efficiency as the swimmer progresses to the next level of excellence and takes the next step in their competitive career.

A key part of progressing to the next step is **TO THINK LIKE A SWIMMER WHO IS ALREADY THERE!**

This is a difficult concept to understand because it requires you to “know” what you “don’t know”.

This change in mind set and change to approach applies particularly to training. It comes with a change in the swimmer’s level of commitment to the program. It comes with a change in attitude to workouts. It comes with a change to the effort put into doing the little things right in training. It comes with a change in attention to detail with starts, turns, dives and finishes. It comes with a change in time management and a better approach to time prioritising – school, swimming and life.

To get to the next level, you must think like you are already there.

To compete like a State Level Swimmer, Regional Level swimmers need to train like a State Level swimmer, warm up like a State Level swimmer, eat and rest like a State Level Swimmer and so on.

This is where your coach can be the greatest help.

Coach Bill Sweetenham has often said that a coach’s main job is **TO CONVINCING THE UNWILLING TO DO THE UNWANTED TO ACHIEVE THE UNKNOWN.**

Your coach knows what is expected and what is needed to be successful at the next level. Your training program is designed to help you break through barriers and obstacles and to help you understand what it is like to be a “next level” swimmer. The little challenges that your coach sets before you at training are designed to help you take the next step by demanding more of you than ever before and in the process teaching you to expect more of yourself than you ever thought possible.

The “**I CAN – I WILL – I DID**” philosophy is an important part of taking any step forward. Believing you can, leads to the confidence to say “I will” which is only a

short step away from "I did". Confidence is the key element in all successful sporting achievements. Achieving success at each step along the way gives you the confidence and self belief to take the next step.

In many ways you are already "there" (at the next level) before you actually get the opportunity to prove it at a meet. The swim meet just confirms what you and your coach already know – that you have, by your thoughts and actions, taken the next step.

**"The significant problems we face cannot be solved by the same level of thinking that created them", (Einstein).**

## Six Steps to Greatness

Successful swimming is a combination of several factors. Fitness, speed, strength, technique, motivation, skills, a sensible balanced diet and good nutrition, a positive attitude, self confidence and flexibility are all important to swim fast.

However, there are six specific factors that have been identified as being essential for peak swimming performance.

Over the past five years, the factors that contribute to swimming successfully at top national and international competitions have been systemically and scientifically analysed using a technique called "THE COMPETITION ANALYSIS". Developed by Australian Institute of Sport Biomechanist Dr Bruce Mason, the Competition Analysis is a process that breaks down racing into it's various components.

- Start time – the first 15 metres, (from the starting signal to the time the swimmer's head crosses the 15-metre mark from the starting wall).
- Turn time – a distance of 7.5 metres in and out of the wall, (taken from the point where the swimmer's head passes through a point 7.5 metres from the wall into a turn and continues until the swimmer's head passes through the same point 7.5 metres from the wall on the way out of the turn).
- Finish time – the final 5 metres, (from the time the swimmer's head passes the 5 metre mark from the finish wall to the actual hand touch on the wall).
- Stroke Length- the distance the swimmer's head moves during a complete arm cycle, (ie from right hand entry to the next right hand entry).
- Stroke rate (or stroke frequency)- the number of stroke cycles per minute
- Swimming speed (or velocity)
- Split times (each 25 / 50 metre segment of the race)

Looking closely at the Competition Analysis it appears that six factors are crucial to swimming successfully. These Six Steps To Greatness are:

1. Long strokes
2. Fast strokes
3. Great skills
4. Excellent technique
5. Maintain all the above when fatigued
6. Maintain all the above when under pressure

### Step 1: LONG STROKES

At maximum speed, world class male and female freestyle swimmers are able to cover a distance of approximately 2 metres per stroke cycle. In other words, they can cover two metres per stroke cycle at a speed of 2 metres per second. The tables below show the stroke length of placegetters in the 1998 FINA World Swimming Championships male and female 100 metres freestyle.

	<b>Alex Popov</b>	<b>Michael Klim</b>	<b>Lars Frolander</b>
Stroke Length 1st 25 metres	2.49 metres	2.31 metres	2.34 metres
Stroke Length 2nd 25 metres	2.57 metres	2.37 metres	2.14 metres
Stroke Length 3rd 25 metres	2.6 metres	2.29 metres	2.14 metres
Stroke Length 4th 25 metres	2.29 metres	2.26 metres	2.0 metres
Average stroke length over the entire race	2.49 metres	2.31 metres	2.16 metres

Table 1 showing stroke lengths for the first three swimmers in the final of the men's 100 metres freestyle at the 1998 World Swimming Championships.

	<b>Jenny Thompson</b>	<b>Martina Moravcova</b>	<b>Ying Shan</b>
Stroke Length 1st 25 metres	2.09 metres	1.73 metres	1.87 metres
Stroke Length 2nd 25 metres	1.97 metres	1.94 metres	1.96 metres
Stroke Length 3rd 25 metres	1.89 metres	1.98 metres	2.0 metres
Stroke Length 4th 25 metres	1.9 metres	1.89 metres	2.0 metres
Average stroke length over the entire race	1.96 metres	1.89 metres	1.96 metres

Table 2 showing stroke lengths for the first three swimmers in the final of the women's 100 metres freestyle at the 1998 World Swimming Championships

## Step 2: Long strokes and FAST STROKES

Great swimmers are possessed with great speed. The ability to move fast through water is what the sport is all about. The top freestyle swimmers in the world are able to complete around 50 stroke cycles per minute at top speed, WHILST maintaining approximately 2 metres per stroke cycle.

	<b>Average Stroke Frequency (number of stroke cycles per minute)</b>
Alex Popov	48.8
Michael Klim	51.2
Lars Frolander	54.3
Jenny Thompson	52.2
Martina Moravcova	53.4
Ying Chan	53.0

Table 3 shows the average stroke frequency for the first three swimmers in the finals of the men's and women's 100 metres freestyle at the 1998 World Swimming Championships

### Step 3: Long strokes and fast strokes and GREAT SKILLS

In top level swimming, events are won or lost on competitive skills like dives, starts, turns and finishes. Explosive starts, tight turns and powerful finishes are often the difference between finishing first and third in international sprint swimming.

	<b>Start time (first 15 metres) in seconds</b>	<b>Turn time (7.5 metres in and out of the turn) in seconds</b>	<b>Finish Time (final 5 metres) in seconds</b>
Alex Popov	5.86	7.12	2.49
Michael Klim	6.08	7.08	2.48
Lars Frolander	6.26	7.12	2.29

Table 4 shows start times, turn times and finish times for the first three swimmers in the finals of the men's and women's 100 metres freestyle at the 1998 World Swimming Championships

### Step 4: Long strokes and fast strokes, great skills and EXCELLENT TECHNIQUE

Technique is a difficult thing to measure. Coaches can identify what constitutes a good technique and what needs improving through years of coaching education and experience. It is generally agreed however, that excellence in technique is a prerequisite for fast swimming and much of what we know about technical excellence we have learned from studying the movements of champion swimmers.

### Step 5: Swim with long strokes and fast strokes, great skills and excellent technique WHEN FATIGUED

Swimming fast is not the problem. Swimming fast when it really starts to hurt, that's the problem!! Swimmers competing in major competitions are able to keep swimming fast when it gets tough in those last 25 metres and their bodies are screaming at them to slow down or stop.

	<b>Last 25 metres (time in seconds)</b>	<b>Finish Time Final 5 metres (time in seconds)</b>
Alex Popov	13.31	2.49
Michael Klim	13.22	2.48
Lars Frolander	13.23	2.29
Jenny Thompson	14.45	2.62
Martina Moravcova	13.55	2.96
Ying Chan	13.82	2.59

Table 5 shows times for the final 25 metres and finish times for the first three swimmers in the finals of the men's and women's 100 metres freestyle at the 1998 World Swimming Championships

## **Step 6: Swim with long strokes and fast strokes, great skills and excellent technique when fatigued and UNDER PRESSURE (in a race situation)**

Think about the great Susie O'Neill at the 1998 Commonwealth Games in Kuala Lumpur. Last night of competition, she was tired from a week of tough racing, a tough event (200 metres fly) ahead of her and all of Australia watching in to see her break the long standing record for the number of Commonwealth Games gold medals won by an individual swimmer: in other words she was under great pressure.

Not only did she win the race, do a personal best, almost break the world record and break the Commonwealth gold medal statistic, she swam with technical excellence and control throughout the race despite the enormous pressure of the situation.

### **Now that we know what they are, how do you take the SIX STEPS TO GREATNESS?**

1. Work on keeping strokes long and strong at training. In every effort ask yourself "Could I do this with fewer strokes?" When doing skills work like drills aim for technical perfection, then technical perfection with the minimum number of strokes.
2. Develop real speed by working hard during your speed work training and getting the best out of every effort. Train fast to Race fast.
3. Every turn in training is a race turn, every dive is a race dive. Every finish should be completed on the wall with power and controlled aggression. Train as you would like to race.
4. Drills should be completed with precision and with 100% concentration. Think technique first at all times.
5. Challenge yourself to swim fast when tired. In training challenge yourself to jump up at the end of the session and swim fast. When racing, challenge yourself to swim fast when tired, to swim fast heats in the morning then faster finals at night, to swim as fast on the last day of the meet as you did on the first day etc.
6. Learn to enjoy pressure situations. Being nervous is a sign that something great is about to happen. Your body is getting ready to do something brilliant. Learn to enjoy the pressure of competition.

We can't all be Alex Popov or Michael Klim, but we can learn a lot about them by studying the way they race. Great swimmers are great for many reasons. The six steps to greatness are ones every swimmer, of any level and any age can take to help them achieve their swimming goals.

As the proverb says, "the longest journey begins with the first step".

Take your next step towards being the best you can be right now.

KEEP YOUR STROKES LONG AND STRONG,  
MOVE THEM FAST, KEEP THEM LONG.  
TO HELP YOU THROUGH THE SWIMMING TEST,  
MAKE SURE THAT YOUR SKILLS ARE BEST.  
WORK ON YOUR STROKE AND SWIMMING TECHNIQUE,  
EVERY DAY, EVERY MONTH, EVERY YEAR, EVERY WEEK.  
WHEN THINGS GET TOUGH AND YOU GET WEARY,  
KEEP FIGHTING ON AND NEVER FEARY.  
WHEN THE PRESSURE'S ON YOU WILL PASS THE TEST,  
IF YOU'VE DONE IT IN TRAINING AND BELIEVE YOU'RE THE BEST.

## WARM UP PROCEDURES FOR COMPETITIONS

### LAND WARM UP -

**5 Min skipping and general mobility**

### GENERAL WARM UP

**10 min**

- Generally F/S
- Distance From 200m Up To 800m Depending On Age Time Available And Even Being Swum.

### SPECIFIC WARM UP

**10 min**

- Drills – Kick, Pull Etc Stroke Specific
- 10x50 Drill T Swim, 6x50 Kick Etc

### PACE/SPEED

**5 min**

- Pace work for 200m + in 50's
- Speed work on 15m starts **NO TIMED SWIMS** (This fatigues the swimmer and also may dishearten the swimmer if he or she does bad split times)

### URNS/REC

**5 min**

- Finish with turns B/C in particular + easy swim down.

**TOTAL WARM UP DISTANCE 800m TO 2000m DEPENDING ON AGE-TIME AVAILABLE, AND EVENT(S) BEING SWUM.**

- 1) **The above warm up is required at all competitions; should there be less than 30 min warm up, reduce the whole warm up accordingly.**
- 2) **Swimmers will need to re-warm up after 30 min if they have not swum their race, re-warm ups should not be taken less than 30 min before the start of the race.**
- 3) **E.g. if you warm up at 8.30am and know you won't be swimming until 11.00am, you need to do an initial warm up. Then re-warm up at 10.15/30 in preparation for your race.**
- 4) **If a swim down/warm down facility is not available, a LAND based warm up would be appropriate.**

## What does "READY" feel like?

Warming up is something all swimmers do to prepare to swim fast.  
Why warm up?

From a scientific standpoint we know that an effective warm up:

- Increases body temperature
- Increases heart rate
- Increases blood pressure
- Increases energy producing enzyme activity

As coaches we observe that an effective warm up:

- Increases confidence by giving swimmers a feel for the pool, the water temperature, wall, flags, blocks and general conditions, (increases familiarity with the race conditions).
- Increases race readiness through the opportunity to rehearse specific pacing and stroking strategies.

The overall aim of warm up is to get your mind and body "READY" to race fast.  
How many times has your coach or your swim team friends asked "So, are you ready?"

But what does "READY" feel like? What's "ready" for you may not be "ready" for someone else.

- Some swimmers like to sit with friends and family, laughing and joking to help them feel ready.
- Some swimmers prefer to do just the opposite - they need peace and quiet to perform at their best.
- Others like to listen to music, some read, a few walk, others talk, some jog ...there are many ways that swimmers prepare to get the best out of themselves.

The key to an effective warm up is to know what your own personal "READY" feels like before you get to a meet.

- It doesn't make sense to prepare for months, commit yourself to training and working hard, eating the right foods and so on then not knowing what actually gets you "ready to race".
- One simple way to learn what your "ready" is all about is to write down everything you can about your race day routine. Simple things like the quality and quantity of sleep, your breakfast, your stretches and your pool warm up can have a real impact on your racing performance.
- At your next minor meet or local club competition, try the "what ready feels like for me" questionnaire. Fill it out and then discuss the results with your coach.

In this way, if you swim well, you will know exactly what makes you "ready" and if you don't swim well, you'll know what to do better (or to avoid) next time.

A few little tips to help you get ready on race day:

1. The Swim Meet Program tells you only two things - what lane you are in and what race you are in. All other information is relatively unimportant. Many swimmers get "freaked out" when they look in the meet program and see the entry times listed by the other swimmers. It doesn't matter who you are racing or what times they may have claimed to have done, your job is the same - swim to the best of your ability. If Michael Klim is on one side of you and Alex Popov on the other side, you still have to swim the same race distance, in the same water, in a lane that is the same length and width. The race credentials of other swimmers have no bearing on your own swimming performance.
2. If you are not ready to race, do something about it before the race. Going to your coach at the end of the day and saying "I really wasn't ready to swim fast" is not an excuse for a poor performance. If you are not ready - do something to get ready.
3. Being ready is an individual thing. If you are not feeling ready to swim fast and your swim team friends are off to the showers, don't go with them just to be sociable. If you are not ready to do your best, do more warm up, or rest, or go for a jog, or skip, or eat something, or sleep, or talk to your coach - just do it! You can catch up on the meet chat later.
4. Pack in your swim bag all the things you need to get ready to race. If you are a reader, pack a few books. If you like music, pack your favourite tapes or CD's. If you like to sleep, pack your own pillow. Take what you need to get the job done.
5. Ignore 90% of what you hear said in the changerooms and marshalling area. Every competitive swimmer has heard questions like "What time do you do?" or "How many sessions a week do you swim?" etc in the marshalling area. Would you like to know a little secret? Most of it is 100% pure rubbish. The swimmers who try this cheap attempt at "psyching out" are usually the ones who have not prepared for the meet themselves and are looking to make up for their poor preparation by making you feel less confident. Do not listen to them. Or have a clever answer for them. If you get asked "What's your best time", answer "I'll tell you after this race".
6. A good "get ready" trick if you haven't had time to practice race starts as part of your pool warm up is to do a few dry starts. Find a clear, flat space (ideally on grass) somewhere around the pool area where you can hear the starter. A good time to do this is around 15-20 minutes before your race. When the starter says "Take Your Marks" to the swimmers on the blocks about to race, drop into your race start position on the grass and when the gun (or horn) goes, jump forward fast with explosive speed and power. This is a great exercise to get your brain and muscles firing and prepares you to explode off the blocks when it is your time to race.

If you want to race real fast,  
And never be the one to come in last,  
Learn what gets your body ready,  
And when it counts you'll be the one who's steady!

Learn how to get ready to race. It is a skill that will make the difference.