



CARN BREA SWIMMING CLUB

TRAINING LOG BOOK

NAME



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)	
Competition Results Year:	
Best Swimming Experience	
Club Website	www.carnbreasc.co.uk
Training Squad	
Medical/Supplement Information	
COACH	
Coaches Email contact address	info@carnbreasc.co.uk

The ABC of good Training Standards **for All Squads**

ALWAYS try to arrive early about 10 minutes before the session starts, to mobilise and do your blood flow exercises.

BRING all equipment necessary for your SQUAD, and be prepared to use it when asked. ALWAYS bring a drink with you (water or diluted squash not fizzy). NO DRINK NO SWIM.

COME prepared to swim the WHOLE session. Whilst you are swimming the session perform correct strokes and turns throughout the session. NO walking, stopping or bobbing up and down during the session especially the warm up and warm down. If you need to stop – stop in front of the coach. PERFECT PRACTICE MAKES PERFECT PERFORMANCE.

DON'T talk when the coach is giving instructions. Listen carefully to the coach they have important information that they are trying to pass on to you to help you swim faster.

ENJOY your swimming. Remember it is a LONG JOURNEY.

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	

TEST SETS RESULTS

T20	DATE										
Result											

400 KICK	Date										
Result											

MTLY 200	Date										
P.B.											
FPP Result											

SET A	50's	Date									
Holding Time											

SET B	Cont. Ascending	.Date									
PB Time											

SET C	Cont Decending	.Date									
PB Time											

SET D	30 x 100m ...	Date									
HOLDING AVG											

SET E	Efficiency	Date									
Stroke Rate											

T20 Training Zones

(Copy your training zones from list on club notice board)

ZONE	50 metres	100 metres	200 metres	400 metres
1 Threshold				
2 Overload A				
3 Overload B				

The above times represent **TARGET TIMES** for each distance depending on the type of work set.

Zone 1 Threshold = Target + 20/30 sec rest on repeats.

H/R @ 30 bpm = 17 beats/6 sec

Zone 2 Overload A = 45/60 sec rest on repeats.

H/R @ 20 bpm = 18 beats/6 sec

Zone 3 Overload B = 2/3 minutes rest on repeats.

H/R @ 10 bpm = 19 beats/6 sec

NOTE All beats below max (approx 200 bpm) are approximate as heart rate is not 100% accurate.

Personal Best Times

Insert current personal best times and date of swim.

<i>Short Course (S) Long course (L)</i>					
Stroke/Date	50	100	200	400	800/1500
Butterfly					
Backstroke					
Breaststroke					
Freestyle					
IM					

Weekly Training Schedule

Insert date, MAIN SESSION and Total Metres (1 form per week download from website)

Day	Main Session	Total Metres
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Total Number Sessions ()		Weekly Total Metres

DATE:

How I would rate my training this week: (1= Poor), 2, 3, 4, (5 = excellent)

- 1 My overall performance in pool sessions
- 2 My Attendance
- 3 My attitude in pool sessions
- 4 My overall effort
- 5 My commitment to improving my flexibility
- 6 The quality of my streamlining after every push off and turn
- 7 The speed and technical quality of my turns
- 8 The distance I achieve off the wall after all my turns
- 9 The quality and speed of my underwater dolphin kicking
- 10 The quality of my technique when swimming at maximum speed
- 11 The speed and quality of my finishes
- 12 How regularly and accurately I count my strokes
- 13 How regularly and accurately I check my heart rate

In no more than 15 words answer the following Questions

- A. What was the best session I had this week and why?

- B. What session could I have improved on this week and why?

- C. What one aspect of Technique do I wish to concentrate on next week?

- D. **Ccoach's Comments...**

Weekly Training Sessions

Insert date, Sessions and Total Metres

Day	Schedule	Total Metres
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Total Number Sessions() Weekly Total Metres		

DATE:

How I would rate my training this week: (1= Poor), 2, 3, 4, (5 = excellent)

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- 3 My attitude in pool sessions
- 4 My overall effort
- 5 My commitment to improving my flexibility
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Coach's Comments...

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				

		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				

		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				

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 will follow the following swim down protocol. Exceptions to this may be made providing the coach and athlete have agreed a swim down protocol that has been tested and practiced to the satisfaction of both parties.

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

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.

MY WARM DOWN SWIM IS:

PRE TRAINING AND COMPETITION WORK OUT

When conducting poolside mobility work outs you should be wearing loose fitting shorts and T shirt/tracksuit
Over your swimming costume.

POOLSIDE WARMUP 10/15 MINUTES

MOBILIZATION

- 1 Neck Rotation
- 2 Shoulder roll
- 3 Arm Swing
- 4 Wrist rotations
side/Limb
- 5 Hip Rotations increase size of circles
- 6 Forward leg swings toes pointing forward
- 7 Sideways leg swing toes pointing to side
- 8 Ankle rotations

8 movements per
Exercise each

JOG ON SPOT land lightly, knees unlocked, hip forward
Back straight.

JOG ON SPOT VARY SPEED 10 sec slow jog followed by 10 sec sprint x 3

JUMPING JACKS Feet hip width apart, arms raised to
side in line with shoulders,
Do 10 and rest and repeat for 1 min

STAR JUMPS Hands from hips to streamline. 15-20 times

SQUATS Feet hip width apart, hands on head,
Keep back straight, look forward
Lower so bottom nearly touches heels,
Return to stand
Do 10 rest 10 seconds repeat for 1 min

PRESS UPS Hands shoulder width, fingers facing forward
Abs pulled in, straight back,
Lower to chin near floor, [Kick Board]
Straighten to arms locked
Do 5 stand and shake arms repeat for 1 min

FLUTTER KICK ON BACK keep back flat, abs pulled in,
Look directly up
Kick about 15 cm from floor
CONTINUOUS

ADD FAVOURITES>>>

ATTENDANCE AT COMPETITIONS

Make sure you pack your kit the night before to include:

1. Club Competition hat (Silver)
2. 2 pairs of correctly fitting goggles.
3. Towel.
4. Nutritional snacks and drink.
5. Spare top to put on when not swimming.
6. 2 costumes (warm up and race)
7. If long gala something to keep you occupied.

8. IF overnight do you need your own pillow?
9. Aim to eat within a hour after the event has finished
10. DO NOT OVEREAT!
11. Continue to consume nutritious liquid
12. Aim to be in bed no later than 9.30pm
13. Aim to finish eating breakfast a minimum of 1 hour before Warm up STARTS.

AT THE POOL!!

1. All swimmers to be poolside 20 minutes before warm up
2. All swimmers to mobilize as a group or independently if no group leader.
3. Look after your kit and keep valuables safe.
4. DRINK! Every 15 minutes have some fluid
5. If race more than 45minutes away have small light snack/ energy bar
6. ALWAYS support and encourage your team mates.
7. Be polite and curious to all officials. They are giving up their time (unpaid) so you can be there!
8. Always inform coach or Team manager if you intend leaving poolside.

NUTRITION

A balanced, varied diet will help you to achieve their swimming potential

How??

All swimmers need to ensure that they:

- ☑ *Have the correct amount of energy for growth and development*
- ☑ *Have the right foods to build and maintain strong bones*
- ☑ *Need to be fit and healthy and not ill as much of the time as possible*
- ☑ *Need to recover as quickly as possible*
- ☑ *Have the ability to get to and maintain an appropriate weight*
- ☑ *Be able to concentrate on training and school/work*

In other words food and fluids will affect swimmers on a daily basis and shouldn't be left to chance

E - Energy – get yours from carbohydrates

A - Attitude – a positive attitude towards food choice is essential

T - Tasty – taste is important, always try to make food tasty

W - Water is essential for life and for swimming

E – Enjoy your food it puts you in a good mood when you enjoy it

L – Little and often is the best way too stay energized

L – Lots of fruits and vegetables benefits your immune system

S – Spend some time planning and organizing your snacks and drinks

W – Worrying about food at competitions should be a thing of the past

I – Invest in good quality food not cheap convenient food

M – Make breakfast an essential part of your preparations

W – Water bottles need cleaning regularly

E – Energies to survive the rigors of long hours training

L – Learn to rustle up some quick, tasty meals on your own

L – Lastly enjoy the occasional treat – you deserve it

NUTRITION

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 to be "healthier" than it usually is. How can you work out the real fat content in food, so that they can be accepted or rejected as appropriate?

An easy way to calculation the true fat content of food:

Each gram of fat produces 9.3 kcal. This value is close to **10** which can be used as the "rule of thumb" value.

1. Look at the label on the food item 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: The front of the packet claims to be "LESS THAN 5% FAT".

The label shows that there are 5.4 grams of fat per serving. Our "rule of thumb" gives a value of 54 kcal per serving (5.4 x 10).

The label shows that there are a total of 163 kcal per serving.

The % fat content is, therefore, 54 divided by 163 times 100 = **33.1%**

This is greater than 30%; therefore, these chips should be rejected by the swimmer.

2. Salad is an excellent food but what about the dressing?

Be Good to Yourself Salad Cream (Sainsbury) claims to be "60% less Fat". Is this OK?

The label on the jar shows that a serving has 14.0g fat, which gives 140 kcal, from the "rule of thumb".

The total calories per serving are 210 kcal. 140 divided by 210 times 100 = **66.7%** Fat.

Decision: Reject!

3. 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 times 100 = **3.5 %**

Decision: Accept!

NUTRITION

FOOD FOR THOUGHT!

1. Whole grains-

Whole grain food such as cereal, bagels, pasta, and bread give good, long-lasting energy to the whole body. As the most important food group, athletes should eat many whole grain carbohydrates before an event.

2. Peanut butter-

Peanut butter is a good source of protein and essential fats, and it is easy to carry and eat on the go. Other protein sources will work as well, such as lean meat or dairy...

The important thing is to get adequate protein before and after a work out. Protein helps the body in maintaining aerobic metabolism instead of anaerobic metabolism, which prevents the body from taking protein from lean tissue. Adequate protein speeds recovery and helps in actual performance situations.

3. Fresh fruits and Vegetables-

Fresh produce is a great way to get vitamins and minerals that help the body function as normal. They are usually fat-free and contain lots of energy for the body to use during exercise.

Some fruits, such as bananas, contain potassium, a mineral that regulates water levels in the body and stabilizes muscle contraction. Low potassium levels can lead to muscle cramps and fatigue, so eating potassium-rich foods is a good idea.

However, it is important to regulate potassium intake, because too much too quickly can lead to a heart attack.

Athletes should take in 435 milligrams of potassium for every hour they exercise.

While potassium does not aid in actual performance, it speeds recovery and should be considered as one of the most important supplements to an exercise program.

4. Calcium-Rich Foods-

Foods such as cheese, yogurt, and milk contain necessary calcium, which creates strong bones and protects athletes from injury. These dairy products are also a good source of protein, but they should be eaten well before an event, as they take some time to process.

If the body does not tolerate dairy well, supplements should be included to ensure that athletes receive the recommended daily intake of 1000 milligrams.

As an example, a cup of skim milk provides about 300 milligrams of calcium.

5. Fiber-Rich Foods-

Fiber is the nutritional component that keeps athletes full and regulates the digestive tract.

Many of the foods already mentioned include fibre, but it is important for coaches to know which foods help athletes regulate fibre levels.

Examples of fibre-rich foods include whole grains, apples, berries, almonds, and legumes. A simple way to determine the necessary amount of fibre is to add

5 to the athlete's age. For example, a 10-year-old athlete needs about 15 grams of fibre daily.

After the age of 15, athletes need 20-25 grams of fibre a day.

Examples of pre game or training meals (3-4 hrs before exercise)

- **Most pasta and rice based dishes: usually with a meat of vegetable topping: e.g. Spaghetti Bolognese**
- *Baked potatoes (with beans, cheese, sweet corn, chilli etc)*
- *Baked beans (cheese) on toast*
- *Tuna and sweet corn pasta bake*
- *Rice and curry or chilli - (Spices are generally good!!)*

These foods, snacks and meals are just as a guide around which the diet can be based. As a reminder try to keep your intake of complex carbohydrates high, these will give you your sustained energy. Keep your fat content moderate, and your protein, fruit, and vegetables plentiful.*

High in simple carbohydrates (Fast Burning)

*Sugar (white/brown) Jam, honey and preserves, Fruit (fresh/dried or tinned)
Yoghurt, Fromage frais, Ice cream, Jelly, Confectionary
Soft drinks*

High in complex carbohydrates (Slow Burning)

*Bread (all types) Pasta, Rice, Noodles, Oats, Breakfast cereals, (unsweetened) Pulses
(beans/lentils peas)
Potatoes, Parsnips, Sweet corn*

A mixture of simple and complex carbohydrates

*Cakes
Biscuits
Breakfast cereals (sweetened)
Puddings
Sweet pastries, pies and flans
Cheesecake
Bananas*

Hydration Plan

- **Drink 8 cups of water a day**
- **Bring 2 bottles to every sessionSIMPLE and EASY!!**



**Isotonic Drink, Sports drink (diluted) Or homemade :
Fruit juice, pinch of salt & water**

DRINK THEM DURING THE SESSION!!

IF YOU FEEL THIRSTY YOU ARE ALREADY DEHYDRATED!!!

If you are 1% dehydrated your performance will drop by 20%!