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# 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>					
<b>Stroke/Date</b>	<b>50</b>	<b>100</b>	<b>200</b>	<b>400</b>	<b>800/1500</b>
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>					
<b>Stroke/Date</b>	<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

Date	Meet	SC/LC	Event	Time	Splits	Rates	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.

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

## Weekly Training Schedule - Mornings

Insert date, schedule and total metres

<b>Day</b>	<b>Schedule</b>	<b>Total metres</b>
<b>Monday</b>		
<b>Tuesday</b>		
<b>Wednesday</b>		
<b>Thursday</b>		
<b>Friday</b>		
<b>Saturday</b>		
<b>Sunday</b>		
<b>Morning Sessions - Weekly Total</b>		

# Training Log

## Weekly Training Schedule - Evenings

Insert date, schedule and total metres

<b>Day</b>	<b>Schedule</b>	<b>Total metres</b>
<b>Monday</b>		
<b>Tuesday</b>		
<b>Wednesday</b>		
<b>Thursday</b>		
<b>Friday</b>		
<b>Saturday</b>		
<b>Sunday</b>		
<b>Evening Sessions - Weekly Total</b>		

## Training Log

### Weekly Volume Recording Sheet

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

## Training Log

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

## Training Log

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

## ***Endurance tests***

- Endurance Test 1: 5000m time trial.
- Endurance Test 2: 1 hour swim for time. The target is to achieve 5 Km distance in one hour.
- Endurance Test 3: 3000m time trial.
- Endurance Test 4: 2000m time trial.
- 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.

Some general guidelines to be considered for performance tests are as follows,

- AM or PM. Try to be consistent regarding when the test is given.
- Placement of the test within the weekly micro cycle (Start or end of the week).
- Similar warm up should be used.
- Motivation of the swimmers should be high to achieve meaningful results.
- Record perceived effort.
- Record splits.
- Record heart rates at the end of the test (i.e. steady state heart rate). Some types of heart rate monitors can be worn during the swim, with data collected repeatedly at regular intervals. This data can then be downloaded and graphed to show Heart Rate pattern over a long period of work. (this can be especially useful in determining a “steady state” heart rate associated with a swimming pace).
- Mood charts to be used in the pre set preparation.

On the 3000m and 2000m tests 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.

Coaches to be provided with information of how to use these tests in their home program. It is very important that the coaches understand the reasons why they are using the swims and then how to use the information.



**RECORDING SHEET**  
**Endurance test 1**  
**5000m-time trial**

**Name:**..... **Date:**.....

	100 Split	Running Time		100 Split	Running Time
100			3100		
200			3200		
300			3300		
400			3400		
500			3500		
600			3600		
700			3700		
800			3800		
900			3900		
1000			4000		
1100			4100		
1200			4200		
1300			4300		
1400			4400		
1500			4500		
1600			4600		
1700			4700		
1800			4800		
1900			4900		
2000			5000		
2100			Average 100m Time For the Swim		
2200			1 <sup>st</sup> 1000m Time		
2300					
2400					
2500					
2600					
2700			2 <sup>nd</sup> 1000m Time		
2800			3 <sup>rd</sup> 1000m Time		
2900					
3000					
			4 <sup>th</sup> 1000m Time		
			5 <sup>th</sup> 1000m Time		

**RECORDING SHEET**  
**Endurance test 2**  
**1-hour swim for time**

**Name:**..... **Date:**.....

	100 Split	Running Time		100 Split	Running Time
100			3100		
200			3200		
300			3300		
400			3400		
500			3500		
600			3600		
700			3700		
800			3800		
900			3900		
1000			4000		
1100			4100		
1200			4200		
1300			4300		
1400			4400		
1500			4500		
1600			4600		
1700			4700		
1800			4800		
1900			4900		
2000			5000		
2100			5100		
2200			5200		
2300			5300		
2400			5400		
2500			5500		
2600			5600		
2700			5700		
2800			5800		
2900			5900		
3000			6000		

Average 100m Time For the Swim:

- 1<sup>st</sup> 1000m Time:
- 2<sup>nd</sup> 1000m Time:
- 3<sup>rd</sup> 1000m Time:
- 4<sup>th</sup> 1000m Time:
- 5<sup>th</sup> 1000m Time:

**RECORDING SHEET**  
**Endurance test 3**  
**3000m-time trial**

**Name:**..... **Date:**.....

	100 Split	Running Time
100		
200		
300		
400		
500		
600		
700		
800		
900		
1000		
1100		
1200		
1300		
1400		
1500		
1600		
1700		
1800		
1900		
2000		
2100		
2200		
2300		
2400		
2500		
2600		
2700		
2800		
2900		
3000		

Average 100m Time For the Swim:

1<sup>st</sup> 1000m Time:

2<sup>nd</sup> 1000m Time:

3<sup>rd</sup> 1000m Time:

## 3000m Time Trial

### Example showing use of data to set training repeat times

#### Time

3000m Swim Time = 36 minutes = 2160 Seconds

Average 100m Time = 1:12.00

#### Correction Factors

200m Repeat Swims -2 seconds

100m Repeat Swims -1.5 seconds

50m Repeat Swims -1 second

#### Prescribing Training Repeat Times

400m = Average 100m time of 1:12 x 4 = 4:48.00

200m = Average 100m time of 1:12 x 2 = 2:24:00 - 2 Seconds

100m = Average 100m time of 1:12 = 1:12.00 - 1.5 Seconds

50m = Average 100m time of 1:12 Divided by 2 = 36 - 1 Second

#### Prescribed Anaerobic Threshold Training Times with 10 to 20 second rest intervals

400 = 4:48.00

200 = 2:22.00

100 = 1:10.50

50 = 35

**RECORDING SHEET**  
**Endurance test 4**  
**2000m-time trial**

**Name:**..... **Date:**.....

	100 Split	Running Time
100		
200		
300		
400		
500		
600		
700		
800		
900		
1000		
1100		
1200		
1300		
1400		
1500		
1600		
1700		
1800		
1900		
2000		

Average 100m Time For the Swim:

1<sup>st</sup> 1000m Time:

2<sup>nd</sup> 1000m Time:

## **2000m Time Trial**

### **Example showing use of data to set training repeat times**

#### **Time**

2000m Swim Time = 26 minutes = 1560 Seconds

Average 100m Time = 1:18.00

#### **Correction Factors**

200m Repeat Swims -2 seconds  
100m Repeat Swims -1.5 seconds  
50m Repeat Swims -1 second

#### **Prescribing Training Repeat Times**

400m = Average 100m time of 1:18 x 4 = 5:12.00

200m = Average 100m time of 1:18 x 2 = 2:36.00 - 2 Seconds

100m = Average 100m time of 1:18 = 1:18.00 - 1.5 Seconds

50m = Average 100m time of 1:18 Divided by 2 = 39 - 1 Second

#### **Prescribed Anaerobic Threshold Training Times with 10 to 20 second rest intervals**

400 = 5:12.00

200 = 2:34.00

100 = 1:16.50

50 = 38

**RECORDING SHEET**  
**Endurance test 5**  
**6 x 200m**

Name:..... Date:.....

Swim	Rest Interval	Time	Splits	Stroke Counts & Heart Rate
1				
2				
3				
4				
5				
6				
		Average Time		

## 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

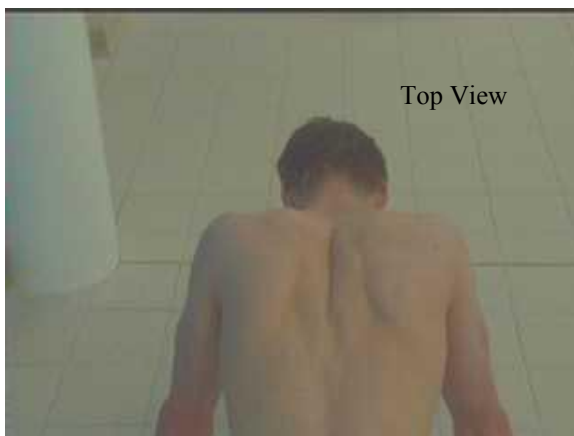
**Description:** The athlete is required to hold a push up position and at the same time, hold the shoulder blades together until the position is altered significantly or two and a half minutes lapse. This is an extension from the Push Up Position Hold as outlined in on the previous page.

### **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.

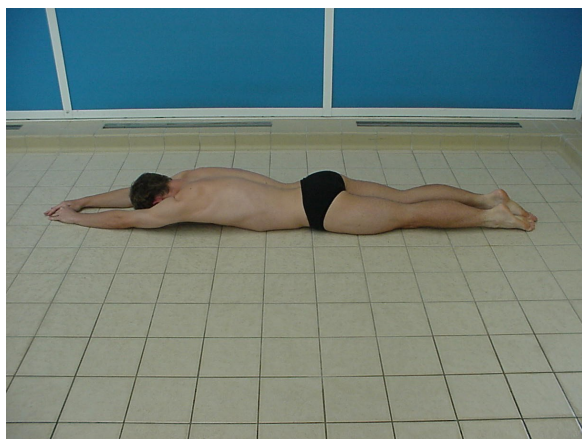
**The test position:**

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).

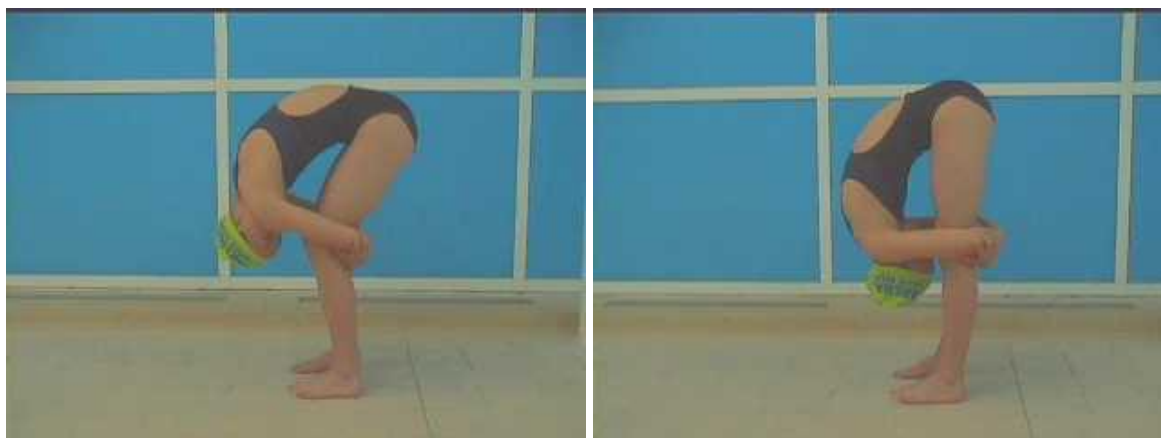


## 6. Flexibility Test 2

**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>