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Swimmer Details

Name:

Date of Birth:.....

Parents' Names:

.....

Home Address:.....

.....

.....

Home Telephone Number(s):

.....

Work Number(s):.....

.....

Mobile Number(s):.....

.....

Email Address:

Alternative Emergency Contact:

Name of Contact:



Goal Setting

Telephone Number(s):

.....

Why set goals?

- To provide a direction for your actions
- They give you a standard to determine whether you are progressing
- They encourage you to extend your limits

Make sure your goals are SMART

S = Specific

M = Measurable

A = Achievable

R = Realistic

T = Time-based

Short-term
(This Season)

Medium-term
(Coming Season)

Long-term
(Major Ambition)

Signed

Swimmer

Coach

Date



Lane Movement Goals and Achievements

WASPS 1 AWARD

Date	100m Fc (2:15)	1000m	Sculling	Competitive Start

See Section 3b for Competitive Start skills test

WASPS 2 AWARD

Date	50 Fly	800m Fc (15 mins)	200m Fc (3 mins)	200m Bk (3:20)	200m Br (3:30)	200m Fly (3:40)



Lane Movement Goals and Achievements

COMPETITIVE START AWARD PART 1

Skills to be completed at deep end

	Skill	Teaching Point	Pass
1	Shallow dive with glide of 5m or more	Streamline with one hand on top of the other	
2	Wind-up start (as above)	Arms out behind and throw forward into streamline position (Relay take-over)	
3	Frontcrawl start – Grab start (as above) plus frontcrawl kick to surface	Feet hip with apart Toes curling around edge of block Hips high Hands grabbing block either inside or outside feet No breathing for 2 or more strokes	
4	Fly start – Grab start (as above) plus fly kick to surface	As above but no breathing until at least 1 stroke after head surfaces	
5	Breaststroke start – Grab start (as above) plus one breaststroke arm pull and leg kick to surface	Streamline to count of 3 Fly arm pull under water Slide hands up to surface close to body Pull and kick to surface Head must break the surface of water before hands turn inward at widest part of the second stroke (or teach keep hands together streamlined until head surfaces)	
6	Backstroke start	Hold starting block or rail Dive back Streamline with one hand on top of the other Dolphin kick with hands streamlined for at least 5m When head surfaces pull into stroke with one arm	



Lane Movement Goals and Achievements

COMPETITIVE START AWARD PART 2

Skills to be completed from poolside at shallow end

The following is not permitted unless the preceding skills (Part 1) have been accomplished and must be done under the supervision of an ASA teacher

	Skill	Teaching Point	Pass
1	Shallow dive with glide of 5m or more	Streamline with one hand on top of the other	
2	Wind-up start (as above)	Arms out behind and throw forward into streamline position (Relay take-over)	
3	Frontcrawl start – Grab start (as above) plus frontcrawl kick to surface	Feet hip with apart Toes curling around edge of block Hips high Hands grabbing block either inside or outside feet No breathing for 2 or more strokes	
4	Fly start – Grab start (as above) plus fly kick to surface	As above but no breathing until at least 1 stroke after head surfaces	
5	Breaststroke start – Grab start (as above) plus one breaststroke arm pull and leg kick to surface	Streamline to count of 3 Fly arm pull under water Slide hands up to surface close to body Pull and kick to surface Head must break the surface of water before hands turn inward at widest part of the second stroke (or teach keep hands together stream-lined until head surfaces)	
	Passed by	Date	



Lane Movement Goals and Achievements

LANE PROGRESSION REQUIREMENTS AND ACHIEVEMENTS

Lane 5 – 2 times required (Times for 25m)

Date	Fc (23 secs.)	Bk (26 secs.)	Br (30 secs.)	Fly (30 secs.)

Lane 4 – 3 times required plus WASPS 1 Award (Times for 25m)

Date	Fc (20 secs.)	Bk (23 secs.)	Br (27 secs.)	Fly (30 secs.)	WASPS 1

Lane 3 – 3 times required plus WASPS 2 Award (Times for 25m)

Date	Fc (17 secs.)	Bk (21 secs.)	Br (22 secs.)	Fly (27 secs.)	WASPS 2



Lane Movement Goals and Achievements

LANE PROGRESSION REQUIREMENTS AND ACHIEVEMENTS

Lane 2 – 3 times required plus T20 Distance (Times for 25m)

Date	Fc (16 secs.)	Bk (19 secs.)	Br (20 secs.)	Fly (18 secs.)	T20 (1250m)

Lane 1 – 3 times required plus T20 Distance (Times for 25m)

Date	Fc (15 secs.)	Bk (18 secs.)	Br (19 secs.)	Fly (17 secs.)	T20 (1350m)



Time Recording Sheet

PERSONAL BEST TIMES – SHORT COURSE (25M POOL)

FRONTCRAWL

Date	25m	50m	100m	200m	400m	800m	1500m





Time Recording Sheet

PERSONAL BEST TIMES – SHORT COURSE (25M POOL)

BACKSTROKE

Date	25m	50m	100m	200m	400m	800m	1500m



Time Recording Sheet

PERSONAL BEST TIMES – SHORT COURSE (25M POOL)

BREASTSTROKE

Date	25m	50m	100m	200m	400m	800m	1500m



Time Recording Sheet

PERSONAL BEST TIMES – SHORT COURSE (25M POOL)

BUTTERFLY

Date	25m	50m	100m	200m	400m



Time Recording Sheet

PERSONAL BEST TIMES – SHORT COURSE (25M POOL)

INDIVIDUAL MEDLEY (I.M.)

Date	100m	200m	400m	Date	100m	200m	400m



Time Recording Sheet

PERSONAL BEST TIMES – LONG COURSE (50M POOL)

FRONTCRAWL

Date	50m	100m	200m	400m	800m	1500m



Time Recording Sheet

PERSONAL BEST TIMES – LONG COURSE (50M POOL)

BACKSTROKE

Date	50m	100m	200m	400m	800m	1500m



Time Recording Sheet

PERSONAL BEST TIMES – LONG COURSE (50M POOL)

BREASTSTROKE

Date	50m	100m	200m	400m	800m	1500m



Time Recording Sheet

PERSONAL BEST TIMES – LONG COURSE (50M POOL)

BUTTERFLY

Date	50m	100m	200m	400m



Time Recording Sheet

PERSONAL BEST TIMES – LONG COURSE (50M POOL)

INDIVIDUAL MEDLEY (I.M.)

Date	200m	400m	Date	200m	400m



Time Recording Sheet

TIME TRIAL RECORDS

Date of Time Trial:						
Stoke	Fc	Bk	Br	Fly	I.M.	T20
Distance						
Time						

Date of Time Trial:						
Stoke	Fc	Bk	Br	Fly	I.M.	T20
Distance						
Time						

Date of Time Trial:						
Stoke	Fc	Bk	Br	Fly	I.M.	T20
Distance						
Time						

Date of Time Trial:						
Stoke	Fc	Bk	Br	Fly	I.M.	T20
Distance						
Time						



Analysis and Race Planning

Recording details of various aspects of your events during either training or competition can help you and your coach analyse your swim to plan changes to race strategy to improve your performance.

Date								
Meet / Training Session								
Event / Stroke			Distance: m			Time: m		
Split Times								
Stoke Count								
Stroke Rate								
Observation / Comment:								
Improvement Plan								

Date								
Meet / Training Session								
Event / Stroke			Distance: m			Time: m		
Split Times								
Stoke Count								
Stroke Rate								
Observation / Comment:								
Improvement Plan								



Pre-Race Warm Up

Date		
Main Event Stroke:		Distance: m
Stroke	Drill	Distance: m

Date		
Main Event Stroke:		Distance: m
Stroke	Drill	Distance: m



Post-Race Swim Down

The aim of swimming down after a race or training is to let the body recover from exercise, to return the body to a lower and regular heart rate, and to allow the levels of lactic acid in the muscles to disperse to reduce fatigue and reduce the risk of muscle cramping.

All swimmers should follow a swim down protocol after a race event if facilities allow them to do so. Swimmers are encouraged to learn the swim down protocol as coaches are encouraged not to engage in discussions after races until after swim down or until at least 800m has been swum.

Swimmers should understand that a swim down should form an essential part of their training session. As part of the training routine swimmers should carry out the prescribed swim down or follow swim down protocol at the end of a training session protocol under the supervision of the coach/teacher.

For Tadpoles and Lane 4 and 5 swimmers, an appropriate swim down or contrast activity for each session will be prescribed by the coach as part of the training programme relevant to the main programme activities.

For Lanes 1, 2 and 3 either an appropriate swim down will be prescribed, or you will be taught to follow the post-race/training protocol under the supervision of the lane coach/teacher.



Post-Race Swim Down

Swim Down Protocol

The basic assumption is that following swim down at a heart rate of 50 bpm (beats per minute) 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 2 mM.

1. Take some replacement fluid.

Swim 400m in the stroke you have just swum or finished. (If you have just swum butterfly follow a combination drill of fly and freestyle).

Swim as either straight 400m or 4 x 100m.

2. Check your heart rate at any time or at the end of 400m to make sure the speed of your heart rate is fast enough or slow enough.

Take more replacement fluid after swimming 400m.

3. Swim any stroke for the next 400m or go through all strokes.

During the 400m you must swim 4 bursts of between 10 and 15m of the competition event stroke.

4. After finishing 800m wait for one and a half minutes and check the heart rate.

If your heart rate is oscillating or does not get down to 80 bpm swim 200m preferably in the competition event stroke.

5. Check your heart rate after each 200m.

Continue to swim 200m swims checking the heart rate until the oscillations drop to 80 bpm or 1400m has been swum.

The protocol above is based on that devised by Dr Bob Treffene and published in an article titled "Swim Downs: Best Practice".



Prescribed Anaerobic Threshold Training Time Calculation

Average 100m time calculation based on T20 Time Trial

Example: T20 distance achieved 1410m

$1200 \text{ seconds} \div \text{distance swum} + 0.85 \text{ seconds i.e. } 1:25 \text{ minutes}$

Average 100m time + 1:25.00

Correction Factors

400m Repeat swims + 4 seconds

200m Repeat swims - 2 seconds

100m Repeat swims - 1.5 seconds

50m Repeat swims - 2 seconds

Prescribing Training Repeat Times

Prescribed Anaerobic Threshold

Training times with 10 – 20 second rest intervals

400m = Average 100m time of 1:25 + 4 seconds = $1.29 \times 4 = 5:56.00$

400m = 5:56.00

200m = Average 100m time of 1:25 x 2 = 2:50.00 – 2 seconds = 2:48.00

200m = 2:48.00

100m = Average 100m time of 1:25 = 1:25 – 1.5 seconds = 1:23.50

100m = 1:23.50

50m = Average 100m time of 1:25 $\div 2 = 42.5 - 2 \text{ seconds} = 40.50$

50m = 40.50

Swimmers should calculate their own Threshold Pace and memorise it to use in training.



Prescribed Anaerobic Threshold Training Time Calculation

PERSONAL THRESHOLD PACE CALCULATIONS

Date

400m

(Average 100m time : . + 4 = : .) x 4 = : .

200m

(Average 100m time : . x 2 = : .) - 2 = : .

100m

(Average 100m time : . - 1.5 = : .

50m

(Average 100m time : . ÷ = : .) - 2 = : .

Date

400m

(Average 100m time : . + 4 = : .) x 4 = : .

200m

(Average 100m time : . x 2 = : .) - 2 = : .

100m

(Average 100m time : . - 1.5 = : .

50m

(Average 100m time : . ÷ = : .) - 2 = : .



Weekly Training Schedules

	Schedule	Distance (m)
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		
Weekly Distance Total		



Personal Training Targets

Date	
Skill to Work On	
Achieved	
Skill Maintenance	

Date	
Skill to Work On	
Achieved	
Skill Maintenance	

Date	
Skill to Work On	
Achieved	
Skill Maintenance	

Date	
Skill to Work On	
Achieved	
Skill Maintenance	

Date	
Skill to Work On	
Achieved	
Skill Maintenance	



Injury Treatment and Consultation

Record injuries sustained, who consulted, treatment and/or advice received, and indicate whether medication is being taken as part of your treatment programme. If medication is being taken complete Section 12, Medical Conditions, Medication and Supplements.

Date	
Nature of Injury	
Consultant	
Treatment / Advice	
Medication Prescribed	<input type="checkbox"/> Yes <input type="checkbox"/> No

Date	
Nature of Injury	
Consultant	
Treatment / Advice	
Medication Prescribed	<input type="checkbox"/> Yes <input type="checkbox"/> No

Date	
Nature of Injury	
Consultant	
Treatment / Advice	
Medication Prescribed	<input type="checkbox"/> Yes <input type="checkbox"/> No



Medical Conditions, Medication and Supplements

MEDICATION AND SUPPLEMENTS

Taking certain medicines (including prescription medicines) and supplements may infringe ASA and FINA anti-doping rules. It is each swimmer's responsibility to ensure substances entering the body do not infringe these regulations.

If your doctor intends to prescribe, or a pharmacist recommend medication you should inform them that you are a competitive swimmer. Check whether medication may be classed as a banned substance. If medication is likely to fall in to the category of banned substances ask if an alternative treatment is available.

If an alternative treatment is not appropriate the use of medication must be registered in line with ASA policy. In some circumstances Therapeutic Use Exemption (TUE) may be granted. If in doubt it is recommended that you refer to ASA and FINA rules and seek advice.

Record any medicines or supplements you are taking. Where appropriate indicate under whose instruction or supervision medicines or supplements are being taken. Record the dates you started and finished taking medicine or supplement. Record any registration or Therapeutic Use Exemption granted.

Medicine/Supplement		
Date Started		
Date Finished		
Prescribed/Supplied By		
Supervised By		
Use Registered	<input type="checkbox"/> Yes <input type="checkbox"/> No	Date
TUE Granted	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Date TUE Granted	From	To



Medical Conditions, Medication and Supplements

MEDICAL CONDITIONS

If you suffer from any medical condition, including allergies, that you consider important for club officials or helpers to be aware of for your safety and well being, please ensure that your condition(s) are registered with the Club. Keep the Club notified of any changes to these details. This information will be treated as confidential and officials and helpers will only be made aware on a need to know basis.

At the time of registration a parental consent declaration should be completed to authorise club officials to make decisions and authorise medical treatment for swimmers where parental consent cannot immediately be obtained.

It is advisable to inform your coach, teacher or poolside helper of circumstances that may affect your performance or ability to train. If you wish, you may also record relevant details of medical conditions below. Include details of the name of your medical condition, symptoms that might indicate you may require assistance or treatment, and give information about what actions or medication are required to prevent or treat your condition.

You may find it useful to maintain an historic record in your personal Training Log Book. This may, for example, help account for changes in performance when reviewing development at a later date, or indicate how performance alters in relation to changes in your condition. However, you may prefer to remove pages once no longer current.



Medical Conditions, Medication and Supplements

Date From		Date To
Medical Condition		
Symptoms		
Preventative Treatment /Precautions		
Emergency Action /Treatment		
Further Information		

Date From		Date To
Medical Condition		
Symptoms		
Preventative Treatment /Precautions		
Emergency Action /Treatment		
Further Information		



Land Training

- Land training is used to improve your strength and conditioning, flexibility, core stability and general fitness.
- Land training can reduce the chance of injury, increases muscle size and strength, can improve technique and performance and by doing so make you a faster swimmer.
- Land training should only normally be carried out under the supervision of a coach or qualified instructor. Your instructor may give you exercises to practice at home once they are satisfied they can be performed safely.
- However, one simple exercise you can practice at home is skipping.

Begin exercise slowly to warm up;

Gradually build up speed;

Practice different skills such as reverse direction, cross-over or single leg.

LAND TRAINING RECORD

Date	
Instructor	
Exercise Routines	



Land Training

LAND TRAINING RECORD

Date	
Instructor	
Exercise Routines	

LAND TRAINING RECORD

Date	
Instructor	
Exercise Routines	



Kit Bag Checklist

Item of Kit	Number	✓ or X
Bag		
Towels		
Costume / Trunks (Racing)		
Costume / Trunks (Warm Up)		
Goggles		
Swim Hat		
Kick Board		
Pull Bouy		
Tee-shirts		
Flip Flops / Pool Shoes		
Track Suit		
Other Swim Kit		
Water Bottle		
Packed Lunch		
Snacks / Drinks		
Time Cards		
Meet Information		
PB List / Race Plan		
Money		
Phone Numbers		

WHITCHURCH WASPS SWIMMING CLUB



TRAINING LOG BOOK

Name:

