City of Leicester Swimming Club

SWIMMER LOG BOOK

2010 – 2011 SEASON

NAME:

SQUAD:

Contents

Why Use a Log Book

It is important that you keep a log book detailing your training sessions, as this shows your development and progression within swimming.

You can treat it like a diary and write down all your personal thoughts and feelings or simply a record of training sessions and personal best times. It is up to you how personal or detailed you make it.

In your log book you can:

- Record your goals
- Record your PB"s (Personal best times)
- Educate on what you eat and drink
- Help you evaluate your performances and achievements
- Help you set new goals
- Record your Training sessions

Please keep your logbook in a folder of your choice; it is useful to be able to look back to see how much you have achieved or why something might not have gone to plan.

Your log book is not homework; it is something that will help you progress in swimming, however they will be collected in to be reviewed, and to add in new training log pages. The log books will be collected at the following times:

Performance Squad:

First Tuesday of every month (starting Oct 2010) during land training; 6-6.30pm

Potential Squad:

First Thursday of every month (starting Oct 2010), after training (6pm), collect from poolside balcony once changed

Important COLSC contacts

Braunstone Leisure Centre
2 Hamelin Road
Braunstone
Leicester
LE3 IJN
01162293229

Suzi Bowen – Age Group Coach
Tel: 07912732023
Email: Suzi@bowenfamily.me.uk

Alex Dawson – Head Coach
Email: dxela2002@yahoo.co.uk

Annette Willett – County Development Coach
Email: annettewillett@buttercup83.freeserve.co.uk

Julie Kabouya - Welfare Officer
Email: sorayakabouya600@hotmail.com

Pat Stooke - Treasurer/COLSC Open Meet Contact
Email: pstooke@googlemail.com

Age and Height Record

It is important to monitor height, as this will show when a growth spurt occurs - this will affect performance/co-ordination but is also the time when greatest gains in training can occur.

It is also important to be aware of your resting heart rate, as this could be an indication of illness or other factors affecting your training. As your fitness increases your resting heart reduces. Similarly as you get fitter so your heart rate should recover quicker.

For the purpose of this log book and to enable you to monitor potential changes in your swimming, you need to measure your height and resting heart rate at the beginning of season (September), the beginning of the next cycle (January) and mid way through the second cycle of training (May). To find your resting heart rate, take your heart rate when you first wake up for 5 days and use the average (to get your heart rate, find the pulse on the side of your neck and count how many beats in 6 seconds, then times by 10).

The following table will allow you to record your height and resting heart rate, as well as a column for any notes you may have; for instance illness, feeling a lack of co-ordination or anything else that may affect/be affected by either.

Date	Height	Resting Heart Rate	Notes

Long Course PB's September 2010

	50	100	200	400	800	1500
Butterfly						
Backstroke						
Breaststroke						
Frontcrawl						
Medley						

Short Course PB's September 2010

	50	100	200	400	800	1500
Butterfly						
Backstroke						
Breaststroke						
Frontcrawl						
Medley						

How to work out 'current PB':

Good Session = -0.01

Average Session = Stay the same

Poor Session = +0.01

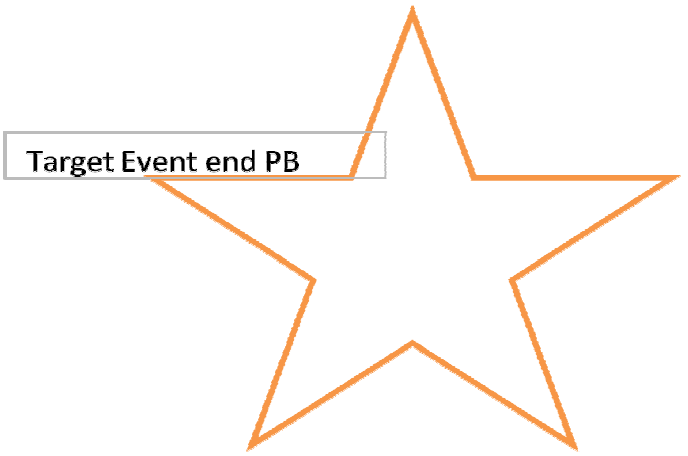
Missed Session = +0.05

Long Course PB's August 2011

	50	100	200	400	800	1500
Butterfly						
Backstroke						
Breaststroke						
Frontcrawl						
Medley						

Short Course PB's August 2011

	50	100	200	400	800	1500
Butterfly						
Backstroke						
Breaststroke						
Frontcrawl						
Medley						



Goal Setting

The Goals you set should be SMART

This means:

SPECIFIC

Say what you want to improve. “I want to improve my backstroke finish” rather than “I want to improve my backstroke”.

MEASURABLE

How will you judge you have reached your target? “I time the backstroke finish perfectly every time, without looking round”.

AGREED

Discuss your goals with your Coach - They can help you achieve them.

REALISTIC

Try not to set a goal that is too much of a challenge. If you want a County Record, set out to achieve it through smaller achievable steps

TIME-SPECIFIC

Give yourself time to achieve your goal. “I want to have improved my backstroke finish by January 2011”

EVALUATE

Constantly check your progress towards your goal and plan the next step.

RECORDED

Write it down and keep a note of all the little steps you take towards achieving your goal.

Goals

		Review (Date/met?)
Short Term Goal (Jan 2011)		
Mid Term Goal (Aug 2011)		
Long Term Goal (Ultimate)		

Nutrition Advice

General

Fueling for Performance is…
- Always having a full tank
- Getting the most economical fuel.
- Fueling at the right times and places

The Athlete's Diet:
In terms of calories…
- 60%* should come from Carbohydrate
- 15%* should come from Protein
- 25%* should come from Fat

**Note: +/- 5% depending on seasonal variations in training and intensity. The aerobic athlete's carbohydrate intake should never drop below 50%, protein should not go above 25%, fat should not go above 30%.*

The Basic Nutrients are:
- Carbohydrate
- Protein
- Fat
- Vitamins
- Minerals
- Water

Nutrition Foundations…
- Eat a Variety of Foods from all Food Groups
- Eat Colorful Foods for vitamins, minerals, antioxidants, carbohydrates, recovery and general health
- Eat Early and Often; The first 2 hrs post-workout are the most critical.
- Drink Early and Often

"After exercise, the dietary goal is to provide adequate energy and carbohydrates to replace muscle glycogen and to ensure rapid recovery…Protein consumed after exercise will provide amino acids for the building and repair of muscle tissue. Therefore, athletes should consume a mixed meal providing carbohydrates, protein and fat soon after a strenuous competition or training session."*

Recovery Nutrition: Tips & Reminders
- Start the replenishment process IMMEDIATELY! The "window of opportunity" starts to close as soon as exercise stops…it lasts for about 2 hours
- Pulse the system. Try to eat something substantial every hour versus waiting for the large meal or eating only every 3-4 hours.
- Adjust post-exercise fuel intakes accordingly. Focus on maximizing glycogen repletion when practices are exhaustive. You might not need to replenish as long when workouts are not as intense.
- Most replenishment periods should continue for at least 2 hours, but may last as long as 5 hours if the workout was completely exhaustive.
- Something is better than nothing, consuming some carbohydrate fuel immediately after workout will do more to help prevent chronic or long-term glycogen depletion than consuming nothing at all.

*Glycogen is the source of energy most often used for exercise

Competition Day

• Focus on fueling for the day, not the race.
• Maintain energy/blood sugar levels.
• Maintain hydration.
• Timing is everything!

Timing is Critical

3-4 hours to go	2-3 hours to go	Up to 1 hour to go
Fresh fruit and fruit/vegetable juices	Fresh fruit and vegetable juices	Fruit/vegetable juice
AND/OR	AND	AND
Breads, bagels, baked potatoes, cereal with low-fat/skimmed milk, low-fat yogurt, sandwiches with a small amount of peanut butter, lean meats and cheese	Breads, bagels, crumpets with limited amounts of butter, margarine, cream cheese, or peanut butter	Fresh fruit such as apples, watermelon, peaches, grapes, or oranges
AND/OR	AND/OR	AND/OR
7 ½ cups of a sport drink	4 cups of a sport drink	1 ½ cups of a sport drink

Competition Meals

BREAKFAST

• Toast, bagels, cereal, fruit or juice. These foods are all high in carbohydrates.
• Avoid high-fat choices such as bacon, sausage or biscuits.
• Pack containers of dry cereal, crackers, juice or dried fruit such as raisins and apricots; or pack fresh fruits such as apples or oranges in case the restaurant does not provide these items, avoid fried breakfast or breakfast sandwiches.
• Examples of high carbohydrate breakfast meals

- Orange juice
- Fresh fruit
- Low-fat yogurt
- Pancakes with syrup
- 2% or skim milk

OR

- Toast
- Strawberry jam
- Scrambled Egg
- Orange juice

OR

LUNCH AND DINNER

• Choose restaurants that offer pastas, breads and salads.
• Pizzas: thick crust rather than thin crust pizza for more carbohydrates. Have vegetables on the pizza. Avoid high fat toppings such as pepperoni.
• Minimal mayonnaise in sandwiches and low salt crisps if accompanying
• Avoid deep fat fried foods such as French fries, fried fish and fried chicken.
• Choose low-fat milk or fruit juices rather than fizzy drinks.
• Examples of high carbohydrate lunch or dinner meals

- Large turkey sandwich on 2 slices of whole-wheat bread
- Slice of cheese
- Lettuce, tomato
- Low-fat yogurt
- Fresh fruit or fruit juice

OR

- Chili on a large baked potato
- Low-fat chocolate milkshake
- Fresh fruit

OR

- Spaghetti with Tomato Sauce
- Salad Bar
- Fresh Fruit

OR

- Thick crust cheese and vegetable pizza
- Side salad
- Fresh fruit

Packing for Competitions

• Cereal
• Granola bars
• Energy Bars
• 100% Juice cartons
• Fruit
• Yogurt
• Packets of nuts, raisins, mini pretzels
• Water
• Electrolyte drink

Months	September					October				November				December				January				February				March				April				May				June				July				August		
Week Comm	30	6	13	20	27	4	11	18	25	1	8	15	22	29	6	13	20	27	3	10	17	24	31	7	14	21	28	7	14	21	28	4	11	18	25	2	9	16	23	30	6	13	20	27	4	11	18	25	1	
Competitions										(6th & 7th) - Regional Short Course Champs - Corby (25m) *				(3rd/4th/5th) COLSC Distance Licenced Meet - Braunstone (25m)						(15th/16th) Burns Open Meet (50m) *** & (14th/15th/16th) Cambridge Open Meet (25m) ^				(6th) Midlands Distance Time Trials - Coventry (50m) **				(5th & 6th) LASA County Age Group Championships - Loughborough (50m) **** (5th-12th) British Championships - Ponds Forge (50m)				(12th/13th) LASA County Age Group Championships - Loughborough (50m) ****				(25th/26th/27th) LASA County Age Group Championships - Braunstone (25m) ****				(2nd & 3rd) Nuneaton and Bedworth Open Meet (25m)				(15th/16th/17th) COLSC Age Group Licenced Meet (25m)				(8th) Distance Time Trials - Loughborough (50m) **				(28th & 29th) No Frills Licenced Open Meet - Ponds Forge (50m) **				(4th & 5th) - Regional Age Group Championships - Coventry (50m)				(11th & 12th) - Regional Age Group Championships - Coventry (50m)				(25th-29th) National Youth Championships - Ponds Forge (50m)				(21st-25th) National Age Group Championships - Ponds Forge (50m)				(1st-5th) Welsh Summer Nationals - Swansea (50m)		
Micro Cycle Emphasis Codes:	P = Preparation - E = Endurance - Q = Quality - M = Mix T = Taper																																																
Macro Cycle	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	3	3	3	3	3	3	3	3	3	
Weeks to Comp	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	8	7	6	5	4	3	2	1	
Micro Emphasis	P	P	P	P	P	P	M	E	Q	E	M	Q	E	M	Q	E	M	Q	E	Q	M	M	Q	E	Q	M	M	Q	M	E	M	Q	M	E	Q	E	Q	M	E	T	T	Q	E	E	Q	Q	T	T	T		

Warm Up

The primary goal of warm up is to prepare the body to accept more demanding physical and mental activities through:

- Increased Muscle Temperature - The temperature increases within muscles that are used during a warm up routine. A warmed muscle both contracts more forcefully and relaxes more quickly so both speed and strength can be enhanced. Also, the lactate (acid) in the muscle decreases after warm-up and the probability of overstretching a muscle and causing injury can be far less. Blood vessels will also dilate, reducing stress on the heart

- Increased Body Temperature - The increase in body temperature and heart rate takes the body closer to the 'main work-out and competition state', and improves muscle elasticity which reduces the risk of strains and pulls.

- Improve Cooling – Improving how the body sweats can allow an athlete to cool efficiently and help prevent overheating early in the event or race.

- Increased Blood Temperature - Blood temperature increases as it travels through the muscles, which reduces the amount of oxygen it holds. This means a slightly greater volume of oxygen is made available to the working muscles, improving endurance and performance

- Improved Range of Motion - The range of motion around a joint is increased, allowing the swimmer to perform a more efficient and effective stroke

- Hormonal Changes - During warm up the balance of hormones that regulate energy production make more carbohydrates and fatty acids available for energy production. Again, very useful for endurance and overall performance

- Mental Preparation - The warm up is also a good time to mentally prepare for a training session or a major event by clearing the mind, increasing focus, reviewing skills and strategy.

There are two types of warm-up: *general* and *specific*.

The purpose of general warm-up is to gradually increase the body's ability to function as a whole. Begin with slow movements then build up to faster and larger range of movements through the joints.

This consists of mobilising and gradually increasing flexibility, including most important joints (no stretching), and should usually last about 10minutes:

- Shoulders - lats
- Lower back - abdominals
- Knees – hips – ankles

Mobility Warm Up Exercises

To be performed before any training session, competition warm up or race (8reps)

1. Shoulder circles – both directions
2. Bent arm circles – both directions
3. Full arm circles – single arm both directions
4. Full arm circles – both arms both directions (see diagram 1)
5. Bent over arm swings (see diagram 2)
6. Bent over lateral swings (see diagram 3)
7. Hamstring curls
8. Knee raises
9. Squats (see diagram 4)
10. **Repeat numbers 4 – 10 increase range of movement and speed - 12 reps**

Diagram 1-full arm circles

Diagram 2 – bent arm circles

Diagram 2 – bent arm circles

Diagram 4 - squats

Specific warm-up is related to swimming activity prior to race or training:

Competition Warm Up

2 x 200 1) FC/BK 2) IM kick/swim
4 x 50 Fly kick/BK swim
4 x 100 No1 kick/swim
4 x 50 No1 (1-4)
100 FC easy

Competition Swim Down

The length of swim down you do may depend on what you have left to swim during the session. If you have not finished for the session and there is enough time before your next race, complete the middle 400m of the following warm up (2 x 100 and 4 x 50), and after your last race of the session complete the full swimdown (you may need to do more if you are still not feeling fresh!)

200 FC
2 x 100 FC/BK
4 x 50 BK kick (hard)/swim
2 x 100 FC/BK

*The more your legs hurt, the more kick you need to do in swim-down!!

Training Types

Aerobic (skill work)

- Low intensity conditioning and technical training; includes warm up, swim down and skill sets
- Not a lot of rest needed – focus effort on skill rather than speed

Anaerobic Threshold (short rest)

- High effort with short rest
- The fastest pace you can sustain on the amount of rest given

MVO2 (progressive)

- Swimming at near maximum
- Longer rest to allow faster swimming speeds

Remember it is important to maintain good technique and skills at all effort levels

Competition Structure

This advice is to be used as a general guideline for age group swimmers, it may differ slightly for youth swimmers, but the principles are the same.

Early cycle: *Sept – Oct* & *Feb – March*. Benchmarking; enter a range of event s, medley, freestyle and form over a range of distances. Use opportunity to complete a distance freestyle event (800/1500m) and 400m IM

Mid cycle: *Nov – Dec* & *April – May*. Begin to focus on strokes, consider the event schedule; structure entries around main events

*think about entering distance event at COLSC distance meet

End of cycle: J*an* & *June – Aug*. Focus on No1 stroke/event. Sharpen race skills i.e. starts, turn, breathing patterns etc.

Target Meet: Jan = Burns/Leeds/Zonal Meet. June = Midlands. August = ASA/Welsh Nationals

Have I trained to the best of my ability.....?

Did you:

- Carry out at least 5mins blood flow before training?
- Approach the session with a positive attitude?
- Concentrate on and maintain good stroke technique throughout the session?
- Perform every turn legally?
- Streamlined every start and turn?
- Complete an adequate number of fly kicks from every FC/BK/Fly start/turn?
- Take at least 1 stroke without breathing from every FC/Fly start/turn?
- Finish every swim at the wall and legally?
- Calculate and meet target times set?
- Complete the session at the appropriate effort and intensity required, including warm up/swim down/skill sets?
- Use no more than one arm stroke for any kick?
- Drink enough?

Did you train to the best of your ability?

Week/Date.....

TRAINING LOG

	Type	Meterage	Rating	Comments: Session/Fatigue/Sleep/Diet/Hydration	New PB
Mon AM			1 2 3 4 5		
Mon PM			1 2 3 4 5		
Tues			1 2 3 4 5		
Weds			1 2 3 4 5		
Thurs			1 2 3 4 5		
Fri			1 2 3 4 5		
Sat AM			1 2 3 4 5		
Sun			1 2 3 4 5		

Total Weekly Meterage

Week Rating 1 2 3 4 5

Monthly Attendance

RACE LOG

Meet/Date (SC/LC)	Event	Splits	PB Y/N	New PB	Feedback

Filming Feedback

Any other notes/info