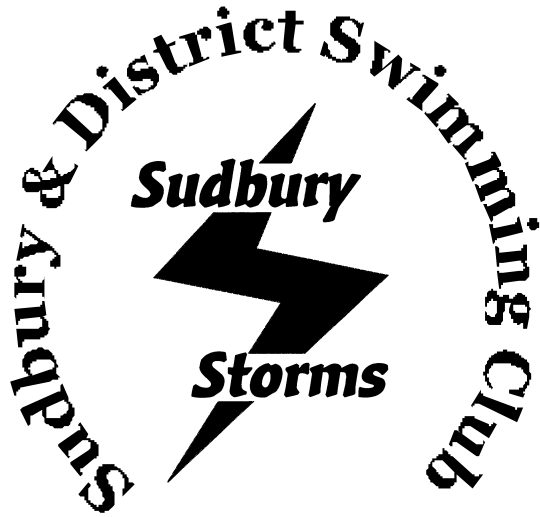




SUDBURY & DISTRICT Swimming Club
Training Log



My Personal
Swimmers Log Book

Name: _____



SUDBURY & DISTRICT Swimming Club

Training Log

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SUDBURY & DISTRICT Swimming Club

Training Log

WARM UP EXERCISES

Make sure your body is warm before you start your warm up. Gentle arm swings and running on the spot will be enough, and then stretch on poolside before getting in the water. After swimming, stretch again. Stretching increases flexibility and prevents injury.

Do not sprint the warm up! Start easy and progress throughout the warm up to prepare for what is to come.

Develop regular breathing patterns in the warm up.

STROKE COUNTING

Each time you train, count the number of strokes it takes you to swim 25m and make a note in your logbook. If you want to, you can work out how far each stroke takes you by dividing 25m by the number of strokes. See if you can get your frontcrawl count to match your backstroke count. And, can you get your fly and breast to the same number? When you have recorded your count a few times, see if you can reduce the number by 1. The top swimmers in their middle or late teens aim for a target for a 4 x 25m individual medley swim of 8 strokes for fly, 12 arm pulls for backstroke, 8 strokes on breaststroke and 12 strokes on frontcrawl. How close can you get to these and keep up a good pace?

DOPING CONTROL AND ASTHMA

If you suffer from any medical condition that requires medication, you are required to declare this to the A.S.A. by completing a medical declaration form. Ask your welfare officer or coach for one of these.

Many swimmers suffer from asthma. Some of the medications taken for asthma are legal in sport, and some are not. A list can be found on the A.S.A. website. It is important you take your inhaler to every training session, gala and competition. Make sure your coach knows you suffer from asthma.

Even some cold remedies contain "illegal" substances as far as sport is concerned. Speak to your coach if you are taking any medication.

READING THE PACE CLOCK

"leave on the top", "go on the 15", "on 1 min", "go on the bottom". What does it all mean? It is pace clock talk. Nearly everything we do in training is based on the big pace clock on the wall. You will use the pace clock for swims, kicking, and pulling sets not only to time yourself but almost more important to ensure you get sufficient rest.

The pace clock is just an oversized analogue stopwatch. It is broken into 12 equal 5 second marks just like a normal clock, but it is marked 5,10,15,20 up to 60 at the top of the clock instead of the 12 you would find on a "normal" clock. Most pace clocks have a red and blue second hand which sweeps round the face of the clock.

Most of the time all you have to do is remember where the second hand was when you started, then check again when you finish. This gives you the time you took to complete the swim. If you have been given 15 second rest, just watch for the second hand to move to the 3rd mark (each mark is worth 5 seconds) beyond where you came in and off you go again.

Please practice using the clock even if you are not told to use it.



SUDBURY & DISTRICT Swimming Club Training Log

SWIMMERS DETAILS

NAME	
DATE OF BIRTH	
PARENT/GUARDIANS NAME	
HOME ADDRESS	
HOME TELEPHONE NO:	
WORK TELEPHONE NO:	
MOBILE TELEPHONE	
EMAIL ADDRESS	
MAIN EVENTS	
BEST RESULTS	
BEST SWIMMING EXPERIENCE	
CLUB	
SQUAD	
COACH	PAUL COOK
COACHES CONTACT NUMBER	07919 382401
COACHES EMAIL	Paul.swimming1967@hotmail.co.uk



SUDBURY & DISTRICT Swimming Club 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	



SUDBURY & DISTRICT Swimming Club

Training Log

Long Course Personal Best Times

Long Course					
Stroke/Date	50	100	200	400	800 / 1500
Butterfly					
Backstroke					
Breaststroke					
Freestyle					
IM					



SUDBURY & DISTRICT Swimming Club

Training Log

Short Course Personal Best Times

Short Course					
Stroke/Date	50	100	200	400	800 / 1500
Butterfly					
Backstroke					
Breaststroke					
Freestyle					
IM					

AGE, HEIGHT AND WEIGHT RECORD

Age as at 1st September 2008.....years.....months

Date of Birth.....

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

DISCIPLINARY CODE

NO SWIMMER TO ENTER WATER UNLESS TOLD TO DO SO BY A COACH/TEACHER.

NO JEWELLERY TO BE WORN.

NO BERMUDA SHORTS OR BIKINIS TO BE WORN.

NO RUNNING ON POOLSIDE.

NO PUSHING OR PULLING OF SWIMMERS IN THE WATER.

NO SWIMMERS TO DISRUPT LESSONS, ANY DOING SO WILL BE ASKED TO SIT OUT AND WATCH THE SESSION.

TO SET A GOOD EXAMPLE AT ALL TIMES WHILST REPRESENTING THE CLUB AT THE POOL AND ON ORGANISED SOCIAL EVENTS AND SWIM CAMPS.

OBSERVE LANE DISCIPLINE I.E. LEAVE AT 5 SEC INTERVALS.

SWIMMERS TO ATTEND 85%-90% OF ALL SESSIONS ALLOCATED.

SWIMMERS TO ARRIVE ON POOLSIDE 10 MINS PRIOR TO START OF SESSION.

SWIMMER IS EXPECTED TO ATTEND AND PARTICIPATE IN ALL LAND TRAINING FACILITIES (WHEN OFFERED).

ALWAYS BE RESPECTFUL OF PARENTS, COACHES, OTHER SWIMMERS, CHAPERONES AND OFFICIALS.

ACTIONS WILL SHOW DEDICATION TO THE TEAM AND PROMOTE VALUES OF THE TEAM.

NOT DISRUPTIVE IN TEAM MEETINGS, AT PRACTICES OR MEETS.

SWIMMER TO WEAR TEAM STRIP AT ALL GALAS AND MEETS.

REPRESENT CLUB AT THE HIGHEST LEVEL YOU ARE ABLE TO.

COACHES WILL HAVE RESPONSIBILITY FOR TAKING ON THE SPOT, CORRECTIVE ACTION..

IF A SERIOUS BREACH OF DISCIPLINE, IT WILL REPORTED TO THE HEAD COACH WHO WILL REFER IT TO THE COMMITTEE. WHEREBY THE CLUBS DISCIPLINARY PROCEDURE WILL BE FOLLOWED

PARENTAL INTERFERENCE DURING COACHING SESSIONS WILL NOT BE TOLERATED. ANY QUESTIONS CAN BE ASKED AT PARENTS MEETINGS OR AT PRE-ARRANGED MEETING WITH THE HEAD COACH.

STROKE ANALYSIS

STROKE	ANALYSIS	AREAS TO WORK ON
BACKSTROKE		
BREASTSTROKE		
BUTTERFLY		
FREESTYLE		

TURN ANALYSIS

STROKE	ANALYSIS	AREAS TO WORK ON
BACKSTROKE		
BREASTSTROKE		
BUTTERFLY		
FREESTYLE		

START ANALYSIS

STROKE	ANALYSIS	AREAS TO WORK ON
BACKSTROKE		
BREASTSTROKE		
BUTTERFLY		
FREESTYLE		

WEEKLY TRAINING SCHEDULE

DAY	SCHEDULE	TOTAL METRES
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		

PERFORMANCE RECORDING LOG

DATE	MEET	S/C OR L/C	EVENT	TIME	SPLITS	COMMENTS

HOW TO SET GOALS

You will often be told to make goals "smart". The letters all stand for words. We are going to look at making goals "smarter".

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 WILL BE ABLE TO GO HARD INTO THE BACKSTROKE FINISH EVERY TIME, WITHOUT LOOKING ROUND"
AGREED	SPEAK TO YOUR COACH ABOUT YOUR GOALS. 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 A NUMBER OF SMALL IMPROVEMENTS RATHER THAN ONE BIG ONE.
TIME BOUND	GIVE YOURSELF TIME TO ACHIEVE YOUR GOAL. NOT TOO LONG OR YOU WILL LOSE INTEREST. 6 MONTHS MAXIMUM OR PERHAPS THE DATE OF A SUFFOLK CHAMPIONSHIP.
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.

MY PRE – RACE WARM UP FOR MAIN EVENTS

MY MAIN EVENT IS.....

RECORD BELOW YOUR PRE-RACE WARM UP FOR YOUR MAIN EVENT.

WARM UP IS THE PREPERATION BEFORE TAKING PART IN PHYSICAL ACTIVITY.

WHY?

PREPARES THE BODY FOR ACTIVITY TO COME

- INCREASES BLOOD FLOW THROUGH THE BODY

PREPARES MIND AND BODY FOR ACTIVITY

REDUCES THE POSSIBILITY OF INJURY

WARM UP SHOULD BE SPECIFIC TO ACTIVITY

AIMS OF WATER BASED WARM UPS:

- THE WARM UP MUST BE SPECIFIC AND APPROPRIATE TO THE MAJOR MUSCLE GROUPS, AND SHOULD BE MADE UP OF 3 PHASES:
- A CONTINUOUS, SUB MAXIMAL, WHOLE BODY ACTIVITY THAT GENTLY RAISES THE PULSE RATE.

STRETCHING EXERCISES (DRILLS), IN WHICH PARTICULAR ATTENTION SHOULD BE PAID TO ALL JOINTS AND MUSCLES USED DURING STROKES.

MOVEMENT PATTERNS - FULL STROKE

MY WARM UP NOTES:

MY POST RACE SWIM DOWN PROTOCOL

MY MAIN EVENT IS.....

SWIM DOWN IS A GENTLE EXERCISE, WHICH ALLOWS THE BODY TO RECOVER SAFELY AND RETURN TO ITS NORMAL STATE AFTER TAKING PART IN PHYSICAL ACTIVITY.

WHY?

INCREASES THE FLOW OF BLOOD THROUGH THE MUSCLES WHICH FLUSHES OUT WASTE PRODUCTS, LACTIC ACID AND CARBON DIOXIDE.

IN TURN THIS REDUCES THE OVERALL RECOVERY TIME.

REDUCES THE ONSET OF STIFFNESS AND SORENESS.

NOT DOING A SWIM DOWN OR A RECOVERY SWIM CORRECTLY BRINGS ABOUT A SUDDEN DROP IN THE DEMAND OF BLOOD FOR THE MUSCLES. THIS LEADS ONTO A SUDDEN DROP IN MUSCLE TEMPERATURE AND LEAVES A RESIDUE OF WASTE PRODUCT IN THE BODY. THE CONSEQUENCE OF THIS CAN BE:

MUSCLE DAMAGE

DIZZINESS

LIGHT HEADINESS

NAUSEA

SLOWER RECOVERY TIME

STIFFNESS AND SORENESS

NOTES FOR MY SWIM DOWN:

NUTRITION SHEET FOR COMPETITION PURPOSES

During the week before a competition, your two main aims are:

- To fill your muscle and liver glycogen stores so you compete with a full fuel supply.
- To keep well hydrated

Aim to consume 7-8g carbohydrate per kg of body weight per day.

For all events your total calorie intake should remain about the same as usual during the pre-competition week, but the proportions of carbohydrates, protein and fat will change. You should eat larger amounts of carbohydrate rich foods such as potatoes, bread, rice and dried fruit. As well as carbohydrate drinks, and smaller amounts of fats and proteins. Try to eat at least 6 small meals a day, and avoid gaps of 3 hours or longer and base all meals on low G.I. foods. See attached sheet for sample eating plans. These should only be used prior to competition because they are low in fat and protein so are not ideal for training sessions. Make sure you rehydrate fully after training, avoid any new or untried foods during pre-competition week. When travelling away bring your own food and remember to bring plenty of fluids.

On the day before competition your aims are:

- To top up muscle glycogen levels.
- To ensure you are well hydrated.

Eat high carbohydrate meals with a low G.I. throughout the day and drink plenty of fluids. Do not skip your evening meal.

On the day of competition your aims are:

- Top up liver glycogen levels
- Maintain blood sugar levels
- Keep hunger at bay
- Keep well hydrated

Have your pre-competition meal 2 hours before the event. On the day of competition your meal should be:

- Based on low G.I. carbohydrates
- Low in fat
- Low in protein
- Low or moderate in fibre
- Not too bulky or filling
- Not salty or spicy
- Enjoyable and familiar
- Easy to digest
- Include a drink- approx. 500ml 2 hours before event

During competition ensure you have plenty of fluid and see the accompanying tables for foods to eat between heats and events. After the competition you should start to replenish your glycogen stores and fluids, choose foods high in G.I. to ensure rapid refuelling, aim for 1g carbohydrate per kg of body weight. Suitable meals include pasta dishes, noodle dishes, thick base pizzas, baked potatoes. Avoid rich fatty foods as these can delay refuelling.

Pre-competition meals:

Breakfast (2-4 hours before event)

- Cereal or porridge with low fat milk and fresh fruit
- Toast or bread with jam/honey; low fat yoghurt
- English muffins with honey

Lunch (2-4 hours before event)

- Sandwiches or rolls with tuna, cottage cheese, or chicken; fresh fruit
- Pasta or rice with tomato based sauce; fresh fruit
- Baked potato with low fat filling; fresh fruit

Pre-competition snacks (1 hour before event)

- Fruit mixture e.g. apples, pears, bananas, oranges and kiwi fruit
- Tinned fruit
- Sports nutrition or energy bars
- Glucose polymer drink
- Dried apricots
- Low fat fruit yoghurt
- Rice pudding
- Mini or scotch cakes

NUTRITION SHEET FOR TRAINING PURPOSES

It is essential you eat a well balanced diet during training. Your diet should consist of carbohydrates, protein, fat, fluids, vitamins and minerals. A balanced diet should consist of the following:

Cereals and starchy vegetables 5-11 portions per day, fruit and vegetables 5+portions per day, milk and dairy products 2-3 portions per day, meat, fish and vegetarian alternatives 2-3 portions per day and oils and fats 0-3 portions per day. See attached sheets for further information.

Carbohydrates provide fuel for almost every type of activity. Most of the energy needed for muscular contraction comes from this source. If carbohydrate levels are not replenished after exercising you may not be able to train as effectively as you would like at your next session. A real effort needs to be made to increase carbohydrate intake on a daily basis. Your intake should be in the region of 6-7grams of carbohydrate per kg of body weight per day. E.g. a 70kg swimmer doing at least one hour per day will need between 420g-490g per day. If on a weight loss programme this would decrease to 360g-380g per day and if on a weight gain programme this would increase to approx. 560g. Saturated fats are not good for you and these include butter, lard, cheese, meat and fat and all foods using these fats. Mono unsaturated fats have been shown to have the greatest health benefits, helping to reduce total cholesterol. Foods in this group include oils, rapeseed, groundnut, hazelnut, almond, avocado, olives, nuts and seeds.

Polyunsaturated fats can be found in vegetable oils and oily fish and helps lower cholesterol levels. Protein accounts for 20% of your total body weight and is found in every cell and tissue in your body. Primarily it is a building material essential for growing and repairing muscular tissue after training for instance, but also has many other functions as well. It can be used as a source when swimming at high intensity. The daily recommended protein intake for squad swimmers should be 1.4g-1.8g per kg of body weight unless you are on fat loss or weight gain programme, see attached table for more information.

Dehydration and hydration are very important to swimmers, as many swimmers do not understand that they still lose body fluids even though they are in the water. The pool environment may cause the loss of more fluid due to the high humidity in the pool area. Symptoms that may well point to dehydration are sluggishness, sense of fatigue, headaches, loss of appetite, nausea and if your urine is dark in colour before starting exercise ensure you are well hydrated by consuming 500ml of fluid 2 hours before training.

During exercise start drinking early and at regular intervals, aim for 250ml every 20 minutes. Try using isotonic sports drinks or diluted fruit juice that contains about 8% carbohydrate and this will help reduce fatigue and improve performance. Do not wait until you are thirsty before drinking. Immediately after exercise drink 500ml of fluid. Drink 1500ml for every kg of body weight lost during exercise. Please refer to the following tables to see about things to eat following exercise to replenish carbohydrates. You will all be getting personalised nutrition plans to assist you during the season. Eat regular and frequent meals 5-6 a day to promote glycogen storage, lean tissue repair and growth, maintain steady blood glucose levels; regulate appetite; and discourage fat storage.

YOU SHOULD AIM TO EAT 5 X 80g PORTIONS OF FRUIT AND VEG PER DAY MINIMUM.

FOOD	AMOUNT REQUIRED TO EQUAL ONE PORTION
FRESH FRUIT	
Apple, pear, peach, orange, banana	1 fruit
Berries (strawberries, raspberries) and grapes	1 cupful (80g)
Large fruit e.g. mango, papaya	Half a fruit
Very large fruit e.g. melon, pineapple	One slice
Small fruit e.g. apricots, plums, satsumas	2 fruit
TINNED FRUIT	
Any variety	1/3 of a 400g tin (drained)
FRUIT JUICE	
100% juice	1 glass (500ml)
DRIED FRUIT	
Any variety	1 tbsp
VEGETABLES	
In general	2-3 tbsp
Carrots/courgette	1 large
Broccoli	2 spears
Brussel sprouts	10 sprouts
Mixed salad	1 dessert bowl
Tomato	2

NUTRITIONAL INFORMATION SHEET

In order for us to live we need energy, just for our bodies to perform basic functions. Then if we want to exercise as well, we will require more energy and the requirement will become even greater if the exercise is to continue. This need for extra energy is to make the heart beat faster and more efficiently, to pump more blood around the body, and for the lungs to work harder and more efficiently to provide oxygen and remove waste products, and the muscles to contract more and work harder to create the exercise.

WHERE DOES THIS ENERGY COME FROM?

Energy is the result of chemical reactions that take place within the body-that is the breakdown of carbohydrate, proteins and fats.

There are 3 energy systems within the body that will provide this energy, and we use them all to some degree.

ATP-PC this system provides an instant, short burst of energy such as required for a dive or push and glide or a short sprint, however this initial burst will only last a few seconds, around 5 or 6. Only small amounts of this are stored in the muscles. ATP (adenosine triphosphate) is made up of one adenosine molecule and three phosphate molecules. Energy is released when one of the phosphate molecules splits off. The ATP then becomes ADP (adenosine diphosphate). Some of the energy released is used for work that is the exercise; the rest is given off as heat and that is why we become warm when we exercise. The ADP is then recycled with the action of PC (phosphocreatine) also stored in the muscles, the phosphate and the creatine will split and the phosphate is joined to the ADP to recycle it into ATP. However the phosphocreatine is limited so the energy from this system will drop off and the ATP must be recycled from other systems. When taking part in exercise at this intensity periods of rest need to be built in, and that rest can be either active or inactive.

ANAEROBIC

This system will provide energy for a longer period of time approx. 30 secs to 2 minutes for high intensity exercise, such as short to medium sprints, or during long distance events to increase speed and finish fast. Glycogen stored in the muscles is the fuel for this system, the glycogen is broken down into glucose, and this process takes place without the need for oxygen and forms ATP and lactic acid. However the glycogen stores will be cut down quickly and lactic acid will build up in the body, this will cause tiredness and make it difficult for muscles to contract. On the plus side if you reduce the intensity some of the lactic acid will be reconverted to ATP when oxygen is present, and some will be taken away to the liver and converted back into glucose so it may be used again.

AEROBIC

This system can create ATP when oxygen is available. It does this by breaking down carbohydrates and fats. Once the other two systems have used most of their available stores this system will take over and produce larger amounts of ATP, although the production is not as rapid as the other two systems. The energy is available for low to medium level intensity for an indefinite period of time.

These systems are all used to some degree during exercise, although depending on type and intensity of the exercise one will be dominant.

Food is required to produce the energy stores in the body and training uses these stores, so we need to constantly replace them otherwise we will become tired and not be able to perform at our best and benefits of training will be less. However it is not enough to go and eat something, we also need to think about what we eat. If we went out and ate lots of fast foods not only would you be likely to put on quite a bit of weight as many of these foods tend to have a high fat content, it would not provide us with the correct groups to build energy stores to train, perform and recover. This applies not just when we are well but if we are ill or injured, when we need to eat more proteins and less carbohydrates. Fast foods are also unlikely to contain the additional minerals, vitamins and trace elements that a varied diet would contain and the body needs so we need to look at the following groups of food to make up a varied daily intake, fruits, vegetables, cereals and grains, meat, fish and poultry and cereals and grain products.

From the food we eat the main groups we require are carbohydrates, fat and proteins.

IN WHAT PROPORTIONS DO WE NEED THESE FOODS?

A young athlete will be looking to have a diet that contains these groups in about the following proportions;

CARBOHYDRATES - 60%-70%

PROTEIN - 10%-15%

FAT- 20%-25%

CARBOHYDRATES

Come in two forms, as sugars and starches. Many foods contain both of these, sugars are simple carbohydrates and tend to be sweet, and starches are complex carbohydrates and tend to be blander. While both of these carbohydrates contain the same energy values the starches are better for us to eat. The diet should be made up of a variety of carbohydrates to keep us interested in the food and to provide vitamins, minerals and the fibre that we need. A diet high in carbohydrate will increase stores of muscle glycogen and this will improve performance and recovery when we exercise.

The sooner the stores are replaced following training the better as this makes the refuelling process more efficient. Try having something in your bag for when you are changing or on your way home, maybe a cereal bar or a banana. The longer you leave it to eat following exercise the longer it takes to refill the stores especially if the stores have been depleted due to the intensity and duration of exercise, or you are injured or your overall fitness is low following a break in training.

Base your meals around rice, pasta, wholegrain breads, cereals, noodles and grains, starchy vegetables such as potatoes, corn, beans, soya based foods and lentils. Add fruits either fresh or dried to breakfast cereals and low fat yoghurts or to milk for a shake and eat foods that are rich in carbohydrate and not fat.

PROTEIN

Is part of every cell structure- including muscles, organs, tendons, hair, nails and in the blood, the substance that carries oxygen around the body is composed of protein, as are many of the hormones that the body requires to function. It is needed for growth and tissue repair. Breakdown of proteins will increase when muscle glycogen stores are low. Meat, fish, eggs and milk are the best source of protein for us as they contain all the essential amino acids, which we require, plants do contain protein but they usually do not contain all the essential amino acids.

FAT

We do require a small quantity of fat; this is used for rebuilding nerve fibres, cell membranes and skin, for insulation for the body and is a concentrated form of energy, among other functions. Fats come in 3 different forms, saturated, unsaturated and polyunsaturated. Saturated fats usually come from animal and dairy foods, unsaturated fats come from vegetable oils. From a health point of view we believe that unsaturated and polyunsaturated fats are better for us as they remain in a liquid state in the body, while the saturated form of fat can harden and lay deposits down in the blood vessels and dispose tissue around the body and organs.

Training at low level of intensity uses more fat and less carbohydrate to produce energy, the opposite is also true if you gradually increase the intensity of training the amount of fat used decreases and the amount of carbohydrates used increases. At maximum effort the body will use glycogen stored in the muscles, because fat cannot be broken down and transported fast enough.

We also require fluids, this is very important, especially during exercise. The body will sweat which causes dehydration, the average person can lose 1 litre of fluid in one hour of exercise and even more so in hot conditions, and some people sweat more than others. This makes you tired, the blood thickens and it then takes more energy to pump it round the body to provide the muscles etc with the oxygen they require to work. If you become dehydrated you feel tired, may have a headache, feel sick or even worse. Fluid is very important.

The best tactic with fluids is little and often – don't wait until you are thirsty, have your bottle on poolside during training.

WHAT SHOULD WE HAVE IN THIS BOTTLE?

Use well diluted fruit juices and squashes, not fizzy drinks that can cause wind and/or contain sugar, avoid drinks with high sugar content.

When you are training we require a higher proportion of carbohydrates in your diet, but equally the opposite is true, when you train you become used to a higher dietary intake, but if training is cut down or reduced for any period of time it may be necessary to reduce your food intake also, otherwise you may be more likely to put on some weight.

SHOULD WE EAT BEFORE TRAINING?

It is certainly not a good idea to have a heavy meal just before training, the ideal would be to have something about an hour before training, there should be a gap of at least a couple of hours if you are planning on having a heavy meal. This is because when the body is digesting food more blood is shunted to the digestive tract to aid the digestion and absorption of food. So you may be prone to feeling sick and having cramps during this period.

SO WHAT WOULD YOU HAVE?

Try fruit mixtures, heavy grain breads, muesli, even porridge, some pasta or low fat yoghurt.

For the 2 or 3 days prior to a gala, be more aware of what you are eating, to ensure the amount of carbohydrate in your diet is increased to ensure energy systems are full. On the night before a competition have a high carbohydrate content meal with ice cream or yoghurt. Always ensure you take in plenty of fluids. On the morning of competition ensure you have a good breakfast, cereals, fresh or dried fruit, fruit juice, toast with low spreads, jam, marmalade or honey.

Snacks are also important, especially when you go away for galas that may take half a day or more.

SO WHAT SHOULD WE BE THINKING ABOUT TAKING WITH US AND EATING?

Try pasta salads, fresh fruit or canned fruits, bananas are especially good, cereal bars, low fat yoghurts, sandwiches made with jam, honey, bananas, twiglets, sesame sticks, rice cakes, crispbreads, rusks, popcorn, fruit cakes, muffins, crumpets and biscuits. The list is enormous so there should be plenty of choice and no need to be hungry, bored or lacking in energy.

PROTEIN REQUIREMENTS OF ATHLETES

TYPE OF ATHLETE	DAILY PROTEIN REQUIREMENTS (G) PER KG BODY WEIGHT
Endurance athlete (moderate/ heavy training)	1.2 – 1.4
Strength and power athlete	1.4 – 1.8
Athlete on fat loss programme	1.6 – 2.0
Athlete on weight gain programme	1.8 – 2.0

GOOD SOURCES OF PROTEIN

FOOD	PORTION SIZE	PROTEIN	KCAL
MEAT AND FISH			
Beef, fillet steak, grilled	2 slices 105g	31	197
Chicken breast, grilled	1 breast 30g	39	191
Turkey, white meat, roasted	2 slices 140g	47	214
Cod, poached	1 fillet 120g	25	113
Mackerel, grilled	1 fillet 150g	31	359
Tuna, canned in brine	1 small tin 100g	24	99
DAIRY PRODUCTS AND EGGS			
Cheese, cheddar	1 thick slice 40g	10	165
Cottage cheese	1 small carton 112g	15	110
Skimmed milk	1 glass 200ml	7	66
Low-fat yoghurt, plain	1 carton 150g	8	84
Low-fat yoghurt, fruit	1 carton 150g	6	135
Fromage frais, fruit	1 small carton 100g	7	131
eggs	1 size 2	8	90
NUTS AND SEEDS			
Peanuts, roasted and salted	1 handful 50g	12	301
Peanut butter	On 1 slice of bread 20g	5	125
Cashew nuts, roasted and salted	1 handful 50g	10	306
Walnuts	1 handful 50g	7	344
Sunflower seeds	2 tbsp 32g	6	186
SOYA PRODUCTS			
Soya milk, plain	1 glass 200ml	6	64
Soya mince	2tbsp dry weight 30g	13	79
Tofu	Half a pack 100g	8	73
Tofu burger	1 burger 60g	5	71
QUORN PRODUCTS			
Quorn mince	4 tbsp 100g	12	86

Quorn chilli	1 bowl 200g	9	163
Quorn korma	1 bowl 200g	8	280
GRAINS AND CEREALS			
Wholemeal bread	2 slices 76g	6	164
White bread	2 slices 72g	6	156
Pasta, boiled	1 bowl 230g	7	198
Brown rice, boiled	1 bowl 180g	7	254
White rice, boiled	1 bowl 180g	5	248
PULSES			
Baked beans	1 small tin	10	166
Red lentils, boiled	3 tbsp 120g	9	120
Red kidney beans, boiled	3 tbsp 120g	10	124
Chick peas, boiled	3 tbsp 140g	12	169

LOW G.I. FOODS TO EAT 1 HOUR BEFORE EXERCISE

FOOD	G.I.	SERVING SIZE EQUAL TO 50G CARBOHYDRATE	SERVING EQUAL TO 75G CARBOHYDRATE
Heavy grain bread	46	3 slices 100g	4-5 slices 150g
Dried apricots	31	1 small handful 105g	1 large handful 160g
Fruit mixture	50	1 large bowl 500g	2 medium bowls 750g
Sports nutrition bar	30	1-2 bars 30-60g	2 bars 60g
Muesli	56	1 medium bowl 74g	1 large bowl 110g
Porridge	42	1 medium bowl 600g	1 large bowl 900g
Pasta	37	1 medium bowl 200g cooked weight	1 large bowl 300g cooked weight
Glucose polymer drink	40	250 ml	400ml
Low-fat fruit yoghurt	33	2 cartons 3x105g	3 cartons 3x105g
Kiwi fruit	52	8	12

SUITABLE FOOD AND DRINK TO CONSUME DURING EXERCISE

FOOD OR DRINK	PORTION PROVIDING 30G CARBOHYDRATE	PORTION PROVIDING 60G CARBOHYDRATE
Isotonic sports drink (6g/100ml)	500ml	1000ml
glucose polymer drink (9-12g/1000ml)	250ml	500ml
energy bar	1 bar	2 bars
diluted fruit juice (1:1)	500ml	1000ml
raisins	1 handful 40g	2 handfuls 80g

PORTIONS OF HIGH G.I. FOODS PROVIDING 75G FOR POST EXERCISE EATING

FOODS	SERVING SIZE
isotonic sports drink 7g sugar/100ml	1000ml
glucose polymer drink 12g carbohydrate/100ml	625ml
raisins	4 heaped tbsp 120g
corn flakes and skimmed milk	1 large bowl 65g with 300ml milk
rice cakes and jam	5 rice cakes with 5tsp jam
honey sandwich	3 slices of bread with 2 heaped tsp jam
bread or toast	4-5 large slices
bagel and jam	1 bagel 90g with 2 heaped tsp jam
English muffin	2 x 68g
energy bars	2 x 55g
fruit bars	3-4 bars (30g each)

DAILY CARBOHYDRATE REQUIREMENTS

ACTIVITY LEVEL	G OF CARBOHYDRATE PER KG BODY WEIGHT PER DAY
light (< 1 hour per day)	4-5
light-moderate (approx 1 hour/day)	5-6
moderate (1-2 hours per day)	6-7
moderate – heavy (2-4 hours per day)	7-8
heavy (>4 hours per day)	8-10

SNACKS FOR COMPETITION AND AFTER TRAINING

1. CURRANT BUNS, TEA CAKES, MALT LOAF, RAISIN BREAD
2. SANDWICHES (TRY BANANA, JAM OR HONEY)
3. ROLLS/PITTA BREAD
4. MUESLI BARS AND DRIED FRUIT BARS
5. POPCORN
6. FRESH, DRIED AND CANNED FRUIT
7. RUSKS OR DRIED CEREALS
8. OASTERS, TWIGLETS, TORTILLA CHIPS
9. SESAME SNACKS
10. SESAME STICKS
11. FRUIT CAKE
12. PLAIN BISCUITS E.G. RICH TEA, FIG ROLLS, GARIBALDI,
13. DIGESTIVE
14. POP TARTS
15. JELLY CUBES
16. SCONES, MUFFINS, CRUMPETS
17. BOWLS OF CEREAL
18. TOAST
19. LOW FAT RICE PUDDING
20. LOW FAT FRUIT YOGHURTS
21. CRISPBREADS, RICE CAKES, CRACKERS
22. SLICE OF THICK BASE PIZZA
23. BREAD PUDDINGS, CHEESE BUNS, SCOTCH PANCAKES
24. DRINKS – JUICES, SQUASHES, COMMERCIAL
25. CARBOHYDRATE DRINK

FOODS SUITABLE TO EAT BETWEEN RACES

1. Sports drinks (home-made or commercial)
2. Bananas
3. Meal replacement products
4. Breakfast cereal
5. Sports or nutrition energy bars
6. Cereal or breakfast bars
7. Sandwiches or rolls filled with honey, jam or bananas
8. Oatmeal biscuits, fig rolls
9. Dried fruit
10. Rice cakes or low fat crackers with bananas or jam

PRE – COMPETITION SAMPLE EATING PLANS

PROVIDING 500G CARBOHYDRATE	PROVIDING 700G CARBOHYDRATE
BREAKFAST	BREAKFAST
1 large bowl breakfast cereal 85g 200ml skimmed milk 2 tbsp 60g raisins 1 glass fruit juice 200ml	4 thick slices of toast with honey 1 glass fruit juice 200ml 1 banana
MORNING SNACK	MORNING SNACK
1 banana sandwich (2 slices of bread and 1 banana)	2 scotch pancakes 2 apples
LUNCH	LUNCH
1 large jacket potato 300g 3 tbsp 90g sweetcorn and 1 tbsp tuna or cottage cheese 2 pieces of fresh fruit 1 carton low fat fromage frais	1 large bowl rice (125g uncooked weight) salad with 60g turkey or 125g beans and vegetables 2 slices of bread 2 pieces of fruit
PRE- WORKOUT SNACK	PRE- WORKOUT SNACK
1 energy bar	2 bananas
WORKOUT	WORKOUT
1-2 litre sports drink	1-2 litre sports drink
POST WORKOUT SNACK	POST WORKOUT SNACK
1 serving of meal replacement product	2 cereal bars 500ml flavoured milk
DINNER	DINNER
1 bowl pasta 85g uncooked weight 125g stir fried vegetables 60g stir fried chicken or tofu 2 slices of bread and butter 1 large bowl fruit salad 200g	2 large jacket potatoes 2 x 300g 1 carton 115g cottage cheese or fromage frais broccoli or other vegetables 1 piece fresh fruit
SNACK	SNACK
2 slices toast with honey 1 carton low fat yoghurt	1 carton low fat rice pudding 200g

THE GOOD CARBOHYDRATE FOOD GUIDE

- BREAKFAST CEREALS – TRY TO INCLUDE SOME WHOLEGRAIN VARIETIES, E.G. SHREDDED WHEAT, WEETABIX, MUESLI, PORRIDGE, ALL BRAN ETC.
- BREAD – ALL TYPES (INCLUDE SOME WHOLEWHEAT), PITTA, BREAD, MUFFINS, CRUMPETS, BAGELS, NAAN, CHAPPATIS, RAISIN BREAD, MALT LOAF, FRUIT LOAF
- CRISPBREADS, WATER BISCUITS, OAT CAKES AND RICE CAKES
- PASTA, RICE AND NOODLES – TRY TO INCLUDE SOME WHOLEWHEAT VARIETIES
- POTATOES AND POTATO PRODUCTS
- PIZZA BASES – TRY TO WATCH WHAT YOU HAVE ON TOP. LOWER FAT TOPPINGS INCLUDE HAM AND PINEAPPLE, VEGETARIAN, MUSHROOM, HAM AND TOMATO
- SWEETCORN AND POPCORN
- BEANS E.G. BAKED, GREEN, KIDNEY, ADUKI AND BUTTER BEANS
- PEAS AND CHICK PEAS
- LENTILS AND PEARL BARLEY
- ROOT VEGETABLES (CARROTS, PARSNIPS, SWEDES ETC)
- TWIGLETS, SESAME STICKS, JAPANESE RICE CRACKERS
- FRUIT – ALL FRUIT, FRESH, DRIED AND CANNED
- CHOCOLATE AND CONFECTIONERY BARS
- SUGAR CONFECTIONERY (JELLY BEANS, JELLY BABIES, BOILED SWEETS, LIQUORICE ALLSORTS)
- JAM, MARMALADE, HONEY AND FRUIT SPREADS
- BISCUITS – THE PLAIN VARIETIES CONTAIN LESS FAT
- BUNS – CURRANT, TEA CAKES, SCONES, AND OTHER PLAIN BUNS
- CAKES – FRUIT CAKE, GINGERBREAD, PARKIN, ROCK CAKES AND OTHER PLAIN CAKES
- PUDDINGS – E.G. FRUIT CRUMBLE, BREAD PUDDING, RICE PUDDING, JELLY AND CUSTARD, BANANA CUSTARD
- FRUIT YOGHURTS
- SWEETENED SOFT DRINKS AND FRUIT JUICES
- SUGAR ADDED TO FOOD
- COMMERCIAL CARBOHYDRATE DRINKS E.G. GATORADE, MAXIM AND ISOSTAR

TARGETS

EVERY SWIMMER SHOULD THINK ABOUT SETTING TARGETS. HERE ARE SOME SUGGESTIONS:

ATTEND SESSIONS REGULARLY AND BE ON TIME.

BE ON POOLSIDE 10 MINUTES EARLY TO PREPARE YOURSELF.

LISTEN TO TEACHERS AND COACHES.

ALWAYS SHOW CONSIDERATION TO OTHERS.

TRY HARD IN TRAINING SESSIONS AND BUILD UP STAMINA.

SUPPORT OTHERS IN TRAINING.

ENJOY SWIMMING AND HAVE CONFIDENCE IN YOUR ABILITY

SET YOURSELF ATTAINABLE GOALS.

TAKE PART IN GALAS AND OPEN MEETS.

AIM FOR CLUB, COUNTY, REGIONAL AND NATIONAL SELECTION SQUAD SELECTION.

SHORT COURSE PERSONAL BEST TIMES

STROKE	25m	50m	100m	200m	400m	800m	1500m
BUTTERFLY					N/A	N/A	N/A
BACKSTROKE					N/A	N/A	N/A
BREASTSTROKE					N/A	N/A	N/A
FREESTYLE							
IND.MEDLEY						N/A	N/A

LONG COURSE PERSONAL BEST TIMES

STROKE	25m	50m	100m	200m	400m	800m	1500m
BUTTERFLY	N/A				N/A	N/A	N/A
BACKSTROKE	N/A				N/A	N/A	N/A
BREASTSTROKE	N/A				N/A	N/A	N/A
FREESTYLE	N/A						
IND.MEDLEY	N/A					N/A	N/A

INDIVIDUAL MEDLEY STRENGTHS AND WEAKNESSES CHART

SWIMMER.....

SHORT COURSE OR LONG COURSE.....

DATE WHEN COMPLETING THE CHART.....

	BUTTERFLY	BACKSTROKE	BREASTSTROKE	FREESTYLE	
100m and 200m best times and differential	100m = 200m = Diff =	100m = 200m = Diff =	100m = 200m = Diff =	100m = 200m = Diff =	
Splits from 400m IM p.b. and difference between 100m p.b. and splits	Split = Diff =	Split = Diff =	Split = Diff =	Split = Diff =	Current 400m IM PB =
Actual 400m IM splits as a percentage					
PB (100m + 6%) x 2 = goal time for 200m	PB 100m + 6% = X 2 = 200m BF goal =	PB 100m + 6% = X 2 = 200m BK goal =	PB 100m + 6% = = X 2 = 200m BR goal =	PB 100m + 6% = = X 2 = 200m FR goal =	
PB 100m + 8% = target 400m IM splits	PB 100m + 8% =	PB 100m + 8% =	PB 100m + 8% =	PB 100m + 8% =	400m IM goal time =
Target 400m IM splits as a percentage					
400m Target time for each stroke=200m goal time x 2 + differential between 100m and 200m best times	400m BF goal =	400m BK goal =	400m BR goal =	400m FR goal =	
200m IM target splits 100m PB + 4% ÷ 2					200m IM goal time =
200m targets based on target 400m IM splits	200m BF/BK goal =	200m BK/BR goal =	200m BR/FR goal =		

HIGH PERFORMANCE ENDURANCE TEST-SET PROGRESSION

SET 1: 40 X 100m FREESTYLE on 1:30, MOVE TO TEST SET 2 WHEN THIS HAS BEEN ACHIEVED.

SET 2: 30 X 100m FREESTYLE. H.R 20-30 BBM AIM TO SWIM FASTER THAN SET 1.

SET 3: 24 X 100m FREESTYLE SWUM AS,
 18 X 100m on 1:45 H.R 10-20 BBM
 6 X 100m on 2:00 H.R 10-20 BBM

RECORD TIMES, STROKE COUNTS AND BREATHING PATTERNS.

RECORD AVERAGE OF TOTALS.

RECORD AVERAGE OF 18 X 100M

RECORD AVERAGE OF 6 X 100M

DO NOT INCLUDE FASTEST AND SLOWEST TIME WHEN WORKING OUT AVERAGES

COMPARE HEART RATE TO SPEED

NAME..... DATE.....

SWIM	TIME	HEART RATE	STROKE COUNT	SWIM	TIME	HEART RATE	STROKE COUNT
1				21			
2				22			
3				23			
4				24			
5				25			
6				26			
7				27			
8				28			
9				29			
10				30			
11				31			
12				32			
13				33			
14				34			
15				35			
16				36			
17				37			
18				38			
19				39			
20				40			
	AVERAGE TIME		H.R DRIFT				

HIGH PERFORMANCE ENDURANCE TEST-SET PROGRESSION

SET 1: 40 X 100m FREESTYLE on 1:30, MOVE TO TEST SET 2 WHEN THIS HAS BEEN ACHIEVED.

SET 2: 30 X 100m FREESTYLE. H.R 20-30 BBM AIM TO SWIM FASTER THAN SET 1.

SET 3: 24 X 100m FREESTYLE SWUM AS,
 18 X 100m on 1:45 H.R 10-20 BBM
 6 X 100m on 2:00 H.R 10-20 BBM

RECORD TIMES, STROKE COUNTS AND BREATHING PATTERNS.

RECORD AVERAGE OF TOTALS.

RECORD AVERAGE OF 18 X 100M

RECORD AVERAGE OF 6 X 100M

DO NOT INCLUDE FASTEST AND SLOWEST TIME WHEN WORKING OUT AVERAGES

COMPARE HEART RATE TO SPEED

NAME..... DATE.....

SWIM	TIME	HEART RATE	STROKE COUNT	SWIM	TIME	HEART RATE	STROKE COUNT
1				21			
2				22			
3				23			
4				24			
5				25			
6				26			
7				27			
8				28			
9				29			
10				30			
11				31			
12				32			
13				33			
14				34			
15				35			
16				36			
17				37			
18				38			
19				39			
20				40			
	AVERAGE TIME		H.R DRIFT				

Kick Test Set Recording Sheet

Name..... Date.....

	Test 1	Test 2	Test 3
800m Kick 16 minute			
400m Kick 8 minute			
200m Kick 4 minute			
100m Kick Within 20 secs of p.b 100m swim time			
50m Kick Target half of time recorded on the 100m kick or faster			
25m Kick Target half of time recorded on the 50m kick or faster			

T20 or T30 Data Sheet

Swimmers Name Date

	<p>50 100 150 200 250 300 350 400 450 500 550 600 650 700 750 800 850 900 950 1000 1050 1100 1150 1200 1250 1300 1350 1400 1450 1500 1550 1600 1650 1700 1750 1800 1850 1900 1950 2000 2050 2100 2150 2200 2250 2300 2350 2400 2450 2500 2550 2600 2650</p>
	<p>50 100 150 200 250 300 350 400 450 500 550 600 650 700 750 800 850 900 950 1000 1050 1100 1150 1200 1250 1300 1350 1400 1450 1500 1550 1600 1650 1700 1750 1800 1850 1900 1950 2000 2050 2100 2150 2200 2250 2300 2350 2400 2450 2500 2550 2600 2650</p>
	<p>50 100 150 200 250 300 350 400 450 500 550 600 650 700 750 800 850 900 950 1000 1050 1100 1150 1200 1250 1300 1350 1400 1450 1500 1550 1600 1650 1700 1750 1800 1850 1900 1950 2000 2050 2100 2150 2200 2250 2300 2350 2400 2450 2500 2550 2600 2650</p>
	<p>50 100 150 200 250 300 350 400 450 500 550 600 650 700 750 800 850 900 950 1000 1050 1100 1150 1200 1250 1300 1350 1400 1450 1500 1550 1600 1650 1700 1750 1800 1850 1900 1950 2000 2050 2100 2150 2200 2250 2300 2350 2400 2450 2500 2550 2600 2650</p>
	<p>50 100 150 200 250 300 350 400 450 500 550 600 650 700 750 800 850 900 950 1000 1050 1100 1150 1200 1250 1300 1350 1400 1450 1500 1550 1600 1650 1700 1750 1800 1850 1900 1950 2000 2050 2100 2150 2200 2250 2300 2350 2400 2450 2500 2550 2600 2650</p>

MAXIMUM HEART RATE TEST RECORDING SHEET (50m TO 100m)

NAME..... DATE.....

DISTANCE	NOTES	TIME RECORDED	HEART RATE
100m	BUILD TO MAX		
1 ST 100m	TARGET PB + 4 SECS		
1 ST 50m	AT RACE PACE		
2 ND 50m	AT RACE PACE		
3 RD 50m	AT RACE PACE		
4 TH 50m	AT RACE PACE		

IM Stroke Efficiency and Form Stroke Count Efficiency Test Recording Sheet

Name..... Date.....

Individual Medley

Date of Test	Length of Swim	Swim Time	Stroke Counts	Heart Rate
	100m I.M		BF BK BR FS	
	200m I.M		BF BK BR FS	
	400m I.M		BF BK BR FS	

Form Stroke

Date of Test	Length of Swim	Swim Time	Stroke Counts	Heart Rate
	100m			
	200m			
	400m			

DOUBLE DISTANCE 400m TEST RECORDING SHEET

NAME.....

DATE:	1 x 400m	SPLITS AND TOTAL TIME
1 ST 400m SWIM		
DATE:	2 x 400m	SPLITS AND TOTAL TIME
1 ST 400m SWIM		
2 ND 400m SWIM		
DATE:	3 x 400m	SPLITS AND TOTAL TIME
1 ST 400m SWIM		
2 ND 400m SWIM		
3 RD 400m SWIM		
DATE:	4 X 400m	SPLITS AND TOTAL TIME
1 ST 400m SWIM		
2 ND 400m SWIM		
3 RD 400m SWIM		
4 TH 400m SWIM		
DATE:	5 x 400m	SPLITS AND TOTAL TIME
1 ST 400m SWIM		
2 ND 400m SWIM		
3 RD 400m SWIM		
4 TH 400m SWIM		
5 TH 400m SWIM		
AVERAGE 400m TIME		

DOUBLE DISTANCE 400m TEST RECORDING SHEET

NAME.....

DATE:	1 x 400m	SPLITS AND TOTAL TIME
1 ST 400m SWIM		
DATE:	2 x 400m	SPLITS AND TOTAL TIME
1 ST 400m SWIM		
2 ND 400m SWIM		
DATE:	3 x 400m	SPLITS AND TOTAL TIME
1 ST 400m SWIM		
2 ND 400m SWIM		
3 RD 400m SWIM		
DATE:	4 X 400m	SPLITS AND TOTAL TIME
1 ST 400m SWIM		
2 ND 400m SWIM		
3 RD 400m SWIM		
4 TH 400m SWIM		
DATE:	5 x 400m	SPLITS AND TOTAL TIME
1 ST 400m SWIM		
2 ND 400m SWIM		
3 RD 400m SWIM		
4 TH 400m SWIM		
5 TH 400m SWIM		
AVERAGE 400m TIME		

3000m TIMED SWIM

SWIMMERS NAME.....

DATE..... SQUAD.....

DISTANCE	SPLIT TIME	TOTAL TIME
100m		
200m		
300m		
400m		
500m		
600m		
700m		
800m		
900M		
1000m		
1100m		
1200m		
1300m		
1400m		
1500m		
1600m		
1700m		
1800m		
1900m		
2000m		
2100m		
2200m		
2300m		
2400m		
2500m		
2600m		
2700m		
2800m		
2900m		
3000m		

8 x 50m Efficiency Test Recording Sheet

Name..... Date.....

Swim	Target	Target Time	Time Recorded	Stroke Count	Stroke Rate	Heart Rate
1	P.B +15					
2	P.B +13					
3	P.B +11					
4	P.B +9					
5	P.B +7					
6	P.B +5					
7	P.B +3					
8	P.B +1					
9	If Required					

10 X 100m AND 1 X 200m INDIVIDUAL MEDLEY PACE

NAME..... DATE.....

SET	SWIM	SPLITS	STROKE RATE AND STROKE COUNT	TARGET	TIME	HEART RATE
4 X 100m	1					
	2					
	3					
	4					
3 X 100m	1					
	2					
	3					
2 X 100m	1					
	2					
1 X 100m	1					
1 X 200m	1					

ALL TO BE SWUM ON FREESTYLE

REPEAT	NAME	TIME	NAME	TIME
1 ST				
2 ND				
3 RD				
4 TH				
5 TH				
6 TH				
7 TH				
8 TH				
9 TH				
10 TH				

REPEAT	NAME	TIME	NAME	TIME
1 ST				
2 ND				
3 RD				
4 TH				
5 TH				
6 TH				
7 TH				
8 TH				
9 TH				
10 TH				

REPEAT	NAME	TIME	NAME	TIME
1 ST				
2 ND				
3 RD				
4 TH				
5 TH				
6 TH				
7 TH				
8 TH				
9 TH				
10 TH				