Regional Conference Presentation

Planning Considerations

Swim England Swimming

Planning Considerations

Planning for 'Holistic' Swimmer Development

Five Pillars of Coaching

Youth Physical Development Model and the Performance Pyramid

Athlete Development Support Pathway and Key Planning Considerations for Progressing Swimmers at various Ages/ Stages of Development

Key Considerations for Planning the Transition for Age to Youth Swimming

The Planning Process

British Swimming Insight – End of Season Performances (Female Issue)

Development of the Five Pillars: Training to Compete and Beyond

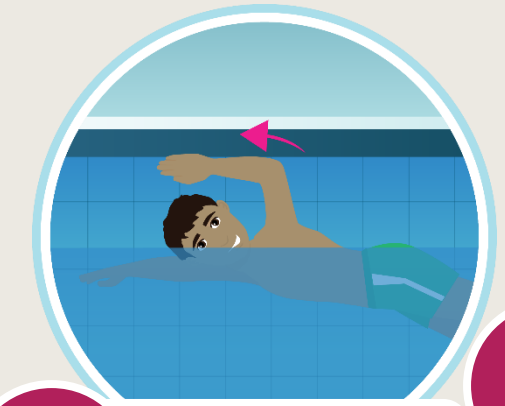
Coaching Model and Philosophy

Communicating Your Message

Planning for Holistic Swimmer Development

The Five Pillars of Coaching

The Five Pillars of Coaching



1 Technical

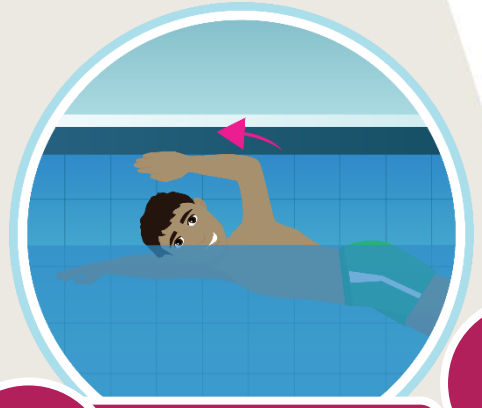
2 Tactical

3 Physical

4 Psychological

5 Lifestyle

The Five Pillars of Coaching



1 Technical

Technique development, aspects of strokes and skill development etc.

2 Tactical

Competition / race strategy, training plans etc.

3 Physical

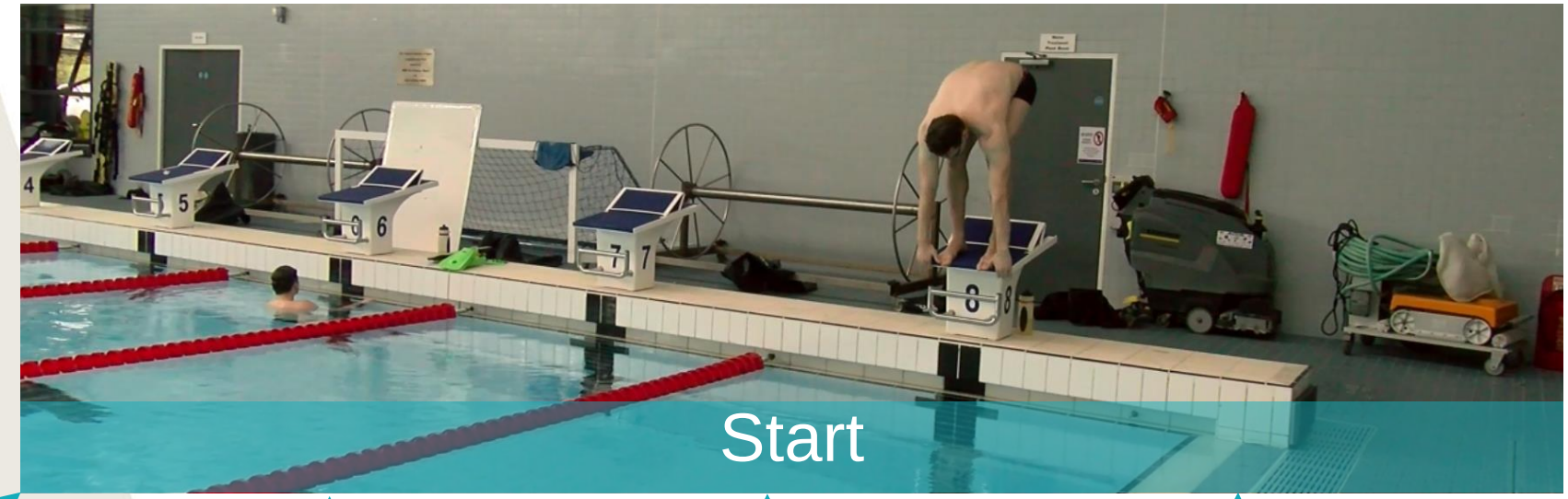
Components of fitness, aspects of the Athlete Development Support Pathway (ADSP)

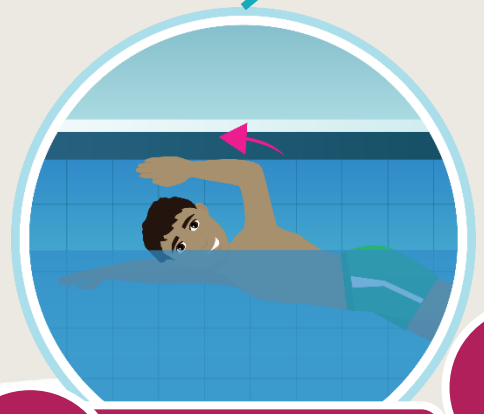
4 Psychological

Mental skills required and aspects of the ADSP

5 Lifestyle

Performance-focused, work, rest, education, family, social, nutrition, hydration etc.





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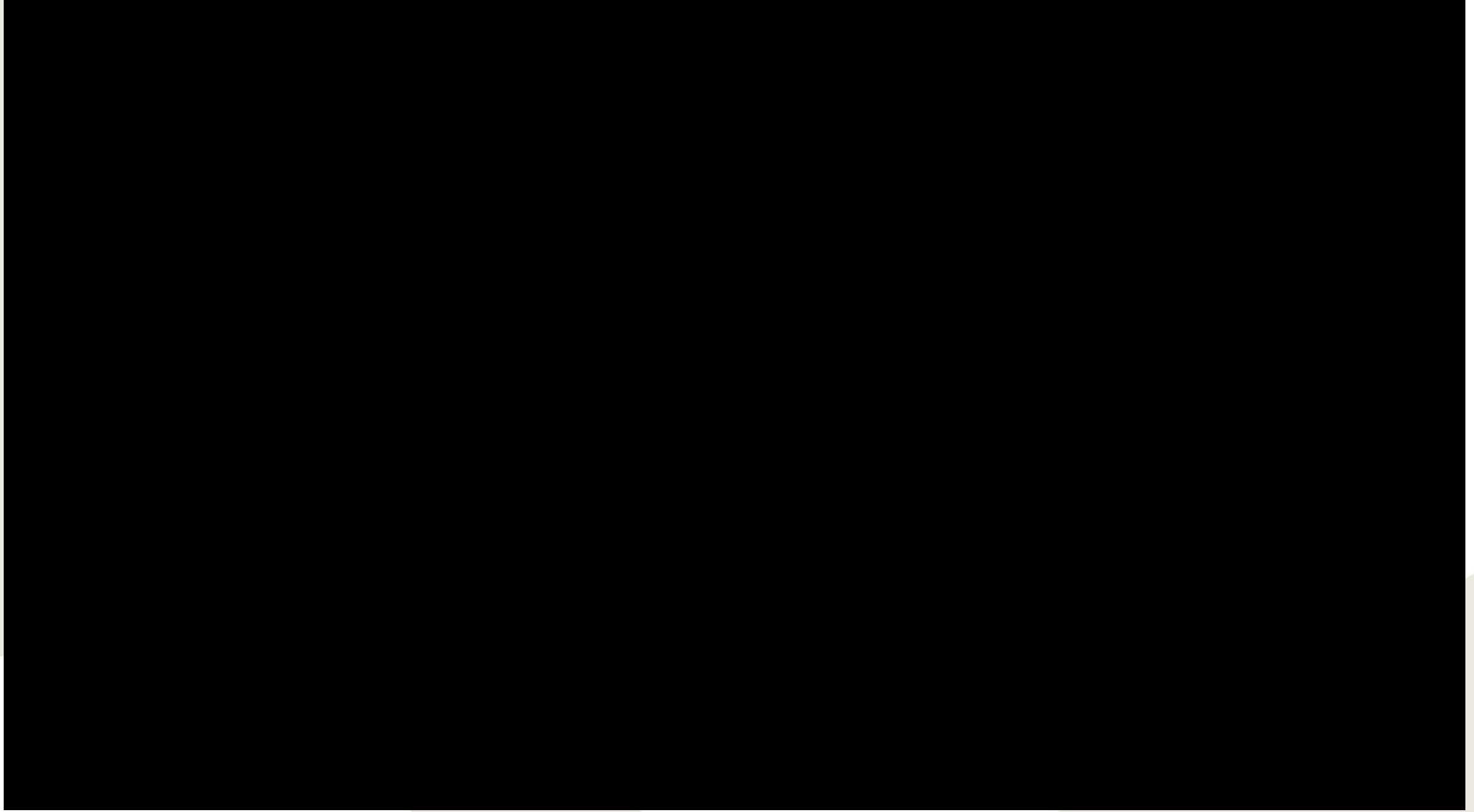


Task (10 mins)

In your groups, discuss briefly how developing the young swimmer's ***technical, tactical, physical, psychological*** *and* ***lifestyle management skills*** *may help to improve her start and subsequently enable her to perform better*

Improving a Start using the Five Pillars

- ***Technical:*** *change stance position to track start, adopt pike position in flight to achieve a clean entry*
- ***Physical:*** *develop mobility and stability to be able to adopt the correct stance position; maximise explosive leg power in order to leave the block quickly; develop core strength and stability to hold pike position in flight*
- ***Psychological:*** *develop the* ability to focus on the your own race, *this will allow you to execute the entire start efficiently (as rehearsed), even under the pressure of competition*
- ***Lifestyle Management:*** *adopt sound nutritional practices which can increase lean muscle mass, this can in turn improve your strength and force application*
- ***Tactical:*** *ability to get ahead in the race enables you to breakout into clear water, less resistance from opponent's waves – should improve the race performance*

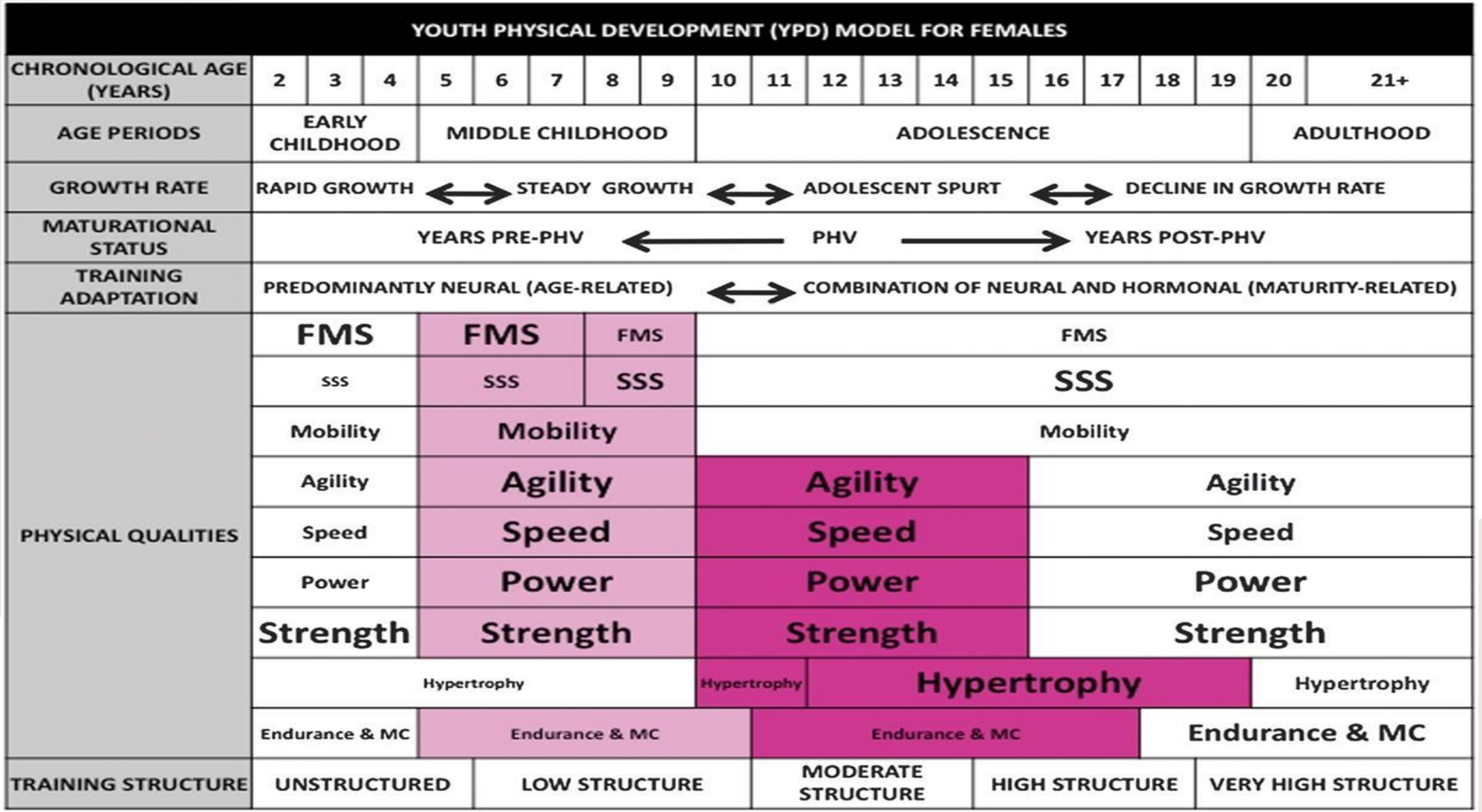
Planning for Holistic Swimmer Development

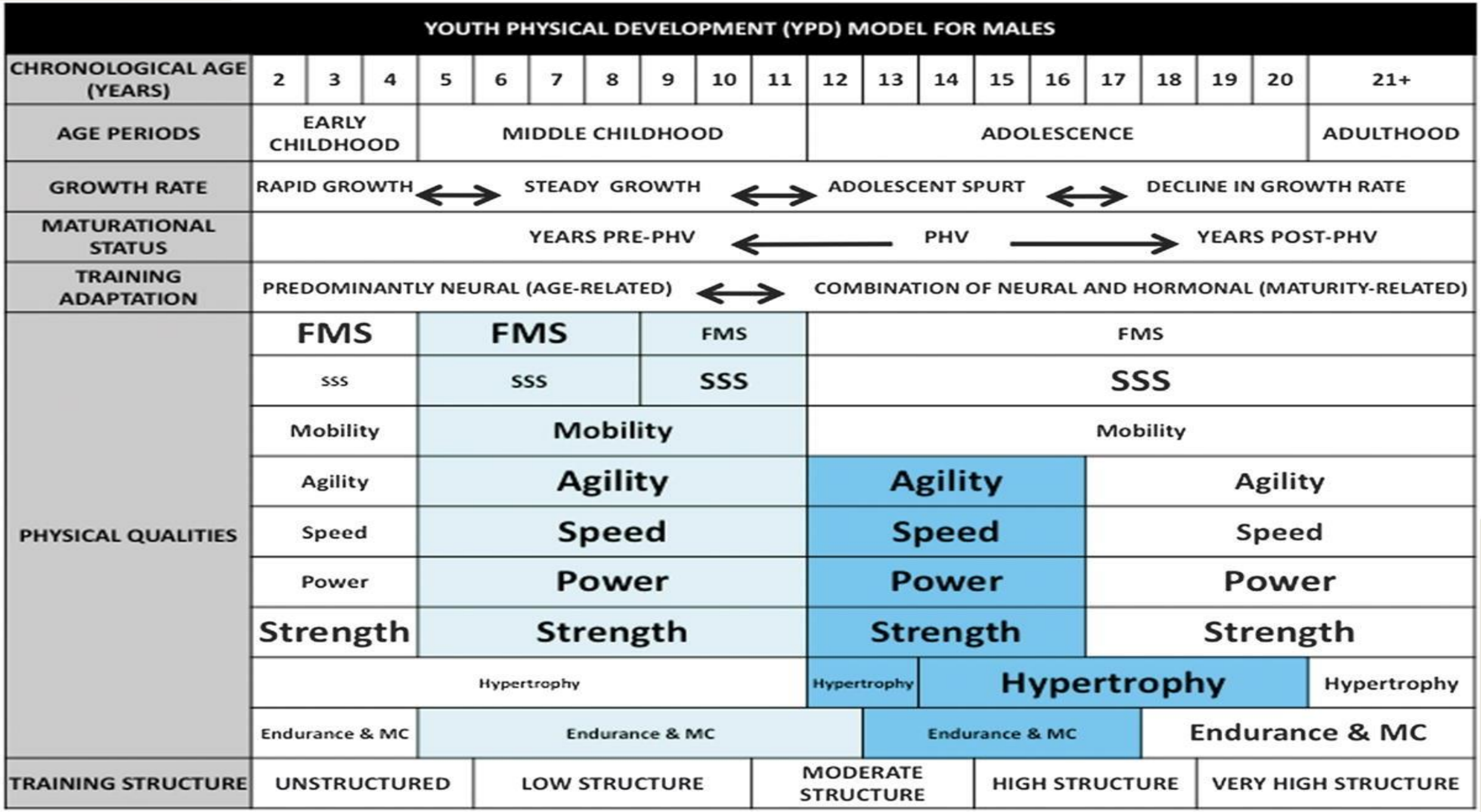
The Youth Physical Development Model

Key Considerations for Athlete Development

Youth Physical Development Model (Rhodri Lloyd and Jon Oliver)

- Alternative to previous LTAD models which have lacked clear supporting evidence
- Encompasses athletic development from early childhood (2 years of age) up to adulthood (21+ years of age)
- Comprehensive approach to the development of females and males respectively
- Overview of physical development, whilst identifying when and why the training of each fitness component should be undertaken


YOUTH PHYSICAL DEVELOPMENT (YPD) MODEL FOR FEMALES
CHRONOLOGICAL AGE (YEARS)
2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21+
AGE PERIODS
EARLY CHILDHOOD
MIDDLE CHILDHOOD
ADOLESCENCE
ADULTHOOD
GROWTH RATE
RAPID GROWTH
STEADY GROWTH
ADOLESCENT SPURT
DECLINE IN GROWTH RATE
MATURATIONAL STATUS
YEARS PRE-PHV
PHV
YEARS POST-PHV
TRAINING ADAPTATION
PREDOMINANTLY NEURAL (AGE-RELATED)
COMBINATION OF NEURAL AND HORMONAL (MATURITY-RELATED)
PHYSICAL QUALITIES
FMS
SSS
Mobility
Agility
Speed
Power
Strength
Hypertrophy
Endurance & MC
TRAINING STRUCTURE
UNSTRUCTURED
LOW STRUCTURE
MODERATE STRUCTURE
HIGH STRUCTURE
VERY HIGH STRUCTURE


YOUTH PHYSICAL DEVELOPMENT (YPD) MODEL FOR MALES
CHRONOLOGICAL AGE (YEARS)
2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21+
AGE PERIODS
EARLY CHILDHOOD
MIDDLE CHILDHOOD
ADOLESCENCE
ADULTHOOD
GROWTH RATE
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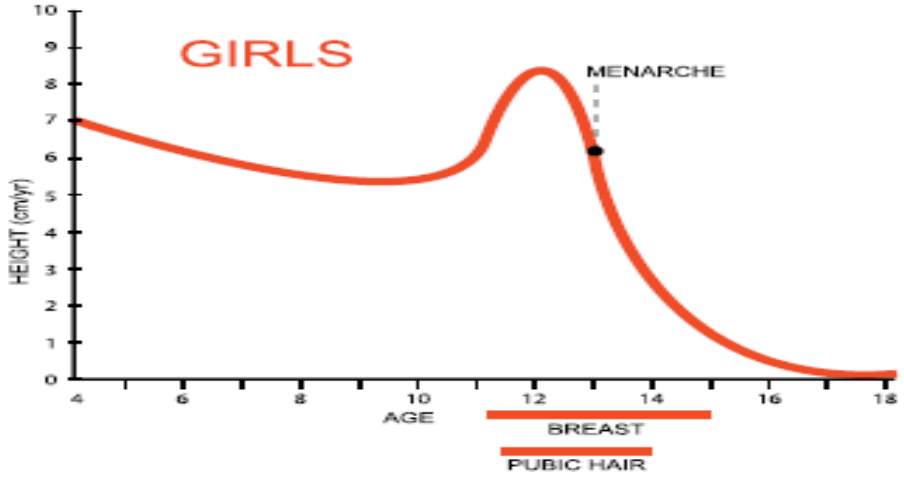
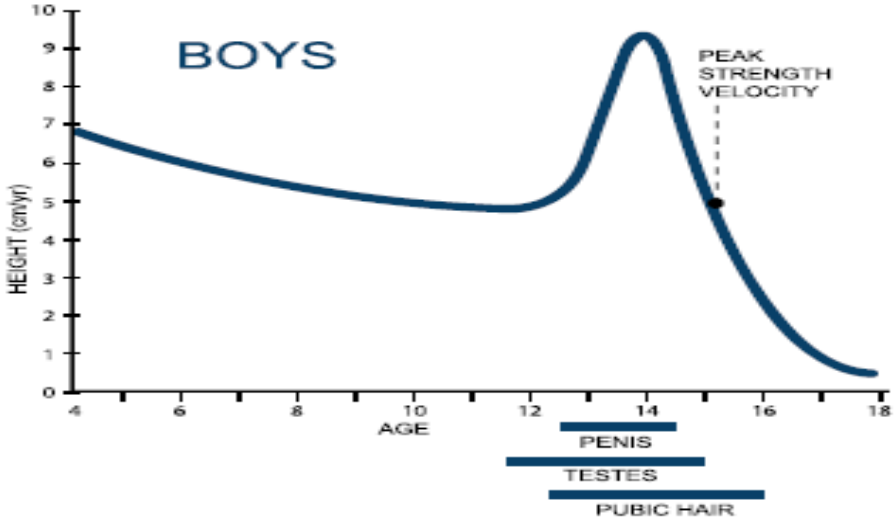
Peak Height Velocity



PHV in girls occurs at about 12 years of age. Usually the first physical sign of adolescence is breast budding, which occurs slightly after the onset of the growth spurt. Shortly thereafter, pubic hair begins to grow. Menarche, or the onset of menstruation, comes rather late in the growth spurt, occurring after PHV is achieved. The sequence of developmental events may normally occur 2 or even more years earlier or later than average.



PHV in boys is more intense than in girls and on average occurs about 2 years later. Growth of the testes, pubic hair, and penis are related to the maturation process. Peak Strength Velocity (PSV) comes a year or so after PHV. Thus, there is pronounced late gain in strength characteristics of the male athlete. As with girls, the developmental sequence for male athletes may occur 2 or more years earlier or later than average. Early maturing boys may have as much as a 4-year physiological advantage over their late-maturing peers. Eventually, the late maturers will catch up when they experience their growth spurt.

Land Training Considerations

Planning for Holistic Swimmer Development

The Athlete Development Support Pathway and Key Planning Considerations for Progressing Swimmers at various Ages/ Stages of Development

Athlete Development Support Pathway (ADSP)

- ADSP allows coaches to balance the athletes training, competition and lifestyle through developmental age (maturation) rather than chronological age
- It is an '**athlete – centred, coach - supported**' approach which aims to be inclusive in order to ensure that the individual's needs are met (including those with a disability)
- ADSP underpins every level of teaching and coaching in swimming

Training Zones/Colours	Code	Name/Description	Main Energy System	HR (BBM)
Zone 1 Green	**A1**	**Aerobic Low Intensity** Base conditioning and technical training; warm-up and warm-down Predominantly Fat Metabolism; largely slow-twitch muscle fibre recruitment	Aerobic	>50
	A2	**Aerobic Maintenance/ Development** Base aerobic training Improves cardio-respiratory system Enhances Lactate Removal	Aerobic	40 – 50
Zone 2 Blue	**AT**	**Anaerobic Threshold** Maxim al Lactate Steady State where Lactate production = Lactate removal Optimal intensity for the development of aerobic capacity	Aerobic	20 – 30
Zone 3 Red	**VO_2**	**Aerobic Overload** High intensity work at or close to maximal oxygen uptake (VO_2max) This type of training includes max Heart Rate sets; Improves VO_2max and aerobic power	Aerobic and Anaerobic	5 – 20
Zone 4 Bronze	**LP**	**Lactate Production** Training intensity results in the maximal speed of lactate production Includes Race Pace training – enhances rate of glycolytic energy production	Anaerobic	5- 15
Zone 4 Silver	**LT**	**Lactate Tolerance** High intensity work with medium rest to improve lactic acid buffering Developing the ability to tolerate lactate/ acidity in the muscle	Anaerobic	0 – 10
Zone 5 Gold		**Speed Sprint – ATP-PC** High intensity, short duration, long rest repeats designed to improve alactic energy production Enhances neuromuscular coordination and fast-twitch muscle fibre recruitment	ATP-PC	N/A

M. Peyrebune 2017

FUNdamentals (F 6 – 8; M 6 – 9 years)

- **Physical**: Fundamental Movement Skills, Mobility, Agility, Speed, Strength and Power
- **Technical**: Effective Sport Specific Skills (Core Aquatic Skills, Starts, Turns, Finishes and Stroke Technique)
- **Tactical**: Basic Race Introduction
- **Psychological**: Positive Reinforcement/ Develop Concentration Skills
- **Lifestyle:** 10 – 11 hrs of Sleep per Night + 30 min nap between 14:00 – 16:00 where possible, balance structured sport with fun play (active lifestyle), healthy nutritional habits
- **Sessions**:1 – 3 Weekly; 30 – 60 mins. Skills/ High Reps but Low Intensity/ Basic Speed

Swim England Club Awards

- Launched May 2018
- Aim to improve the technical development of young age group swimmers transitioning from learn to swim programmes into competitive swimming clubs
- Target audience: 7 – 12 years
- Delivery Period: 3 – 4 years

Learning to Train (Swim Skills)
(F 8 – 11; M 9 – 12 years)

- **Physical:** Greater focus on SSS, Mobility, Agility, Speed, Strength and Power. Understand Warm up and Recovery Strategies
- **Technical**: Refine Swim Skills (Efficiency)/ Basic Competition Skills/ Lane Etiquette
- **Tactical:** Understand Basic Racing Strategy/ Knowledge of Pacing and Splits/ Process Focused
- **Psychological**: Positive Reinforcement/ Develop Concentration Skills
- **Lifestyle**: 9.5 – 10 hrs of Sleep per Night + 30 min nap between 14:00 – 16:00, Encourage Multi Sport Participation, Healthy Nutritional Habits
- **Sessions**:3 – 6 Weekly; 60 – 90 mins. Skills/ High Reps but Low Intensity/ Aerobic Maintenance and Capacity/ Basic Speed (A1/ A2/ AT/ Sp)

Training to Train (F 11 – 15; M 12 – 16 years)

- **Physical:** SSS, Mobility, Agility, Speed, Strength, Power and Hypertrophy. Monitor PHV
- **Technical**: Maintenance of Efficient Technique when increasing training and competition demands
- **Tactical**: Observe and Learn Individual Racing Tactics/ Develop Own Tactics considering strength and weaknesses
- **Psychological:** Goal Setting/ Mental Preparation (Imagery/ Relaxation)
- **Lifestyle:** 9 hrs of Sleep per Night + 30 min nap between 14:00 – 16:00, need to manage other sporting engagement, nutritional habits to support energy demands of the sport
- **Sessions**: 6 – 8 Weekly; 90 mins to 2 hours; Skills whilst developing Aerobic Capacity, Basic Speed, Race Pace (200m Goal Pace); Introduction of Lactate Production and Tolerance post PHV (A1/ A2/ AT/ Sp/ Lact T+P)

Training to Compete (F 15 – 21; M 16 – 23 years)

- **Physical**: Individualised Event Conditioning/ Optimum Preparation (Peak/ Taper)
- **Technical**: Advanced Skills maintained under High Training Stress and Racing Pressure
- **Tactical**: Event/ Distance Specific Tactical Preparation/ Adaptation to Different Competitive Situations
- **Psychological**: Taken out of their Comfort Zone, Competition Routines, Dealing with perhaps only doing a PB once a year or less!
- **Lifestyle**: 8 hrs of sleep per night + 30 min nap between 14:00 – 16:00, Need to take more personal responsibility for managing their individual lifestyle needs
- **Sessions**: 8 – 10 Weekly; 2 hrs + sessions; Individualised training for Specific Events (Energy systems used in proportions required)

Training to Win (F 18+; M19+ years)

- **Physical**: Individualised Event Conditioning/ Optimum Preparation (Peak/ Taper)
- **Technical**: Advanced Skills maintained under High Training Stress and Racing Pressure
- **Tactical**: Event/ Distance Specific Tactical Preparation/ Adaptation to Different Competitive Situations
- **Psychological**: Taken out of their Comfort Zone, Competition Routines, Dealing with perhaps only doing a PB once a year or less!
- **Lifestyle**: 8 hrs of sleep per night + 30 min nap between 14:00 – 16:00, Need to take more personal responsibility for managing their lifestyle
- **Sessions**: 8 – 10 Weekly; 2 hrs + sessions; Individualised training for Specific Events (Energy systems used in proportions required)

Periodisation Models

FUNdamentals – No periodisation, but includes structured, fun play sessions

Learning to Train – Single Periodisation (cyclical approach as not all swimmer will be at every session)

Training to Train – Double Periodisation

Training to Compete – Double to Triple Periodisation (Season dependant)

Training to Win – Method of Periodisation will be specific to swimmer and their Event Specialisation (Distance – Double Periodisation; Middle distance – Double/ Triple Periodisation; Sprinters – Multiple Periodisation)

Key Considerations for Planning the Age to Youth Transition

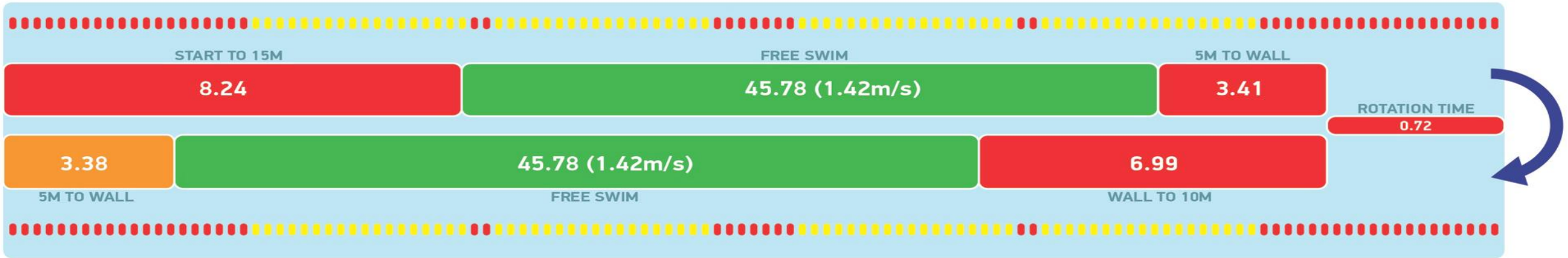
The Planning Process

The Planning Process

When beginning to plan for a period of work (Annual Plan/ Macrocycle/ Mesocycle) how do you start this process?

RACE MODELLING

SOPHIE TAYLOR



THE PERFECT RACE

Domestic Competition Review (2015)

- A progressive provision of Championship competition as swimmers get older and progress through the performance pathway
- An increased emphasis on swimmers having clear periods in their training plan which focus on the development of skill and training capacities
- More swimmers training for the full season with access to a quality end of season competition at a relevant standard
- The presence of clear competition periods where individuals learn to produce peak performance on the day when it most matters

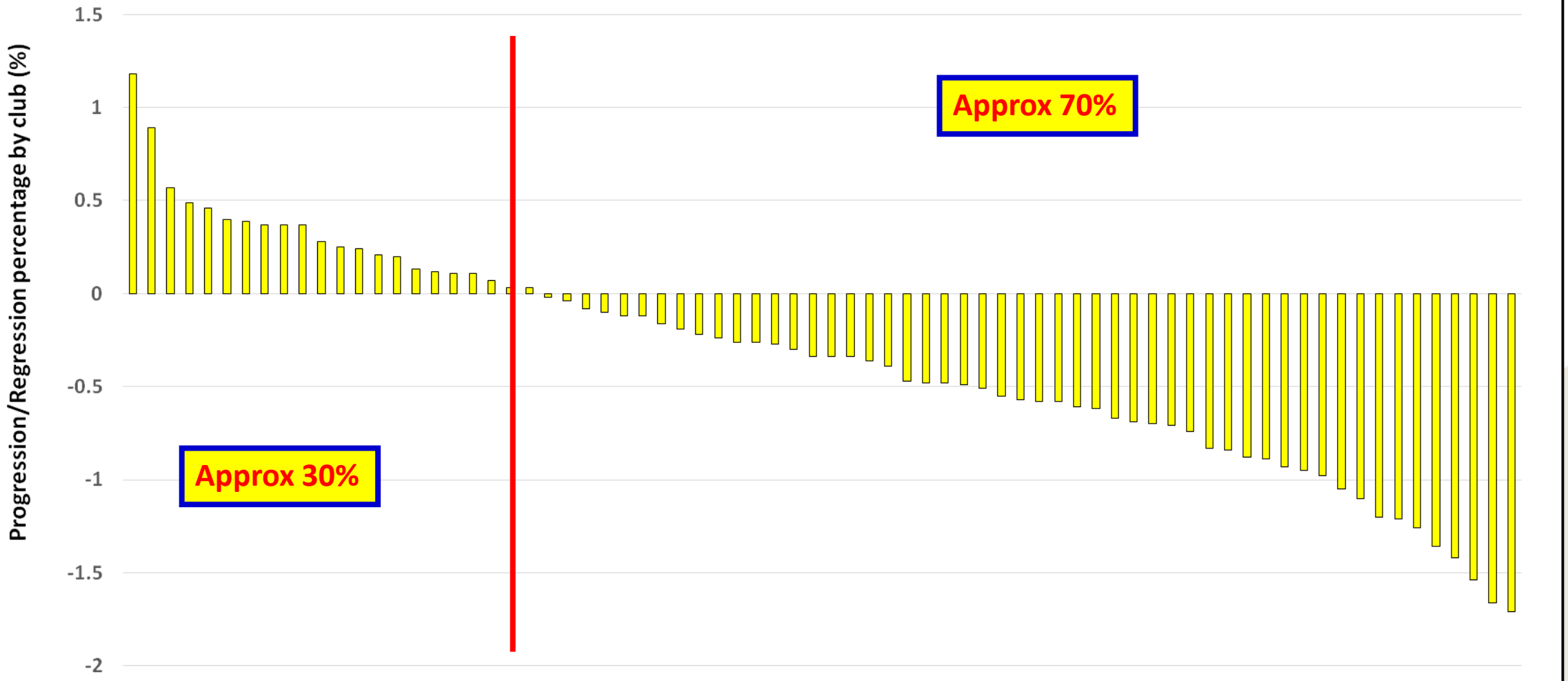
Key Considerations for Planning the Age to Youth Transition

British Swimming Insight: Performing When It Matters

2017 British Summer Championship

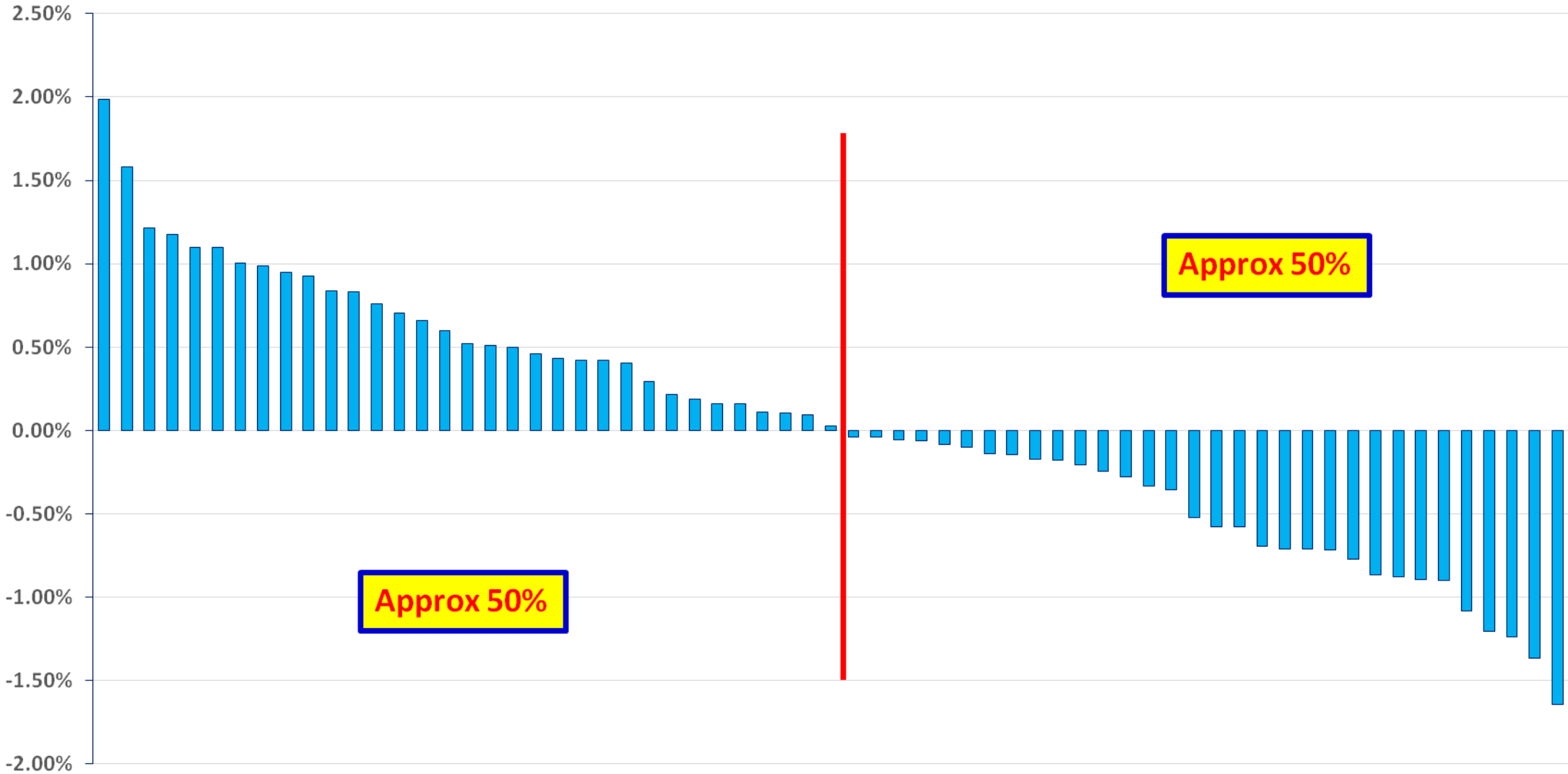
Tom Shaw, 2018

Clubs performance compared to 'Qualifying Window' time

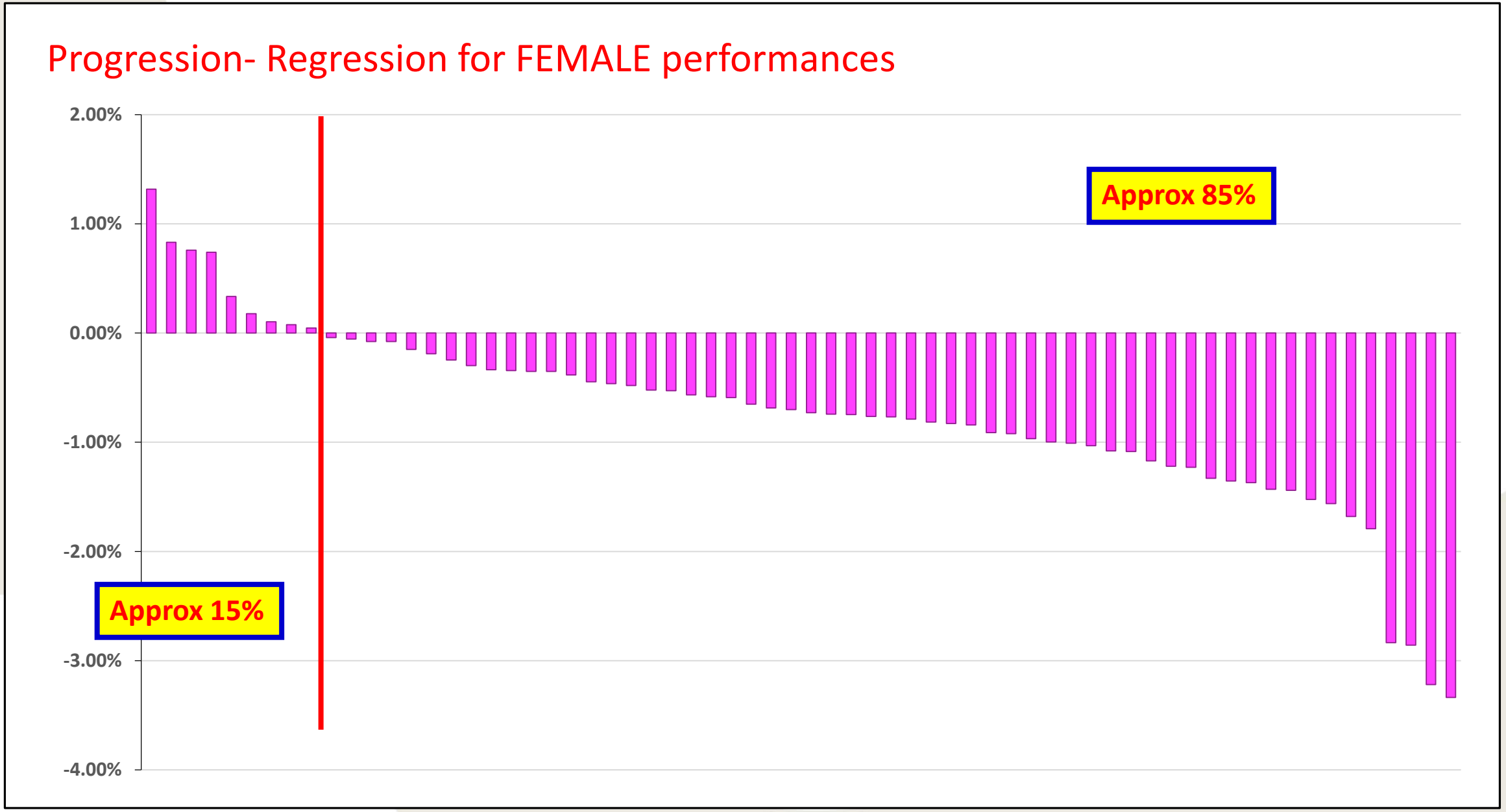


Tom Shaw, 2018

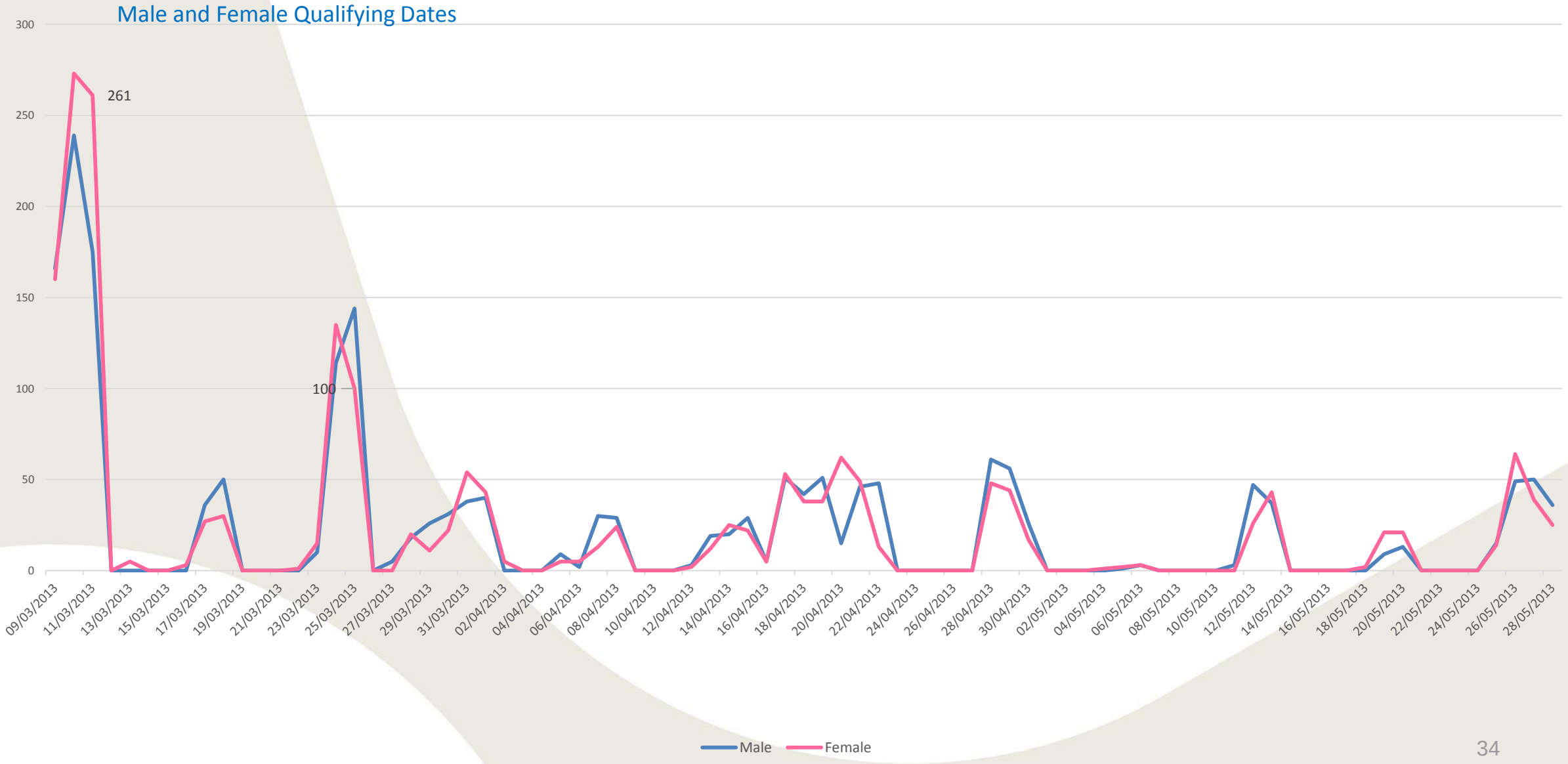
Progression-Regression for MALE performances



Progression- Regression for FEMALE performances



Data from 2017



British Swimming Press Release

(6th June 2018)

- The Qualification Window for the 2019 British Summer Championships and Home Nation summer meets will run from 22nd March – 27th May 2019 (inclusive)

- Looking ahead to the 2020 Qualification Window, following feedback from the competitive swimming community, meet organisers should note that there is the desire to close the Window earlier to both limit the cross over with the school examination period and allow a for a longer run in (and training block) post the close of the Window to the end of season domestic meets

Impact of the Window…?

When speaking to our successful Youth/ Senior coaches in England it appears that the introduction of the window has not significantly changed their planning processes …

Key Themes:

- Training would be specific to meet the needs of each individual
- Early season training is focused on addressing issues from the previous season
- Early season competitions are a chance to practice new skills/ racing strategies (short course pre xmas and long course post xmas)
- British Champs (April) or nearby level 1 long course meet would be tapered (relative to the individual)
- All other meets in the window would be ‘swim through meets’
- Swimmers would be tapered for the National Summer Meets (or equivalent end of season benchmark competition)

Key Considerations for Planning the Age to Youth Transition

Development of the Five Pillars: Training to Compete and Beyond

Training to Compete (F 15 – 21; M 16 – 23 years)

- **Physical**: Individualised Event Conditioning/ Optimum Preparation (Peak/ Taper)
- **Technical**: Advanced Skills maintained under High Training Stress and Racing Pressure
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- **Lifestyle**: 8 hrs of sleep per night + 30 min nap between 14:00 – 16:00, Need to take more personal responsibility for managing their individual lifestyle needs
- **Sessions**: 8 – 10 Weekly; 2 hrs + sessions; Individualised training for Specific Events (Energy systems used in proportions required)

Youth Programmes

- Typically 3 x 15/ 16 week cycles
- 2/3 Target Competitions per season
- Racing approximately once a month long course before target summer meet
- Still medley based but start to identify specialist strokes (keep training varied to avoid boredom and injury risk)
- Maintain stroke efficiency but start to introduce more stroke rate work (Consider SC/ SR and SL in Race Models)
- Develop one thing at a time (you will need to do it 2 – 3 times a week for 3 – 4 4weeks before it becomes habitual)

Youth Programmes

- Development of Aerobic Capacity/ Power **(AT into $V0_2$)**

  AT: 20/ 30 BBM Optimal Intensity to develop Aerobic Capacity RPE 14/15

  VO_2: 5 – 20BBM Aerobic overload high intensity Aerobic Power HR Sets RPE 17 – 19
- Develop Basic Speed into Race Specific work (Race Pace/ FES/ BES)
- Incorporate more rest/ recovery in order to cope with the increased session intensity
- Take ownership/ responsibility for your own swimming
- Ensure that the environment is still appropriate for the swimmers development – if you can't facilitate this help to signpost them to a Performance Club/ Centre

Age Group to Youth Transition

- **Physical Development:** RMAP Protocol, Post Pool Protocols, Competition Day Protocols (Preparation and Recovery)
- **Technical Development**: Technical Modelling on Off the Blocks
- **Tactical Development:** Race Models and Race Process Objectives
- **Psychological Development:** Winning Habits,
- **Lifestyle Development:** Resources on Off the Blocks

Pre Pool (RMAP Warm Up)

Swim England advocate that best practice for physical preparation would be to undertake a dry land based warm up protocol prior to a pool based warm up

http://www.swimming.org/sport/land-warm-up-swimmers

Simple framework for pre pool warm up's:

Raise; core body temperature

Mobilise; key joints and through the sport specific ranges of motion

Activate; key muscle groups used in swimming

Prime; shift towards actual sporting performance, involving higher forces and higher speed activities

Pre Pool (RMAP Warm Up)

Raise temperature exercises
3-5 minutes

Skipping

Jogging

High knee jog

Heel flicks jog

Lateral jump jog

Mountain climber

Spiderman switches

Main menu

Post Pool

Post Pool Mobility Fact Sheet

When should we stretch?

- After the pool swim down stretching should be done for 10-15 minutes. Never stretch when cold.

What position should we stretch in?

- Good posture should be adopted to ensure the joints are in a good position. Contract the lower core to make sure the back and core are strong during stretching

How long should we hold each stretch for?

- To return a muscle back to its normal length a stretch should be held for 20 seconds. If you feel more tightness than usual hold for up to 30 seconds. Try to breathe out as you stretch

How many times should we repeat the stretch?

- Approximately 3-5 times per muscle group will be ok

What type of stretch should be done?

- Post exercise—static or PNF stretches. Hold the stretch for 20-30 seconds
  Make sure you stretch equally the front and back of your body and also right and left sides

Should we stretch into pain?

- No you should feel a mild stretch but no pain

Example Stretches for post pool mobility

- Stand with good posture.
  Tilt your head toward one shoulder until you feel the stretch on the opposite
- Side.
- Hold approx. 20secs.
- Repeat to other side.

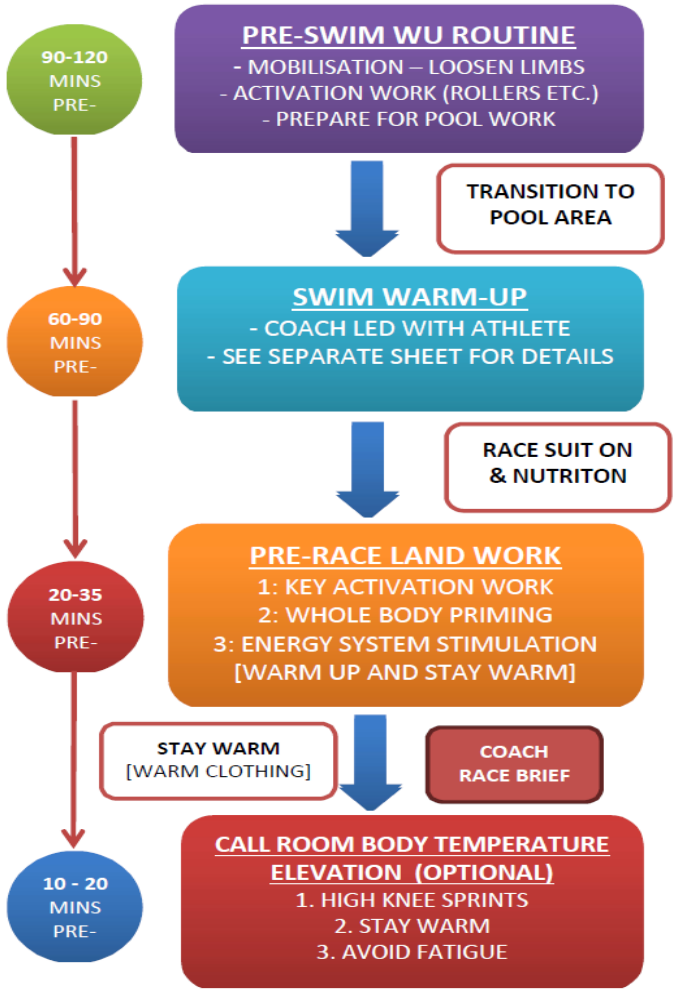
Repeat 3-5 times.

- Stand or sit. Hold your hands behind your back
- Move your shoulder blades up and back
- Hold 20 seconds.

Repeat 3-5 times

Competition Day Protocols (Preparation and Recovery)

PRE-RACE LAND WORK	
	Muscle Priming
	Higher resistance movements selected to prepare the muscular system and whole body for racing. To be completed with emphasis on great technique and maintaining tension throughout the movements.
	Upper Body Push Pattern
	Level 1: Kneeling Push-Ups [1 x 8]
	Level 2: Knees Up, Feet Down Push-Up [1 x 8]
	Level 3: Full Push-Up [1 x 8]
	Lower Body Squat Pattern
	Level 1: Zombie Squat (arms out in front) [1 x 8]
	Level 2: Split Squat (one leg forward/back) [1 x 6+6]
	Level 3: Single Leg Pistol (leg out with support) [1 x 6+6]
	Power-Up
	High speed movements which should be completed as explosively as possible to prepare the athlete for maximal race performance
	Plyometric Push Up (From Knees or Feet) [1 x 5]
	Jump Squat (Reactive or Countermovement) [1 x 3]
	Energy System Stimulation
	Rapid movements to activate energy metabolism, increase breathing and Heart Rate ready for racing.
	High Knee Sprinting with Arms [3 x 15s On with 45s Rest] OR: Fast Skipping [3 x 15s On with 45s Rest]



John Watson, Mike Peyrebrune 2014

Post Race Recovery

- Swimmers should keep moving after the race
- Swimmers should aim to get into the swim down pool within 5 minutes of the race finishing
- Team staff should avoid holding lengthy discussions with swimmers before swim down is completed. Brief points only with initial information
- Remove suits fully if time permits (in all circumstances except where races are in close succession)

Swim Down Protocol

Repetitions	Comments	Distance
200m	Easy, own pace with unrestricted breathing if possible	**200m**
4 x 100m + 30s rest	Alternate FC and BC at a steady pace with good technique	**600m**
8 x 50m + 20s rest	Use 3 strokes (no Fly) and focus on kicking the legs	**1000m**
4 x 100m + 30s rest **Take Heart Rate**	Alternate FC and BC and swim at 50-60 BBM If below 100 BPM and feel recovered SD complete If above 100 BPM or not feeling fully recovered continue SD	**1400m**
4 x 100m + 30s rest **Take Heart Rate**	Alternate FC and BC and swim at 50-60 BBM If below 100 BPM and feel recovered SD complete If above 100 BPM or not feeling fully recovered continue SD	**1800m**

Mike Peyrebrune 2014

Technical Development
(Off the Blocks: Technical Modelling)

Backstroke Start Modelling Template No. 1
Forward Weighted Setup

BRITISH SWIMMING

Setup
- Arms flexed pulling upper body towards wall
- Buttocks off heels and raised high in water
- Feet approximately hip width apart
- Upper body and neck in neutral position

Drive 1
- Shoulders move backwards
- Drive hips up to lift buttocks out of water
- Legs drive through balls of feet
- Arms extend as legs drive

Drive 2
- Head tips back
- Arms sweep overhead moving towards streamline
- Legs continue to drive back and up

Backstroke Start Modelling Template No. 1
Forward Weighted Setup

BRITISH SWIMMING

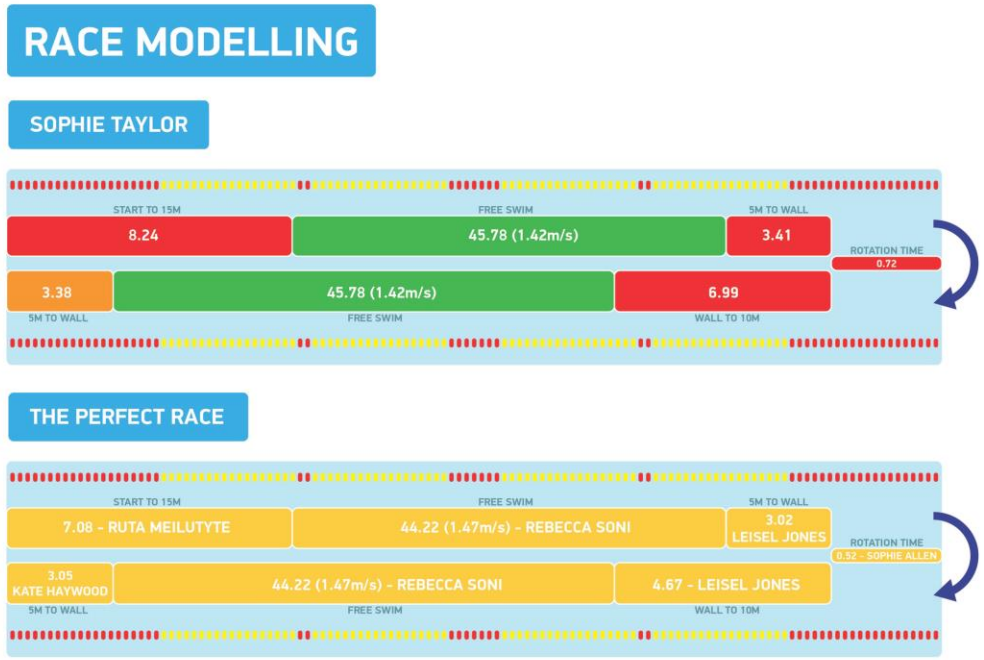
Flight 1
- Legs reach full extension
- Arms continue to streamline position
- Head is back to sight opposite end of pool
- Back begins to arch

Flight 2
- Arms complete streamline prior to entry point
- Head between arms and in neutral position
- Back arched and hips in highest point
- Legs completely clear of water

Entry
- Body enters water through a single point
- Legs raise on entry
- Legs and ankles tight together for maximum streamline

Tactical Development

Race Model



Race Process Objectives Sheet

Race Objectives **Name:** _____

BRITISH SWIMMING

Competition					Rate Objectives 1 to 5 5 = Great, perfectly achieved
Event					H S-F F (Circle)
Main Objective					1 2 3 4 5
2nd Objective					1 2 3 4 5
Split Emphasis [Not times]	1st 25/50/100	2nd 25/50/100	3rd 25/50/100	4th 25/50/100	
Issues to work on					1 2 3 4 5

Competition					Rate Objectives 1 to 5 5 = Great, perfectly achieved
Event					H S-F F (Circle)
Main Objective					1 2 3 4 5
2nd Objective					1 2 3 4 5
Split Emphasis [Not times]	1st 25/50/100	2nd 25/50/100	3rd 25/50/100	4th 25/50/100	
Issues to work on					1 2 3 4 5

Psychological Development

- Currently tracking Swimmers through our Pathway based on the ‘Winning Habits Framework’

Motivation, drive & direction	Mental skills to enhance performance in the moment	Development potential	Ability to work with others

Regional Pathway Programme - Tracking Sheet

Region		Coach	

Grading

All skills and behaviours measured age appropriate	Requires Improvement (1)	Satisfactory (2)	Strong (3)	Excellent (4)
	Displays skills & behaviours below what would be expected	Displays skills & behaviours as expected	Displays skills & behaviours above what would be expected	Demonstrates Excellent skills & behaviours consistantly

Technical skills		Winning Habits Behaviours		
Technical skills	Physical Attributes	Drive & Motivation	Future Potential	Working with others
BLABT	Size	Clear on what they want to do, how to do it, and is prepared to do what it takes	Able to demonstrate good self-awareness, realistically reflect on own performance, engage in purposeful practice, and access appropriate support from others	Able to communicate effectively, relate to others, and demonstrate appropriate leadership
Underwater	Structure			
Efficient	Injuries			

	Swimmer Details		Tech	Phys	D&M	FP	WWO	HC Grading	Total	
1	Name	Jo Bloggs	4	4	4	4	3	4	23	3.8
	Club	Avon Dolphins	Comment Jo is a great swimmer with a great attitude that will surely be the next champion							
	Previous Pathway invovment	County								
	ASA No.	123456								
	Name		4	4	4	4	3	4	23	3.8
2	Club		Comment							
	Previous Pathway invovment									
	ASA No.									

Lifestyle Management Development

Eat Well to Train Well

BRITISH SWIMMING

Eating to fuel training and optimal recovery doesn't just mean eating well immediately before or after training – it's about eating well at every meal! The food we eat doesn't just give us energy to train, it nourishes us and provides our body with the nutrients it needs to stay healthy and grow stronger.

The two areas to focus on are **Quality** and **Structure**:

- **Food Quality**: Choose foods that have been minimally processed and eat a wide variety of foods to maximise your nutrient intake
- **Structure**: Eating around exercise is important to fuel training and recover quickly. Make sure you have a snack after training and schedule your biggest meal of the day after your biggest training session.

Here's an example of a good meal structure based on a double-training day and school:

TIME	KEY POINTS
Breakfast	Keep it low sugar and don't forget to hydrate before training *This meal will fuel your morning training*
Morning Training	Water or no-added sugar diluting juice is fine during training
Post-Training Snack	Consider this to be a 2nd breakfast and should be practical and nutritious *This snack will help you recover for your afternoon session*
School Snack	Go for something relatively high in fibre like fruit or a cereal bar with minimal ingredients *This snack maintains the recovery process and prevents you from feeling too hungry by lunch*
Lunch	Lunch should contain a source of protein (e.g. chicken, beef, fish, cheese…), two portions of veggies and 1-2 servings of a high fibre carbohydrate (e.g. granary bread, wholemeal wrap, wholemeal pitta, brown rice…)
Pre-Training Snack	Carbohydrate is the priority here so fresh or dried fruit or a small sandwich are ideal *The carbohydrates in this snack will help ensure you are suitably fuelled for the session*
Afternoon Training	Water or no-added sugar diluting juice is fine during training
Post-Training Snack	Start your recovery from a hard set with fluids, carbohydrates and proteins *Make sure this snack is practical and ready to eat in your kit bag*
Evening Meal	Protein, carbs and veggies – this should be your biggest meal of the day *Don't ignore the protein content of this meal – it will help your muscles adapt overnight*
Pre-Bed Snack	Dairy and fruit are ideal at this time e.g. Greek yoghurt with berries or pint of milk and banana *This snack should promote recovery and adaptation overnight and aid restful sleep*

Here are some meal and snack ideas:

	BREAKFAST	
	MORNING SESSION	WATER DURING THE SESSION THEN MILK AND A SNACK AFTER FOR RECOVERY
	SCHOOL & SNACK	
	LUNCH	
	PRE-TRAINING SNACK	
	EVENING SESSION	WATER DURING THE SESSION THEN MILK AND A SNACK AFTER FOR RECOVERY
	EVENING MEAL	
	PRE-BED SNACK	

Coaching Model/ Philosophy

Communicating Your Message

Your Coaching Model

Defines ***'what'*** you will do in your coaching role

- **Training Model**

Number of Cycles

Pool/Land hours split

Objectives for each Session/ Cycle

Testing/ Monitoring sets

Group Split: Dist/ Mid Dist/ Sprint

Competition Model

When/Where/Why

Name Swim Through meets versus Target/ Benchmark meets

Taper Requirements

Competition Protocols

Key Points

Establish Programme Culture

Be clear on the expectations of different squads in your programme

Your Coaching Philosophy

- Defines ***'how'*** you will go about your role as a coach

- ***The critical ingredients of your philosophy:***

- Highlights your core values and beliefs
- Recognises significant past experiences (life script) and the impact of these on who you are today
- Acknowledges the influence of role models

- ***Start by listing 6 – 8 words or 'Trademarks'*** that are important to you (values and beliefs) and then take time to reflect on how this relates to your coaching role (Why do I coach?).

Communicating Your Message

- Explain and provide a sound rationale for your Coaching Philosophy and Model
- Discuss this with the people that you work with so that they understand your approach; aim to achieve buy in!
- Explain how you will meet the needs of each individual within the context of a typically busy group environment; enabling swimmers to reach their individual potential

Any Questions?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