## Swim England

South East

# WHY IS THERE A LACK OF DISTANCE SWIMMERS IN GREAT BRITAIN? 

Hosted by SwimEngland South East
Discussion by Dan Cross (Head Coach Thanet) and David Vine (Head Coach Leatherhead Swimming Club)

## TODAYS DISCUSSION POINTS

- Discussions to focus around how we are coaching age group and youth swimmers to have the capabilities of developing into a successful senior distance swimmer.
- What does distance swimming look like to you and your program?
- What does Coaching look like?
- Creative sets and developing program
- Distance swimming- considerations
- Tim Shuttleworth- Examples of training from Kevin Renshaw
- Open Water
- Challenges and opportunities
- Q and A

|  |  |  | 1st |  | 3rd |  | 8th |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| ear | Gender | Event | World | GB | World | GB | World | GB |
| 119 | Women | 400 Free | 03:58.76 | 04:07.92 | 04:01.29 | 04:12.38 | 04:05.16 | 04:15.30 |
| 118 | Women | 400 Free | 03:57.94 | 04:05.01 | 04:02.21 | 04:12.24 | 04:05.37 | 04:14.62 |
| 117 | Women | 400 Free | 03:58.34 | 04:06.37 | 04:01.75 | 04:07.24 | 04:05.57 | 04:12.18 |
| 116 | Women | 400 Free | 03:56.46 | 04:01.23 | 04:01.23 | 04:09.39 | 04:04.36 | 04:12.40 |
| 115 | Women | 400 Free | 03:59.13 | 04:03.51 | 04:03.34 | 04:09.73 | 04:05.26 | 04:11.98 |
| 114 | Women | 400 Free | 03:58.37 | 04:03.24 | 04:03.76 | 04:08.92 | 04:04.56 | 04:13.74 |
| 113 | Women | 400 Free | 03:59.82 | 04:04.03 | 04:02.84 | 04:09.07 | 04:04.03 | 04:12.65 |
| 112 | Women | 400 Free | 04:01.13 | 04:02.35 | 04:02.35 | 04:07.25 | 04:04.18 | 04:12.18 |
| 111 | Women | 400 Free | 04:01.97 | 04:02.84 | 04:03.23 | 04:07.88 | 04:04.68 | 04:10.83 |
| 110 | Women | 400 Free | 04:03.12 | 04:04.55 | 04:05.19 | 04:08.30 | 04:05.50 | 04:13.31 |
| 109 | Women | 400 Free | 03:59.15 | 04:00.60 | 04:00.79 | 04:06.19 | 04:04.12 | 04:12.79 |
| 108 | Women | 400 Free | 04:00.41 | 04:02.24 | 04:02.24 | 04:10.00 | 04:04.16 | 04:13.25 |


|  |  | 1st |  | 3rd |  | 8th |  |  | 1st |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Gender | Event | World | GB | World | GI |  |  |  |  |  | 3rd |  | 8th |  |
| Women | 800 Free | 08:10.70 | 08:40.09 | 08:14.99 | 08:4: | Year | Gender | Event | World | GB | World | GB | World | GB |
| Women | 800 Free | 08:07.27 | 08:29.05 | 08:17.07 | 08:3! | 2019 | Women | 1500 Free | 15:40.89 | 15:58.52 | 15:46.69 | 16:38.76 | 15:55.25 | 16:57.65 |
| Women | 800 Free | 08:04.79 | 08:16.17 | 08:16.37 | 08:3. | 2018 | Women | 1500 Free | 15:20.48 | 16:37.62 | 15:53.01 | 16:52.34 | 16:00.14 | 17:05.36 |
| Women | 800 Free | 08:07.39 | 08:18.15 | 08:18.15 | 08:3 | 2017 | Women | 1500 Free | 15:31.82 | 16:24.33 | 15:52.87 | 16:51.63 | 16:04.19 | 17:15.77 |
| Women | 800 Free | 08:11.00 | 08:15.54 | 08:18.87 | 08:2! | 2016 | Women | 1500 Free | 15:50.22 | 16:16.72 | 16:01.25 | 16:52.84 | 16:14.79 | 17:33.98 |
| Women | 800 Free | 08:13.86 | 08:18.58 | 08:18.58 | 08:3: | 2015 | Women | 1500 Free | 15:25.48 | 16:09.69 | 15:47.09 | 16:25.56 | 16:05.42 | 17:09.05 |
| Women | 800 Free | 08:14.63 | 08:18.54 | 08:18.76 | 08:3. | 2014 | Women | 1500 Free | 15:28.36 | 16:07.41 | 15:57.15 | 16:31.78 | 16:05.98 | 17:26.60 |
| Women | 800 Free | 08:17.51 | 08:17.51 | 08:22.78 | 08:2! | 2013 | Women | 1500 Free | 15:36.53 | 15:47.26 | 15:44.71 | 16:28.22 | 16:02.58 | 16:42.34 |
| Women | 800 Free | 08:21.25 | 08:21.25 | 08:22.83 | 08:3! | 2012 | Women | 1500 Free | 16:05.34 | 16:28.49 | 16:10.04 | 16:38.81 | 16:13.84 | 17:18.47 |
| Women | 800 Free | 08:15.92 | 08:16.66 | 08:17.21 | 08:2 | 2011 | Women | 1500 Free | 15:49.59 | 16:06.67 | 15:58.02 | 16:15.33 | 16:06.67 | 16:48.39 |
| Women | 800 Free | 08:14.10 | 08:14.10 | 08:17.81 | 08:3! | 2010 | Women | 1500 Free | 15:59.13 | 16:29.45 | 16:02.29 | 16:46.52 | 16:15.40 | 17:05.18 |
|  |  |  |  |  |  | 2009 | Women | 1500 Free | 15:44.93 | 16:37.29 | 15:55.63 | 16:41.34 | 16:12.56 | 16:49.32 |
|  |  |  |  |  |  | 2008 | Women | 1500 Free | 15:52.84 | 16:28.06 | 15:58.44 | 16:53.85 | 16:12.00 | 17:06.45 |


|  |  |  | 1st |  | 3rd |  | 8th |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| ear | Gender | Event | World | GB | World | GB | World | GB |
| 119 | Men | 400 Free | 03:42.44 | 03:47.57 | 03:43.23 | 03:51.24 | 03:45.55 | 03:52.59 |
| 118 | Men | 400 Free | 03:42.92 | 03:45.32 | 03:44.20 | 03:50.05 | 03:45.98 | 03:53.49 |
| 117 | Men | 400 Free | 03:41.38 | 03:44.74 | 03:43.85 | 03:46.20 | 03:45.56 | 03:50.69 |
| 116 | Men | 400 Free | 03:41.55 | 03:43.84 | 03:43.42 | 03:47.68 | 03:44.68 | 03:50.96 |
| 115 | Men | 400 Free | 03:42.58 | 03:43.75 | 03:42.58 | 03:46.15 | 03:45.89 | 03:51.00 |
| 114 | Men | 400 Free | 03:43.15 | 03:44.58 | 03:43.46 | 03:46.88 | 03:45.31 | 03:49.87 |
| 113 | Men | 400 Free | 03:41.59 | 03:47.02 | 03:44.82 | 03:47.86 | 03:46.14 | 03:52.35 |
| 112 | Men | 400 Free | 03:40.14 | 03:46.73 | 03:44.69 | 03:48.10 | 03:46.36 | 03:53.03 |
| 11 | Men | 400 Free | 03:40.29 | 03:48.60 | 03:43.85 | 03:52.27 | 03:45.31 | 03:53.77 |
| 10 | Men | 400 Free | 03:41.53 | 03:49.13 | 03:44.91 | 03:50.52 | 03:46.83 | 03:53.36 |
| 109 | Men | 400 Free | 03:40.07 | 03:45.24 | 03:41.35 | 03:50.25 | 03:45.52 | 03:53.86 |
| 108 | Men | 400 Free | 03.41.68 | 03:47 17 | 03.4271 | 03.49.30 | 03.43.92 | 03.54.05 |

HOW FAR BEHIND ARE WE?

## Interesting

> WHAT DOES DISTANCE SWIMMING LOOK LIKE TO YOU AND YOUR PROGRAM?

5 You need to sell the dream/vision of distance swimming

- -1 lts not easy but gives you tough swimmers.
$\mathbb{i}_{1} \mathbb{H}_{\text {in }}$ You must be motivated and focused


## COACHINGWHAT DOES IT LOOK LIKE?

8. Be creative in your aerobic sets (how can you make $40 \times 100$ exciting?)

Inform the swimmers- Why do they need to do it and why will it make a difference.
$\leq$ Lots of opportunities for distance swimming ( $400,800,1500$, open water!)
9. Great opportunities for swimmers to focus on process skills

Gives swimmers a good grounding- Easier to come down the distances- Capacity and then utilization

## WHAT DO DISTANCE SWIMMERS LOOK LIKE?

- Very committed to the program- $100 \%$ of the program?
- Self motivated and driven
- Like to work- Great work ethic
- Efficient swimming style- Can hold pace
- Good team motivators- Love training and want to bring the team along
- Will call swimmers out!
- What do they look like in your program?


## WHAT DOES IT LOOK LIKE TO ME? DAVID VINE

## - Make them feel special

- Talk through the program and the long-term goal
- Make it a club value
- Make it fun-Challenge within sets and feedback
- Club champs
- Stroke efficiency is key
- Talk through race tactics
- Pick meets where only distance events are the focus
- Find extra training opportunities (extra Sunday session)
- Celebrate their training success (Twitter/Facebook/Instagram)
- Improve your knowledge (Open water qualification) and talk about what you have learnt
- Use training camps as extra opportunities



## WHAT DOES IT LOOK LIKE TO ME? DAN CROSS

Improve pulling ability
Use leg kick efficiently
Still a need for some basic speed, open water starts, opening/closing of races
Consistency! Should be your best attendees, skill focussed every session, may not hit the quickest times on main sets but should hold the most consistent speed, should be able to finish sets strong after working well from the start (don't just wait until last few reps)

Reward hard work and well executed sets not just those throw down one big swim.
How you can challenge distance swimmers in training;
Early season focus should be on building an aerobic base with stroke efficiency/technical details being main focus not times.

How can you make training interesting?


## PROGRESSING SETS THROUGH THE SEASON

## - Early Cycle

$3-4 \times\left(3 \times 400\right.$ I. 3 kicks off wall + every $4^{\text {th }}$ length hypoxic, 2 . Each 100 m reduce stroke count by 2 cycles, 3 . Neg split with same stroke count each 200 m - bring leg kick in for $2^{\text {nd }} 200 \mathrm{~m}$ )

- Mid Cycle
$10 \times 400$ Target PB+40 (I point for every second under target time, add your points up!)

Loose 5 points for not kicking past flags every wall
Aim is to try and score more points each time or make it harder for them to score the same points by increasing making it 6 m off each wall time etc

- Later part of cycle
$3 \times(3 \times 400)$ Desc $1-3$
RI @ 5:00
R2 @ 5:20
R3 @ 5:40
Aim is to start each round at a quicker pace and finish each round at a quicker pace


## GET IDEAS FROM OTHERS!!!!

## Another great set

- Jamie O/Maisie M (Short Course)
- I x800@ 10:40 Even Pace (40BBM)
- $4 \times 200 @ 2: 40$ Best Avg. (J 2:05/M 2:15)
- I x600@8:00 Even Pace (40BBM)
- $3 \times 200 @ 2: 50$ Best Avg. ( $2: 01 / M 2: 12$ )
- I x 400 @ 5:20 Even Pace (40BBM)
- $2 \times 200 @ 3: 00$ Best Avg. (J I:58/M 2:08)
- I x 200 @ 2:40 Even Pace (40BBM)
- I x 200 @ 3: 10 Best Effort (JI:54/2:05)


DISTANCE SWIMMERS CONSIDERATIONS

## THE JOURNEY

Create an environment
for distance swimming to flourish

Learn more- ask questions, read, watch, etc

Have a plan, share that plan and implement the plan

Focus on what you
CAN do in your program!

Progressive overloadWhat does it look like in 5 years time?



## 400/1500 RELATIONSHIP

* 400 best time $\times 3.9=1500$ free time

4:03.8 $\mathbf{( 2 4 3 . 8 \times 3 . 9 = 9 5 0 . 8 2 ) = 1 5 : 5 0 . 8 2 / 1 5 : 5 2 . 1 ~}$

## CHALLENGE YOUR SWIMMERS!

| 400 Pb | $\mathbf{1 5 0 0}$ Goal |  |  | 400 Pb | $\mathbf{1 5 0 0}$ Goal |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 4.35 |  | 17.52 |  | 3.57 |  | 15.24 |
| 4.30 |  | 17.33 |  | 3.56 |  | 15.2 |
| 4.25 |  | 17.14 |  | 3.55 |  | 15.16 |
| 4.20 |  | 16.54 |  | 3.54 |  | 15.12 |
| 4.15 |  | 16.34 |  | 3.53 |  | 15.08 |
| 4.10 |  | 16.15 |  | 3.52 |  | 15.05 |
| 4.05 |  | 15.55 |  | 3.51 |  | 15.01 |
| 4.00 |  | 15.36 |  | 3.50 |  | 14.57 |
| 3.59 |  | 15.32 |  | 3.49 |  | 14.53 |
| 3.58 |  | 15.28 |  | 3.48 |  | 14.49 |
|  |  |  |  | 3.47 |  | 14.45 |
|  |  |  |  | 3.46 |  | 14.41 |
|  |  |  |  | 3.45 |  | 14.37 |

TIM SHUTTLEWORTH DON'T FORGET THE TECHNICAL

- Tim Shuttleworth booked his spot at the Rio 2016 Olympic Games with a sensational swim at the 2016 British Swimming Championships where he was crowned 1500 m freestyle champion.
- That swim saw him shave 20 seconds off his personal best as he defeated Stephen Milne and Daniel Fogg to take the crown.
- The freestyler then enjoyed even more success in open water when he claimed 5 km bronze at the 2017 World Championships in Budapest.



## TIM SHUTTLE WORTH- KEY SETS FROM KEV RENSHAW



TIM SHUTTLE WORTH- KEY SETS FROM KEV RENSHAW


## TIM SHUTTLE WORTH- KEY SETS FROM KEV RENSHAW




| Time | ${ }_{\text {Bla }}$ |
| :---: | :---: |
| 0.55.2 |  |
| 0.56 .7 |  |
| 0.57.0 |  |
| 0.57 .5 | 2.7 |
| 0.56.6 |  |
| 0.57 .0 |  |
| 0.57.2 |  |
| 0.57 .4 | 10.3 |
| 0.56.2 |  |
| 0.577 .6 |  |
| 0.57 .5 |  |
| 0.56 .5 | 10.5 |





TIM SHUTTLE WORTH- KEY SETS FROM KEV RENSHAW


## TIM SHUTTLE WORTH- KEY SETS FROM

 KEV RENSHAW
## Monday $4^{\text {th }}$ April PM - Long Course 10

$20 \times 100$
1 Fast 1 Recovery @ 1.45

| $0: 55.9(0: 26.9)$ |
| :---: |
| $0: 59.4(0: 28.4)$ |
| $0: 56.3(0: 27.5)$ |
| $0: 56.9(0: 28.2)$ |
| $0: 56.9(0: 27.8)$ |
| $0: 56.8(0: 27.9)$ |
| $0: 56.5(0: 27.7)$ |
| $0: 56.5(0.27 .7)$ |
| $0: 55.2$ |
| $0: 53.9(0.26 .6)$ |

Friday 8 April AM - Long Course 8
$18 \times 100$ @ 140
1 ON 2 OFF

| $0: 56.9$ |
| :---: |
| $0: 56.9$ |
| $0: 56.9$ |
| $0: 56.9$ |
| $0: 56.6$ |
| $0: 54.2$ |

'Tim's taper saw him gradually reduce volume \& just sample the intensities he had come accustom to performing this cycle. The 2 sets above were designed in a simple on-off style where it can be seen he was finding easy speed as he freshened up ready for the British Championships'

## OPEN WATER SWIMMING

- Good change for swimmers
- Comes later in the season-A new Stimulus!
- Chance for coaches to try new skills
- Still 'new' for many swimmers/coaches/clubs
- Longer races
- Different tactics needed
- Registering/Safety briefings/feeding

- Are they training for the demands of the sport?
- Ability to swim at even paces with regular fast bursts to replicate race situation. What does swimming a IOK actually feel like? That's approx. 2 hours swimming with feeding stations;
- Example prep IOK Set
- $-10 \times 100 @ 1: 10\left(\right.$ Dive $I^{\text {st }} 100 \mathrm{~m}$ ) Ik
- $-6 \times 500$ Find Pace +15 Rest 4 k
- $-2 \times 1000 \mathrm{~m}$ Hold Same pace as above but fast 100 m within each 1000 m to simulate a break away in race 6 k
- $-I \times 500$ Pull (Prepare for shoulders to fatigue) +20 Rest 6.5 k
- $-10 \times 300+20$ Rest (descend every 2) 9.5 k
- $-5 \times 100$ Descend I-5 @ +15 Rest The Finish (If you have the luxury to have swimmers go side by side in a lane then it helps them prepare to fight for the touch!) IOk
- What challenges do you have at your club?
- Work with other clubs? Open Water?
- Distance events in the NQ Window frequency and impact on the weekend of racing
- Swimmers see more opportunity in the short events.

How do we change that?

- Open water swimming- Break from the normal
- I500 and 800-Which one?
- Role models
- What are your challenges and opportunities?


## QUESTIONS AND DISCUSSION

