

Swimmers Log Book

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Swimmers Log Book

Swimmer Details

Name	
Date of Birth	
Home Address	
Home Telephone Number	
Mobile Telephone No.	
Email contact address	

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INTRODUCTION

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.

Your coaches would like to see your log book but they don't have to read it all if you do not wish them to. It is **YOUR** log book; use it however you want to.

In your log book you can:

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

Your log book can be hand written or typed on a computer.

If possible please keep all the information in a folder. 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.

All the information you need to help you write your log book, set your goals and improve your swimming can be found in this pack or on the club website.

You can download this logbook from our website www.clevedonasc.co.uk along with extra log book sheets to record your information.

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HOW TO SET GOALS

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 will be able to go hard into the backstroke finish 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 a number of small improvements rather than one big one.

TIME-SPECIFIC

Give yourself time to achieve your goal. Not too long or you will lose interest. 6 months maximum or perhaps the date of an important 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.

Use the goal setting sheet to record your own goals.

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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	

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COMPETITION

On the day of Competition

Arrival

- Arrive in plenty of time to get changed and find out where everything is before warm up
- Post your Cards when you arrive or sign in if the meet does not have cards (If you don't you will not be able to swim)
- Find a space with the rest of the team

Warm up

- Plan your warm up
(It is your time to get yourself prepared for your race!!)
- Check what races are you are doing?
- Carry out your stretches before warm up, see flexibility and stretching sheet
- During the warm up keep moving
- Practice backstroke turns?
- ONLY dive in the sprint lanes
- After your pool warm up, change into your performance costume (if you have one), keep dry and warm
- Keep drinking, but you should NOT need to eat unless you have a long time to wait before your race, if so eat a piece of fruit or small amount of jelly, NOT lots of sweets as you will feel sick.
- Cheer on your team.

Your race

- Make sure you have your hat, goggles and drink with you, and everything else you will need on poolside
- Make sure you go to the toilet well before your race
- Before your race, you need to go to the marshalling area. Make sure you stay with your team so that your Club Marshall can send you to the marshalling area at the appropriate time. It is your responsibility to get to the marshalling area on time.
- In the marshalling area, you will be given your card with your heat and lane number on and will be instructed where to go and when to go on poolside. Stay where the marshalls put you or you may miss your race.
- Use the time in the marshalling area to think about your race and do some dynamic stretching to get you warmed up
- Have a good race, good luck, most importantly ENJOY the experience
- After your race you can (if you wish) report to your coach for feedback on the race
- Check results after the race, you may have a medal to collect

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Competition Warm ups

A warm up at a competition is very important both physically and mentally to prepare yourself for the races ahead. Your warm up will be slightly different depending on competition and the races you have that day. The basic structure should be the same, but you should adapt each time to make sure you have done all you need to do in the time allowed and you are confident about the races you are about to do in the session.

Always start with a **land warm up** of stretches to get your blood flowing -so make sure you are on poolside in plenty of time.

In the pool

Your warm up should prepare your body and your mind for the races ahead, don't do too much warm up that you get tired and don't do too little warm up that you aren't fully prepared. Use each competition as experience and you will learn what suits you best, and discuss with your coach.

After warm up, you need to stay warm, change into a dry racing costume and put a t-shirt, tracksuit and SHOES on. If you get cold it will affect your race. Keep drinking small amounts often if you have a long time before your race you may want to eat a banana or something similar to keep your energy levels up.

Key things to do and think about in a warm up

- Start slowly with frontcrawl and backstroke
- Do some fast swimming towards the end, so your body can feel speed
- Make sure you have checked your turns at speed
- Make sure you have checked your goggles don't leak
- Use sprint lane to check goggles and make sure you are comfortable with diving from the block
- Make sure everything you do is high quality and the best you can do
- Think about how you are going to race
- Keep moving, so everyone can get a good warm up
- If you are unsure about something do it again until you are confident

Remember it is your warm up and your chance to prepare yourself to swim well, so use the time wisely and responsibly

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Long Course Personal Best Times

Insert current personal best times along with splits, stroke counts, stroke rates and date of swim.

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

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Short Course Personal Best Times

Insert current personal best times along with splits, stroke counts, stroke rates and date of swim.

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

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Getting the most out of a training session

A happy coach + well behaved swimmers = A good session and enjoyment for all

ARRIVE on poolside at least 10 MINUTES before the start of the session and complete your land warm up – see Flexibility and Stretching

At the session start time you should be ready to enter the water as soon as the coach tells you to. This includes having hat and goggles on, all your equipment with you and having been to the toilet!

Your SAFETY and those of others in the pool, is your coaches prime responsibility and is important for everyone. So please:

- NO jumping or diving in to the pool unless you are asked
(Lower yourself into the pool, unless otherwise told)
- NEVER push or fool around with other swimmers
- ALWAYS listen to your coaches instructions
- ALWAYS be aware of other swimmers in the pool

DISCIPLINE is important for your own safety and will provide a good learning environment. A well disciplined swimmer trains well and will compete well and reach their full potential. Remember you are not the only swimmer in the pool; all the other swimmers deserve the coaches' attention as much as you.

DON'T grab the person in front of you to overtake them. Swim down the middle of the lane, or change positions at the wall. DON'T stop in the middle of the lane and cause a pile up, always move out the way of other swimmers. If you have been caught up by the swimmer behind you let them pass, don't speed up and try and stay in front, it doesn't matter where you are in the lane, all that matters is you are doing what your coach asked you do to correctly.

LISTEN carefully to your coach, which includes looking at them and watching demonstrations carefully. Remember you can't hear with your head under water.

STAND STILL whilst listening to your coach, DON'T be tempted to grab or interfere with other swimmers, focus on your on swimming, and NOT splashing around.

SPACE Give the person in front of you enough room to push off the wall and leave 5 seconds before you set off. Be aware of swimmers behind you; give them enough space to finish at the wall (not 5 metres away), always complete the length with the correct turn or finish. (All races finish at the wall!). Remember practice makes you confident.

EQUIPMENT for training sessions: you need suitable swim wear, hat, goggles and a drinks bottle you should also have a pull buoy, kick board and fins. It is important that all equipment is placed neatly at the end of your lane and replaced after use sensibly and not thrown around.

PLEASE bring a drinks bottle to every training session filled with water or diluted squash NOT fizzy drinks. You may not feel it but you do sweat in the water and become dehydrated if you don't drink. Please DON'T share drinks bottles with other swimmers, squirt other swimmers, empty drinks bottles into the pool/on to poolside, or bring disposable bottles then leave them on poolside.

Keep your coach happy then you can enjoy swimming and work hard.

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Stretching

Why stretch?

- A good level of flexibility helps you perform economically (so you use less energy)
- Stretching helps prevent tightness in muscles and injuries if done CORRECTLY and at the RIGHT TIME

How to Stretch

Dynamic Stretches or Blood flow exercises

- What?
 - MOVING your muscles through a range of movements to get the blood flowing and start to warm up the muscles
 - For example, arm swinging, neck rolling, hip circles
 - Start off small and slowly work up to bigger faster movements
 - Work from your head down to your toes so you don't miss anything
- When?
 - Land warm up BEFORE entering the pool, to help begin to warm up the muscles gradually to help prevent injury and get the most out of your muscles in the pool
 - As much as you can (4-5 sets of 5-12 movements or at least 10 minutes)
 - At competitions you should do dynamic stretching before your pool warm up and then before your race to wake your muscles up and prepare them for hard work.

Static Stretching

- What?
 - HOLDING your muscles in one position so you can feel a stretch
 - Hold the stretch for 30 seconds and repeat
 - Hold the stretch still, don't bounce
 - Work from your head down to your toes so you don't miss anything
- When?
 - Best used AFTER swim down, when your muscles are warm
 - The Shower is a good place to stretch after a session
 - Work particularly on muscle where you are tight

Note:

- Just before growth spurt (10-13 years old) and during the growth spurt (13-15 years old) is a good time to working on flexibility and stretching as bones grow faster than muscles and flexibility of the muscles is reduced during this time

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Weekly Training Schedule

Day	Length of session	Total distance swam	Did you enjoy the session	What you can do to improve your next training session (ie listen more/streamline)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Weekly Total				

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Training - Weekly Volume Recording Sheet

Week	Week Commencing	Weekly Volume	Running Volume Totals
Brought forward from last page			
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
Carry forward totals to next sheet			

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Food for Success

As a swimmer your diet is very important to help your muscles work efficiently during exercise and re-fuel after exercise.

Your diet should be:

High in Carbohydrate

(Bread, Rice, Potatoes, Pasta, fruit and snack food such as cereal bars)

The most important fuel for your muscles is carbohydrate and the limited stores in your body need to be refuelled between exercise, which means training sessions as well as competitions; your body can't work at its best if it hasn't got enough energy.

Enough Protein

(Eggs, Cheese, Milk, Meat, Fish, Beans, Brown Bread, Potatoes)

You need more protein than if you weren't exercising to repair muscle damage during exercise. If you eat a high carbohydrate, low fat diet you should be getting the right amounts of protein. Excess protein doesn't build muscle bulk and strength, these develop with appropriate training.

Low in Fat

(Fried food, Pastry, Spreads, Fatty meat e.g. Burgers)

You can store a lot of fat in your body, and you don't need it for energy, so cut down on the fatty foods.

High in Fluids

(10 glasses a day in addition to a sports bottle during and after training)

You need to drink little and often, particularly when you are exercising and the weather is hot, not just when you are thirsty, dehydration will affect your performance. Monitor the colour of your urine, if it is dark you need to need to drink more, if it is light you are drinking enough. You DO NOT need carbohydrate drinks (Lucuozade, Powerade) as these will dehydrate you further, the only time to drink any of these drink is after training or competition to help you refuel with enough carbohydrate in a short time.

Top Tips

1. Alter meal times to suit your training times - Have a high carbohydrate meal with a drink 1-2 hours before training and ASAP after training / competition. At least 50g of Carbohydrate should be eaten immediately after training and then every 2hrs afterwards (daytime) e.g. 2 Bananas or 3 slices of bread with jam or 2 cereal bars, 1 litre of fluid (milk, fruit juice)
2. Sip fluids (water/weak squash) during training/competition.
3. Snacks should be high in Carbohydrate low in fat.
4. Remember everyone is different and has different energy requirements, your body needs fuel to work and it needs re-fuelling after work.

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Food and Drink

List what you eat and drink in the appropriate boxes

Date	Breakfast	Lunch	Dinner	Snacks
Sunday				
Snacks after Training				
Monday				
Snacks after Training				
Tuesday				
Snacks after Training				
Wednesday				
Snacks after Training				
Thursday				
Snacks after training				

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Friday				
Snacks after training				
Saturday				
Snacks after training				

Notes

Make a note of anything you wish to say about your diet.

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