



PLANNING FOR THE BENCHMARK / END OF SEASON MEETS



PLANNING UNDERSTANDING COMMUNICATING

- The final cycle of the season leading to summer meets can be a busy and challenging time for some swimmers.
- Its important to plan ahead and communicate / plan with the coach for any periods where regular training may be interrupted.
- It is not beneficial physically or mentally to not train / exercise due to exams or revision. Research continually highlights the benefits of exercise on mental wellbeing.

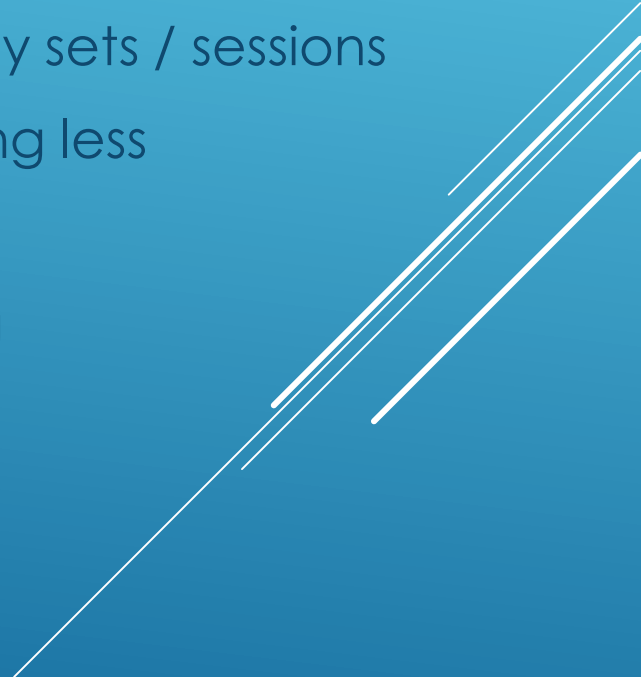
- ▶ Consistent Training = Money in the Bank
- ▶ Training missed for Non-Taper meets = Money out of the bank
- ▶ Where do you want the biggest payout,
- ▶ The BENCHMARK MEET

					Annual plan - National squad 15/OVERS (regional peak - summer champs focus - 2018-2019)																																																				
Month	September					October				November				December				January				February				March				April				May				June				July				August											
Week commencing	03-Sep	10-Sep	17-Sep	24-Sep	01-Oct	08-Oct	15-Oct	22-Oct	29-Oct	05-Nov	12-Nov	19-Nov	26-Nov	03-Dec	10-Dec	17-Dec	24-Dec	31-Dec	07-Jan	14-Jan	21-Jan	28-Jan	04-Feb	11-Feb	18-Feb	25-Feb	04-Mar	11-Mar	18-Mar	25-Mar	01-Apr	08-Apr	15-Apr	22-Apr	29-Apr	06-May	13-May	20-May	27-May	03-Jun	10-Jun	17-Jun	24-Jun	01-Jul	08-Jul	15-Jul	22-Jul	29-Jul	05-Aug	12-Aug	19-Aug	26-Aug					
Nationals / regionals																																																									
Weeks to comp	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0	13	12	11	10	9	8	7	6	5	4	3	2	1	0	5	4	3	2	1	0	11	10	9	8	7	6	5	4	3	2	1	0	0									
Competitions		MSM CLUB CHAMPS				NASL R1	Winter county meet		Winter regionals	NASL R2	Guildford meet			NASL R3	Winter Nationals					Sussex distance / relays			Sussex champs wk1		Sussex champs wk2				Wycombe premier				Beckenham meet		Regionals 15/over							National prep meet tbc				EOS Meet non HQS	British summer champs	English summer champs									
50-60k+																																																									
40-50k																																																									
35-40k																																																									
25-35k																																																									
Volume																																																									
Macro	One																	Two																	Three																						
Meso	Gen prep 1 / Tech cycle								Specific prep 1					Comp / peak		Trans / recov		Gen prep 2 build phase								Specific prep and build 2				Comp phase regionals peak						Maintenance / transition			Specifi prep 3 build phase							comp / peak											
Micro	1	2	3	4	5	6	7	8	1	2	3	4	5	1	2	1	2	1	2	3	4	5	6	7	8	1	2	3	4	1	2	3	4	5	6	1	2	3	1	2	3	4	5	6	7	1	2	3									
Training emphasis (POOL)	Body position - Gen Aerobic / skills	Breathing - Gen Aerobic / skills	Body Roll - Gen Aerobic / Skills	End of stroke - Gen Aerobic / Threshold	Power phase - Aero dev / Threshold	Entry/reposition - Aero dev / overload	Recoveries - Aero dev / overload	Kicking - build week / overload	Specific build / skills	Specific build / skills	Specific Prep / Anaerobic / skills	quality / skills / aerobic maintenance	Specific overload / build / threshold	Specific maintenance / skills / RP	Peak / quality / RP / skills	Recovery / tech / skills	Recovery / tech / skills	Aerobic dev / build	Aerobic dev / build	Overload / build	Aerobic dev / threshold / build	Overload / build	Specifics and skills / aero maintenance	Aerobic dev / threshold / build	Specifics and skills / aero maintenance	Specifics and skills / aero maintenance	Overload / threshold week	Overload / threshold week 2	Skills / race pace / specific stroke work	Specifics / quality / build	specific / quality / build	specifics / skills / race prep	peak / prep / skills / tech	maintenance / specifics / quality	peak / race prep	transition / aerobic dev / tech / skills	build / tech / aerobic dev / skills	final NQ race prep / skills / race prep	Tech and skills / review / maintenance	Build specific aerobic overload	Aerobic / anaerobic threshold / build	max overload / anaerobic work	specific build continued / anaerobic dev	max overload / anaerobic overload 2	specific build continued / anaerobic dev	quality / race prep / specific / peak	peak / specific / maintenance	peak / specific / maintenance									
Land / conditioning emphasis																																																									
Strength																																																									
Power																																																									
Core																																																									
Circuits																																																									
Flexibility																																																									
Swim T																																																									
Tests (Skills)																																																									
Tests (Fitness)																																																									
Mental skills	Phase 1 - Goal setting, negative thought stopping, daily routines																	Phase 2 - Goal setting updates / re evaluation of routines / attribution of performance																	Phase 3 - Race routines, positive self talk, visualisation																						
Summer Break / rest period																																																									
Pre season training																																																									

Summer Break / rest period

Pre season training

Final training cycle vs Exams Thoughts and solutions

- ▶ - Communication - Swimmers have a plan before Exams - agreed with Coach
 - ▶ - If there is no communication swimmers may be missing the key weekly sets / sessions
 - ▶ - Nutritional awareness - What to eat and what to cut back on if training less
 - ▶ - Sleep / Recovery / Adaption Awareness
 - ▶ - Training during Exams - Morning vs Evenings - Headspace / Wellbeing
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- Several white lines of varying lengths and slopes are positioned in the bottom right corner of the slide, creating a modern, abstract graphic element.

Window vs Exams. Be mindful of the impacts to training

Measure	% Percentage Loss	Time for Loss (weeks)
Aerobic Capacity	7%	Within 2 Weeks
Anaerobic Threshold	8 – 10%	Within 4 weeks
Anaerobic Capacity	50%	Within 3 weeks
Strength & Power	7 – 13%	Within 1 - 4 weeks
Flexibility	100%	Within 4 weeks
Performance	8 seconds over 200m	Within 3 weeks
	2-4 seconds over 100m	Within 2 weeks
		<i>Maglischo, 1993</i>

Final training cycle / Qualifying window VS Exams

Attendance above 90% is EXCELLENT

You will be receiving the **FULL benefits** of the coaches training programme

Attendance at 80-90% is GOOD

Strong benefits will be gained, following majority of programme

Attendance at 70-80% is OK

Good benefits will be received but it will take longer to progress

Attendance at 60-70% is SATISFACTORY

Limited benefits will be gained and you may start to find training a struggle

Attendance below 60% is POOR

You're not following the coaches training programme - **don't expect great results**



- It takes time to develop and progress!
- Long term progression requires daily commitment and focus on effort, detail and technical improvement.
- Turning up to training and giving 100% to the sessions will pay off in time! Don't compare, all swimmers progress differently at different rates.

COMMITMENT TO THE PROCESS



Women 200m Backstroke National Champion
Sophie Maguire | Drogheda | 2:17.30

WHAT TO DO NEXT.....

- Make contact with your coach regarding your entries to the June preparation meet
- Also discuss within the End of season meet entry (If not swimming at National summer meets)
- If a swimmer has exams, contact your coach and make a plan / seek advice on when and how frequently to train. This will be an individual plan. No preparation no performance!
- Swimmers, make a plan. You cant cram training into the last minute and hope to swim well at a key meet, exams are the same. Be organised.
- Maximise your time – Arrive to training early, prepare correctly, focus on the details at all times
- Sleep is key and the best way to recovery, adapt and progress!
- Nutrition and hydration – Good habits and consistent routine each day will help sport / study
- Set goals for revision / and training each week – manageable steps / short term goals
- Speak to the coach if there is a reason you are not going to train for more than a few days.

END OF SEASON SUCCESS

- A successful peak / taper will depend on the work done in the previous months / year.
- It is about how you train and how often!
- All in commitment season to season is the only way to achieve to the higher levels, there are not short cuts!
- Skills and technical improvement are what makes the difference!
- Self belief, don't limit yourself!



OFFICIAL RESULTS			
WOMEN JUNIOR 200M BACKSTROKE - FINAL			
1	SOPHIE SHAW	MID SUSSEX	2:16.40
2	LAUREN BRADLEY-HOLT	CO SALFORD	2:17.29
3	MEDI HARRIS	SWIM GWYNEDD	2:17.60
4	POLLY PAINTER	MILLFIELD	2:17.76
5	IMOGEN MEERS	BROMLEY	2:18.68
6	ELLIS SHIELS	MILNGAVIE & B	2:18.71
7	SOPHIE FREEMAN	PLYMOUTH LEA	2:19.00





#MIDSUSSEXSWIMMING