



Newbury District Swimming Club

(Affiliated to South East Region ASA)

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NDSC Start of Season Personal Profile 2010/11

Name		Squad		Date	
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E-mail address:	
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Motivation for swimming?	

**Best achievements 2009/10
Personal Best times**

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Goals

Short (1 -2 cycles)	
Medium (3 cycles)	
Long Term	

Training Sessions Attended

Sessions	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
AM							50m	
PM							LT	Sw

Planning Strategy 2010/2011 (swimmer and coach to complete together):

I agree to attend training sessions as defined above unless injured, sick or absent by prior arrangement with the coach. I also understand that to be a member of this squad I am required to abide by the squad rules and train to the standard required.

Signature Swimmer: _____ Date: _____

Signature Parent _____ Date : _____
(if swimmer under 16)

Signature Coach: _____ Date: _____

Long Course Personal Best Times

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

Short Course Personal Best Times

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

Warm up and Swim down Routines.

Main Event:

Pre Race Warm up Routine

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Post Race Swim Down Routine

WEEKLY TRAINING LOG SHEET (Micro cycle)

(Land Training (Sunday) programme detailed seperately)

Week	Meso cycle							Objectives:
Macro cycle	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
am W/U								
am Main Sets	NS		NS		NS		NS	
am S/D								
am metres	0	0	0	0	0	0	0	
pm W/U								
pm Main sets	NS					NS		
pm S/D								
pm metres	0	0	0	0	0	0	0	
DAILY TOTAL	0	0	0	0	0	0	0	
	TOTAL WEEKLY METRES:							0

abbreviations:

RO = repeat on
R15 = rest 15 sec

NS = No Swimming
W/U = warm up
d=drill

TT = target time
S/D = swim down
s = swim

DPS = Distance per stroke
p=pull desc = descending time
k= kick -ve split - negative split

NT = Next top (clock hand)

Weekly Volume Recording Sheet

Week	Week Commencing Monday	Weekly Volume	Running Volume Totals	Average Weekly Volume
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
Totals C/F				

Week	Week Commencing	Weekly Volume	Running Volume Totals	Average Weekly Volume
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				
31				
32				
33				
34				
35				
36				
37				
38				
39				
40				
Totals C/F				

Week	Week Commencing	Weekly Volume	Running Volume Totals	Average Weekly Volume
41				
42				
43				
44				
45				
46				
47				
48				
49				
50				
51				
52				
Totals				

T30 Endurance Test

Distance m	time	SC/50M	SR/min	Distance m	time	SC/50m	SR/min
50				2050			
100				2100			
150				2150			
200				2200			
250				2250			
300				2300			
350				2350			
400				2400			
450				2450			
500				2500			
550				2550			
600				2600			
650				2650			
700				2700			
750				2750			
800				2800			
850				2850			
900				2900			
950				2950			
1000				3000			
1050				3050			
1100				3100			
1150				3150			
1200				3200			
1250				3250			
1300				3300			
1350				3350			
1400				3400			
1450				3450			
1500				3500			
1550				3550			
1600				3600			
1650				3650			
1700				3700			
1750				3750			
1800				3800			
1850				3850			
1900				3900			
1950				3950			
2000				4000			
Swim Speed = total distance travelled(m)/Time(sec)							

Notes:

1. Finish at the end of a 50 after 30 minutes has expired and record the time
2. Refer to the training Zones document at the coaching model downloads page (on www.ndsc.co.uk) to see how this can be used to individualise training repeat times

Maximum Heart Rate Test for 200m swimmers

Name.....

Date:.....

Stroke:.....

	Rest	Target time	Actual time	Heart Rate	comments
100m	15	Build to max			
100m	15	Build to max			
1 st 100	10	PB + 4			
2 nd 100	10	PB + 4			
3 rd 100	10	PB + 4			
1 st 50	10	optional			
2 nd 50	10	optional			
3 rd 50	10	optional			

Maximum Heart Rate Test for 100m swimmers

Name.....

Date:.....

Stroke:.....

	Rest	Target time	Actual time	Heart Rate	comments
100	15	Build to max			
100	15	PB + 4			
50	10	Race Pace			
50	10	Race Pace			
50	10	Race Pace			
50	10	Race Pace			

Kick tests

Date	Venue	LC/SC	Stroke	Distance	Time	Comments

Starts and Turns

Date	Test	Venue	Stroke	Distance	Time	Comments

7X200 Endurance/ Step Test

Step	Target time	1st 100 split	2nd 100 split	200 time	HR bpm	SC 50m	SR Per min	Comments
1								
2								
3								
4								
5								
6								
7								

Land Flexibility and Strength Tests

Date	Venue	Test	Result	Comment

APPENDICES

Miscellaneous Notes