



## X News 22 - January 2005

### **'Practice Makes Permanent – Any Poor Practice Will Lead To Poor Performance!'**

Hi everyone!

A busy newsletter this one due to the fact that it is a busy time on many fronts.

Firstly can I remind you that you have very little time if you want to get any entries in for the Coventry meet & on to the Calella training camp.

If you haven't already done so, please let Sue Keane know about the Coventry meet & Andy Smithurst of Neil Sefton about the Calella camp.

I would like also to thank all those involved in all the hard work & preparation that has gone in to these events.

It is also time for you to get your entries in for the Derbyshire Championships. Time is short on that front too!

### **Congratulations!**

Jamie Broom & Joe Keane have been selected for the Beijing mens select group.

This is for a small number of swimmers in both senior & youth rankings who have the best opportunity to make the relay teams at either 2008 or 2012 & will give these swimmers access to additional camps with British Swimming.

### **Trials**

We have five swimmers attending the Trials in March for the World Championships, European Junior & European Youth Championships.

These are – Livvi Sefton, Emma Smithurst, James Lovatt, Joe Keane & Jamie Broom.

We all wish them luck in their preparation & competition.

### **Power snacks!**

Just a brief note about the golden window of opportunity that any athlete has after every training session.

If you can take a very healthy snack within 20 minutes of training, you maximise how many nutrients you absorb from that snack.

Therefore it is a good idea to take a small snack with you to every session & you can eat whilst changing.

The perfect snack is a banana. It is packed with complex carbohydrates, protein & very important vitamins & minerals that are natural rather than processed.

It isn't a good idea to eat something like sweets or crisps however!



## Goal Pace Set

As you swimmers are now aware, we have a new H/R set.

This is the one with fast 50', 75's & 100's with recovery swims between.

I would like you to work out a Goal Pace for this set & put it on your recording board for use in this set.

It is to be done as follows;

Target PB time for 200m could be 2.18.0 (current pb is 2.22.0) Be Realistic with your target.

So your pace for 100m is 1.09.0 (half of the goal 200 time)

Pace for 75m is 52 (75% of 100m pace)

Pace for 50m is 34.5 (half of the 100m pace)

This is very much like working out your critical speed.

This can however be done on your No2 stroke or even IM so on this set you may do different strokes but you must come prepared with your targets.

This brings us nicely on to my only real moan in this newsletter!

Recording boards & graphs...

There aren't enough recording boards or laminated graphs on the poolside!

How can you record your times from the main sets without anything to record on?

On the log sheets recently there have been two points where recording would help.

1 – Inaccurate recording of sessions

2 – Very little information about your times in training (if any with some of you!)

Accurate evaluation of your training can only be done if I have an accurate picture of what you are actually achieving. It is your career & you need to be responsible for recording your training.

On your main sets such as the Heart Rate sets & Speed Development (sprint) sets, you should be recording your times & plotting them on to your weekly log.

If you cannot fit the info on to the sheet, use the reverse side for notes.

Last week we did a broken 200m as 8 x 25 timed with swimmers needing to add the 25s up to give a total.

Without a recording board this becomes very difficult if not impossible.

**To ensure that swimmers understand how important this is, I am going to INSIST that ALL swimmers bring recording equipment to training EVERY session.**

**To this end, during one session in the next 10 days, I will be doing a spot check & if a swimmer does not have the necessary equipment to record (a graph or recording board) then they will be turned away from the session for being ill prepared to complete it!**

**You Have Been Warned!**



## Step Test

The next test will take place on Monday & Tuesday, **7<sup>th</sup>/8<sup>th</sup> February**

This is 7 x 200, faster each time.

The perfect result would be starting from around 24 sec's outside of PB for females & 30 sec's outside PB for males. Each step should be faster each time by 4 sec for females & 5 sec for males. Target finish time is PB on the last one, with all the correct steps between.

We are going to run this in 3 sessions. You will only swim at the time stated! Please arrive at least 15mins early to do your blood flow work.

Don't forget to get your Step Test Graph Laminated & on poolside.

It's only a pound from Paul Hagggett if you do not have access to a laminator.

You can use the reverse of these as a recording board...

**PLEASE NOTE A PARENT OR OTHER HELPER NEEDS TO ACCOMPANY EVERY SWIMMER IN THIS SESSION TO ENSURE ACCURATE RESULTS!**

## Monday Night Feb 7th

- **5 – 6:30pm** (*Swimming 2 per lane 15 sec apart*)

Kate Lord, Scott Tovell-Coleman, Hannah Topliss, Gareth Carter, Sam Smith, Eve Keane, Kelly Towle, Sasha Wisdich, Ellie Taylor

Sam Wheelhouse, Kane Hagggett, Chris Steeples, Anna Butler, Ann Morris  
James Shand, Jamie Bell, Christian Barcz, Robert Guest, Ryan Lovatt.

- **6:30 – 8pm**

Jamie Broom, Joe Keane, Richard Sellers, James Lovatt, Krissie Easter, Natalie Mester, Rebecca Harrison, Emily Pratt, Katy Lockey, Jo Reeks,

## Tuesday Night Feb 8th

- **5:30 – 6:30pm – Breaststroke & Fly (5x200)**

Olivia Sefton, Emma Smithurst, Grace Morris, Sarah Gibson, Ashley Hurdman, Danielle Hemmings, Katy Amatt, Eleanor Barlow, Darren Hodgett.

**IF ANYONE CANNOT ATTEND, PLEASE LET ME KNOW ASAP!**

Mark