



# Cheadle (Staffs) & District Amateur Swimming Club

Established 1968



# Swimmers Log Book

Name: \_\_\_\_\_

**Head Coach:**  
**Denstone Coaches:**

Andrew Stone  
Kerry Bebbington  
Rob Brinkley  
Helen Eyre  
Jo Hopkinson

**Denstone Swimming  
Groups:**

National Potential }  
Regional Potential } Lanes 3 to 6  
County Potential }  
Juniors } Lanes 1 & 2

## How to use the log book

Your log book is for you to record your swimming training and competition information. Including in the log book are:

- A chart to record your height and weight each month
- A goal settings page eg perhaps there are certain qualifying times you would like to achieve at the next Open Meet. In the mid-term, maybe you would like to reach a County or Regional Championship final, and in the long-term perhaps you would like to achieve a National ranking.
- The next few pages are for you to record the target times and times achieved in competition. The Competition log is for use at meets and championships and for you to record any comments about your swims ie how you felt, what you ate before and during the meet, how much you drank. This is very useful as it can sometimes explain why you swam so well or why it wasn't as you'd hoped. There is a space for your coach to comment after the Meet.
- Training sessions – similar to the competition pages, to be filled in after each training session to record the main emphasis of that week in the training cycle & that session. It should explain the type of work carried out, no. of metres swum, your comments, ratings for fatigue, muscle soreness, health & diet and your resting HR.

If you have used all the sheets provided, extra sheets can be printed from the Cheadle Swimming Club website – [theadleasc.org.uk](http://theadleasc.org.uk)

## About me

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Telephone: \_\_\_\_\_

Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

Emergency contact details: \_\_\_\_\_

\_\_\_\_\_

Medical information (eg allergies, medication): \_\_\_\_\_

\_\_\_\_\_

ASA Registration Number: \_\_\_\_\_

My Coach's name is: \_\_\_\_\_

My other hobbies are: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

School name & address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Height & Weight Record

	Height	Weight	Notes
<b>Sep</b>			
<b>Oct</b>			
<b>Nov</b>			
<b>Dec</b>			
<b>Jan</b>			
<b>Feb</b>			
<b>Mar</b>			
<b>Apr</b>			
<b>May</b>			
<b>Jun</b>			
<b>Jul</b>			
<b>Aug</b>			

# Effective Goal Setting

S

**Specific:** Instead of simply saying "I want to improve my 50m freestyle", say what you want to improve about it, eg "I want to improve my 50m freestyle turn". This will give you a specific focus to work on in training.

M

**Measureable:** Make sure you will know when you have reached your goal. For example, using a time as a target will make this easier.

A

**Agreed:** Speak to your coach about the goals you set. They will tell you if it is suitable.

R

**Realistic:** Setting a goal that is too challenging will not help your self-confidence because you are not likely to achieve it. Try not to make it too difficult.

T

**Time-measured:** Give yourself a deadline to reach your goal, eg in 6 months time. You can adapt this time range according to what competitions you have coming up.

E

**Exciting:** Your goal must not be too easy

R

**Recorded:** Write down your goals – it will make you more determined to achieve them and help you monitor progress.

# My Goals

**SHORT TERM:**  
(this year)

**MID TERM:**  
(next year)

**LONG TERM:**  
(in a few years time)

Signed by (swimmer):













## My Competition Results

Date	Competition	SC/LC	Event	Time	Comments

Comments from coach: \_\_\_\_\_

\_\_\_\_\_

## My Competition Results

Date	Competition	SC/LC	Event	Time	Rating & Comments

Comments from coach: \_\_\_\_\_

\_\_\_\_\_

# My Training Sessions

**Cycle Number:** \_\_\_\_\_

**Week number:** \_\_\_\_\_

Date	Session/Volume (m)	Comments	How I felt			
			Fatigue	1 2 3 4 5	Health	1 2 3 4 5
			Muscle Soreness	1 2 3 4 5	Diet	1 2 3 4 5
			Resting HR:			
			Fatigue	1 2 3 4 5	Health	1 2 3 4 5
			Muscle Soreness	1 2 3 4 5	Diet	1 2 3 4 5
			Resting HR:			
			Fatigue	1 2 3 4 5	Health	1 2 3 4 5
			Muscle Soreness	1 2 3 4 5	Diet	1 2 3 4 5
			Resting HR:			
			Fatigue	1 2 3 4 5	Health	1 2 3 4 5
			Muscle Soreness	1 2 3 4 5	Diet	1 2 3 4 5
			Resting HR:			
			Fatigue	1 2 3 4 5	Health	1 2 3 4 5
			Muscle Soreness	1 2 3 4 5	Diet	1 2 3 4 5
			Resting HR:			
			Fatigue	1 2 3 4 5	Health	1 2 3 4 5
			Muscle Soreness	1 2 3 4 5	Diet	1 2 3 4 5
			Resting HR:			

Comments from coach: \_\_\_\_\_

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## My Training Sessions

**Cycle Number:** \_\_\_\_\_

**Week number:** \_\_\_\_\_

Date	Session/Volume (m)	Comments	How I felt		
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			Muscle Soreness	1 2 3 4 5	Diet 1 2 3 4 5
			Resting HR:		
			Fatigue	1 2 3 4 5	Health 1 2 3 4 5
			Muscle Soreness	1 2 3 4 5	Diet 1 2 3 4 5
			Resting HR:		
			Fatigue	1 2 3 4 5	Health 1 2 3 4 5
			Muscle Soreness	1 2 3 4 5	Diet 1 2 3 4 5
			Resting HR:		
			Fatigue	1 2 3 4 5	Health 1 2 3 4 5
			Muscle Soreness	1 2 3 4 5	Diet 1 2 3 4 5
			Resting HR:		
			Fatigue	1 2 3 4 5	Health 1 2 3 4 5
			Muscle Soreness	1 2 3 4 5	Diet 1 2 3 4 5
			Resting HR:		
			Fatigue	1 2 3 4 5	Health 1 2 3 4 5
			Muscle Soreness	1 2 3 4 5	Diet 1 2 3 4 5
			Resting HR:		

Comments from coach: \_\_\_\_\_

\_\_\_\_\_

## Nutritional Information

The main source of energy during training is derived from carbohydrate; therefore, it is not surprising that high carbohydrate meals and drinks are essential to provide energy and to facilitate recovery.

The timing of meals and snacks is also important.

### 30 Minute Rule:

The muscles are most susceptible to restoration of carbohydrate stores within the first 30 minutes after exercise. The swimmer should eat 50 to 100 grams of carbohydrate, whilst keeping fat ingestion low, as soon as training finishes, and definitely within the first 30 minutes after training. The following are examples of appropriate snack foods:

Fruit, multi-grain bars, jam or honey sandwich, malt loaf, fig rolls, smoothie, muller rice, dried fruit, rice cakes.

### Keep hydrated:

It is vitally important to drink plenty of fluids (water, juices, sports drink) prior to training, during training and after training.

### Important:

As water is stored with carbohydrate, it is essential that a substantial amount of fluid is drunk with meals and snacks.

### Morning training:

Have a snack item (examples above) with fruit juice 30 minutes before training with breakfast after training.

## Guidelines for event meals

### Before a race:

High carbohydrate/low fat meal 2-4 hours before the race. Suitable types of food include: breakfast cereals, porridge, bread, toast, fruit juice, fruit, rice cakes, boiled rice, potatoes, boiled pasta, oatmeal biscuits, muffins and carbohydrate drinks. These foods all help to release energy slowly. A small snack (see snacks above) may be eaten about 30 minutes prior to a race.

### If the interval between races is under 30 minutes:

You should drink fluids /juices or a sports drink.

### If the interval between races is up to 1 hour:

You should have a snack from the above list, with plenty of fluid, up to 30 minutes before the next race.

### If the interval is 1 – 2 hours:

You should have a small high carbohydrate /low fat meal.

## 30% Fat Rule

It is recommended that swimmers should eat high carbohydrate low fat meals. Low fat is defined as food items with less than 30% fat by calories. This is not the value that is presented by the food manufacturers, who display fat content by weight, which makes the foodstuff appear healthier than it usually is.

### An easy way to calculate the true fat content of food:

- Look at the label on the food and see how many grams of fat it contains per serving
- Multiply the number of grams by 10 to calculate the number of kcal from fat per serving
- Look at the label for the total energy, the number of kcal per serving
- Divide the kcal from fat by the total kcal and multiply by 100

You now have the TRUE fat content of the food stuff.

### Examples:

*McCain oven chips: (packet claims to be less than 5%fat)*

- The label shows 5.4 grams of fat per serving
- This means there are 54 kcal per serving ( $5.4 \times 10$ )
- The label shows 163 kcal per serving
- The % fat content is, therefore,  $54 \text{ divided by } 163 \times 100 = 33.1\%$ .

### Decision:

**This is greater than 30%, so you should reject.**

*Baked Beans in Tomato Sauce (Tesco):*

- A 100g portion provides 0.3g fat
- $0.3 \times 10 = 3$  kcal
- Total energy = 85 kcal per serving
- % fat content =  $3 \text{ divided by } 85 \times 100 = 3.5\%$ .

### Decision:

**This is less than 30%, so you should accept.**