

Coaches Newsletter June 2023

Special Have A Go

Sunday 30th July HAG focus is a Relay team competition. 4 x 25 = 4 swimmers. You can form your own teams (including friends/ family members) or Sue will assign you to a team. The Team which swims the closest to their initial swim time set in round one wins. Knockouts begin at the conclusion of round two. There are no stroke rules, swim whatever you like. However, normal swimming rules apply to starts/ takeovers / finishes. Nominations open 2nd July. Fill in the entry form on the coach's desk. We only have our normal time slot so we may have to limit numbers. The following Tuesday 1st August will be a normal HAG event.

Upcoming events

If you are interested in swimming in any of the following meetings, please see Donna Uren or Sue

July - NWS Relay Meet 9th July in Sydney

Specific relay preparation has begun for our women's team and will continue throughout June.

September 16th Saturday at Tuggeranong Vikings, ACT.

Start at 10:30. Long course 50M pool. 14 events plus relays. See flyer at coaches desk or ask Donna.

October -

7th - 14th Aussie Masters Games in Adelaide – Swim events are on 7th and 8th Oct.

14th – 15th – NSW Short course championships in Woy Woy.

2024 – 3rd – 7th May - National Championships in Darwin.

Swimming Rules

The rule set was updated in April 2023. A copy can be found on the club website.

No Coach at the session – Now what?

In the unlikely event the coach doesn't make it to training then you can still train. The "Emergency Training Session" can be located in the coaches' trolley on the top shelf in the Red folder.

Heart Rate/Perceived Exertion

Why do coaches asking you to check your heart rate? Its simply to check you are swimming at a rate you can cope with, and which will help improve your fitness – not too easy and not too hard. Note - you can expect short burst of high intensity, maximum effort swims but only for 2-3 minutes at a time. The volume and intensity of our sessions vary across the year as per the annual training plan. To calculate your Maximum Heart Rate (MHR), use 220 minus your age. Not good with maths, then use 200 minus your age. For those swimmers who can't see the clock at the end of the pool or who have pacemakers, then try the Rate of Perceived Exertion (RPE) check: 1-2 = is completely resting to just going about normal activities. 3-4 = having an easy walk. 5-6 = moderate effort you can easily sustain. 7-8 is working hard. 9-10 is the equivalent of racing. If that's not helping you - try this table: -

Easy	50-70% MHR	3-5 RPE
Medium	70-85% MHR	6-8 RPE
Hard	85-95% MHR	9-10 RPE

As a coach, I'm looking at and listening to swimmers in each lane. Are swimmers doing it easy - having a chat after each intermediate distance, are they flushed and breathing hard, are they listening to what I'm saying, can they answer my questions. I get my feedback on how easy/ hard /enjoyable the sessions are in many ways.

Question - Do I need to take the rest indicated in the program?

Answer – Yes. The rest interval (RI) is the time spent resting which allows your heart and muscles to recover. You may see the RI written as 20-30 secs. That is to ensure everyone can get a rest period suitable for the activity. If you have only just moved up into the lane then take 30 seconds, if you are the fittest and fastest at the stroke then take 20 seconds. Never ignore the RI and just grab a couple of seconds in order to catch up to the leaders. Your stroke is likely to become ragged and you will fatigue more quickly. Obviously, the coach will also notice and wonder what's up. If it's all too easy, then expect the coach to do an assessment and probably move you up a level or give you extra reps in the set.

Haven't been swimming for a while?

Now is the ideal time to come back to training. Following on from HAGs, workload will move to a "Maintenance" phase with reduced volume and mixed intensity sets. Commencing on 18th of June, the weekly theme rotates back to Freestyle, then Backstroke for the last week of the month. This rotation concentrates on your arm stroke.

Centre Snorkels

I encourage you to use a centre snorkel. It's a great training aid (mainly for Freestyle) and has many benefits:

1. Balanced stroke - not breathing to your dominant side means that your stroke is more balanced.
2. Encourages you to keep your face down in freestyle.
3. Forces you to keep a straight head - corrects the wandering head and reinforces a straight-line from the top of your head to your ankles.
4. You can swim faster with the snorkel.
5. Helps correct excess hip roll.
6. A better kick – less likely to cross your ankles momentarily when you rotate to breathe - therefore, great for kicking.

Please remember to ensure you dry your snorkel properly. Don't leave water pooling in the bend or you may find nasty green algae growing next time you use it.

Annual Training Plan – July Focus

Week beginning	Cycle /Phase	Session Focus		Stroke Focus	Drills/Skills
		Distance Reps	General		
2 nd July	4/ Maintenance	25-200	Technique	Breaststroke	Arms
9 th July	4/ Maintenance	25-50	Technique	Butterfly	Arms
16 th July	4/ Threshold	25-200	All strokes including IMs	General	Medley turns
23 rd July	4/ Threshold	25-400	Starts, finishes and Race preparation	Event Practice	Advanced Starts/Turns Racing Technique
30 th July	Event	25-100	Have A Go event opportunity #4 Relay team competition	Swimmer goals	Relays competition.

Regards Sue – Head Coach