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Hailsham Swimming Club

**PERFORMANCE Land-based Training plan**

**November 2020 – December 2020**

**LOCKDOWN TRAINING PLAN.**

So here we go again….. Hopefully this time it won’t be for too long! During the initial 4-week lockdown we want to support you in maintaining your fitness levels with a land-base training programme.

Any training that we can do will have a benefit on our swimming performance. A land training programme will help to develop strength, power and speed, as well aerobic fitness and injury prevention.

Using this plan we will work out once/twice a week as a club via zoom calls. The remaining sessions to be completed at home, can be planned individually using the resources in this document. The Government guidelines has stated we are allowed unlimited time for outdoor exercise ( be prepared to brave the weather and enjoy the fresh air!)

HOW OFTEN SHOULD I TRAIN?

We would like you to continue to train for the same amount of time you were training before. So, if you were swimming 4 hours per week, we would like you to train on land for 4 hours per week.

The next page provides each swimmer with a blank timetable to help schedule your workouts and have your own bespoke timetable through the initial lockdown period.

To maintain your fitness, it is key to continue with the same level of discipline you had before. This will be easier to maintain if you plan and schedule in your training. You may find it easier to use the same times you had for your swimming sessions.

You will find example training sessions later on in this plan, but for now start utilising the timetable below to schedule your training sessions.

HOW OFTEN SHOULD I TAKE REST/RECOVERY DAYS?

We would recommend that every three days you have a recovery day. Its key that your body gets time to rest between exercise, especially if you are training hard or new to a land based style of training.

On your rest days, you might like to take active recovery. Get outside and go for a walk. Make sure that you look after your body by giving it nutritious food, stay hydrated and get lots of sleep. The body needs sleep to help recharge, which allows the muscles to recover from the exercise that you have taken part in.

HOW/WHAT SHOULD I TRAIN?

The Zoom workout sessions will focus on muscular strength and endurance along with testing your power and speed.

We recommend that 2-3 of your sessions include workouts that focus on your aerobic fitness, alongside core and flexibility training. Workouts have been included for you to utilise, along with a recording table to track your workouts

**GROUP ZOOM CALL LAND TRAINING SESSIONS**

All land-based training sessions will be carried out using Zoom. A zoom link will be sent out to you nearer the time. So just like last time all you need to do is join the group. These sessions will be run by Natalie Weston, the clubs fitness coach.

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Time** | **Groups** | **Session Type** |
| Monday 9 November | 6.30-7.30pm | P1, P2, P3 | Overall Fitness |
| Monday 16 November | 7-8pm | P1, P2, P3 | Speed/Power |
| Monday 23 November | 6.30-7.30pm | P1, P2, P3 | Muscular Endurance |
| Wednesday 25 November | 7-8pm | P1, P2, P3 | Overall Fitness |
| Monday 30 November | 6.30-7.30pm | P1, P2, P3 | Strength/Flexibility |
| Wednesday 2 December | 7-8pm | P1, P2, P3 | Overall Fitness |
| Monday 7 December | 6.30-7.30pm | P1, P2 | Fitness Test |
| Wednesday 9 December | 7-8pm | P1, P2, P3 | Overall Fitness |
| Monday 14 November | 6.30-7.30pm | P1, P2 | Muscular Endurance |
| Wednesday 16 December | 7-8pm | P1, P2, P3 | Overall Fitness |

**SET UP YOUR TRAINING TIMETABLE BELOW**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **November 2020** | | | | | | |
| **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
| **26** | **27** | **28** | **29** | **30** | **31** | **01** |
|  |  |  |  |  |  |  |
| **02** | **03** | **04** | **05** | **06** | **07** | **08** |
|  |  |  |  |  |  |  |
| **09 OVERALL FITNESS** | **10** | **11** | **12** | **13** | **14** | **15** |
| LBT  18.30 – 19.30 |  |  |  |  |  |  |
| **16 SPEED/POWER** | **17** | **18** | **19** | **20** | **21** | **22** |
| LBT  19.00 – 20.00 |  |  |  |  |  |  |
| **23 MUSC. END.** | **24** | **25 OVERALL FITNESS** | **26** | **27** | **28** | **29** |
| LBT  18.30 – 19.30 |  | LBT  19.00 – 20.00 |  |  |  |  |
| **30 STRENGTH/FLEX.** | **01** | **02** | **03** | **04** | **05** | **06** |
| LBT  18.30 – 19.30 |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- |
| **December 2020** | | | | | | |
| **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
| **30** | **01** | **02 OVERALL FITNESS** | **03** | **04** | **05** | **06** |
|  |  | LBT  19.00 – 20.00 |  |  |  |  |
| **07 FITNESS TEST** | **08** | **09 OVERALL FITNESS** | **10** | **11** | **12** | **13** |
| LBT  18.30 – 19.30 |  | LBT  19.00 – 20.00 |  |  |  |  |
| **14 MUSC. END.** | **15** | **16 OVERALL FITNESS** | **17** | **18** | **19** | **20** |
| LBT  18.30 – 19.30 |  | LBT  19.00 – 20.00 |  |  |  |  |
| **21** | **22** | **23** | **24** | **25** | **26** | **27** |
|  |  |  |  | **Holiday tree** |  |  |
| **28** | **29** | **30** | **31** | **01** | **02** | **03** |
|  |  |  |  |  |  |  |

Aerobic Fitness Training Ideas

What is aerobic fitness?

Aerobic fitness is any type of training that utilisies your cardio-vascular systems (heart and lunges) essentially it is any form of exercise that raises your heart and breathing rate.

The benefits of aerobic training!

Regular aerobic training (running, swimming, bike riding) improves our cardiovascular fitness which supports our bodies to be more efficient at supplying oxygen to the muscles, increasing our stamina and enabling us to train for longer periods of time before the muscles tire.

These training ideas are based around running but you could choose bike riding, rowing, cross trainer.

Idea 1:

Endurance run

Distance: 5k

**Pace:** a speed in which you can complete the 5k without slowing down too much.

**Record:** record your time and distance.

**How to improve:** Try to increase your pace gradually over time or use interval training to help.

Idea 2:

Interval Training - time

Distance 5k

**Pace:** Faster pace than you can run the whole distance.

**How:** you will complete a distance of 5k but at different interval speeds. For example, run 1 min at a fast pace, jog/walk 30 secs. The 1 min fast should be at a pace which is challenging. You may wish to mix up the interval times, increasing the sprint intervals or reducing the rest intervals.

This will gradually help you to improve your overall speed that you can maintain running a 5 k.

Idea 3:

Interval training – distance

Distance 5-10k

**Pace:** slightly faster pace than your endurance run speed (idea 1)

**How:** select a distance (for example 1km) run this 1km at a pace that is faster than your 5k speed and at a pace that increases the HR and makes you feel as though you are working hard. Recover until you feel as though you could run another 1k at the same pace. Complete 5 x 1k

**ADVICE:**

Use idea 1 as a bench mark for your time and then use ideas 2 and 3 to help improve your 5km time. Completing ideas 2,3 twice a week and idea 1 once a week or every other week to check your improvements.

There are many ways you can train to improve your cardiovascular fitness; these are just three idea. Please feel free to message myself or Craig if you have any questions or for more examples.

Core Fitness Training Ideas

The benefits of core training?

When we swim, we engage our entire body and your core muscles play a vital role in how well you perform. Core muscles include the muscles in your abdominal region, your back and your glutes. Having a strong core means we can maintain the right positions in the water and helps us generate and transfer strength, power and speed.

Adding in a short 10 min core workout 2 – 3 times a week will help to improve your core strength. Try these core workouts or try designing your own.

Workout #1

Plank – elbow support

10 x 15 secs hold

Rest: 5 – 10 secs

Reverse Plank

10 x 15 secs hold

Rest 5 – 10 secs

Alternating arm/leg reach

20 reps with 3 sec hold

Repeat 3 times

Flutter kicks

4 x 20 secs

Rest 10 secs

Workout #2

Side plank – right

20 secs hold x 3

Rest 10 secs

Side plank – left

20 secs hold x 3

Rest 10 secs

Russian twists

20 reps x 4

Rest 10 secs

Superman hold with front crawl arms

20 secs x 4

Rest 20 secs

Workout #3

Plank – ball pull through

20 reps x 3

Rest 20 secs

Bear crawls

20 secs x 3

Rest 20 secs

Glute bridge

30 secs x 3

Rest 10 secs

Plank leg raises

20 reps x 3

Rest 20 secs

OTHER TRAINING IDEAS

The following further ideas have been taking from the May 2020 Fitness Training Plan. Please feel free to use these and change these round based on your planned sessions.

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| **Circuit Training** | | | | | | |
| Set up these 8 stations, complete 3 rounds, as follows. Round 1: 45 secs work, 15 secs rest. Round 2: 40 secs work, 20 secs rest. Round 3: 30 secs work, 30 secs rest (High intensity).  Exercises: 1. Star Jumps. 2. Side Steps/Cross overs. 3. Donkey Kicks. 4. Skipping. 5. Squat Jumps 6. Mountain Climbers 7. Jumping Lunges. 8. Aerobic Bounce (stood position, elbow to opposite side knee with bounce) | | | | | | |
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|  |
| Side Steps/Cross Overs | | <https://www.youtube.com/watch?v=VDQ-bifyOMQ> | | |  |  |  |
| Donkey kicks | <https://www.youtube.com/watch?v=V2g5hgLucao> | | | | |  |  |
| **Strength - Circuit** | | | | | | |  |
| Complete 3 Rounds with only 30 secs between each exercise, 3 mins rest after each completed round. 1. 1 legged split squats x 15 and 15 x Dips or push ups 2. Tuck Jumps x 15 and 15 Plank to Squat 3. Alternate lunge x 15 and Sit Ups/Crunches x 15 4. Plank up and down from elbow to hands x 15 | | | | | | |  |
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|  |  |  |  |  |  |  |  |
| **Challenge Set** | | | | | | |  |
| Pick one of the following challenge Sets: CS1, CS2, CS3, CS4, CS5, add in your own challenges and push yourself. Set your team mates challenges. CS2 The Burpee challenge is very hard and you may want to set a reduced number for your challenge. | | | | | | |  |
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| **Flexibity and Stretch** | | | | | | |  |
| Dedicate at least 15-30 mins to a full body stretch including fleixibity work: touch your toes with straight legs, back arches, parachute holds, tree hug etc | | | | | | |  |
|  |
|  |  |  |  |  |  |  |  |
| **Yoga** | | | | | | |  |
| Follow the yoga activities that are provided by swim swam at the following link: | | | | | | |  |
| <https://swimswam.com/tag/yoga/?fbclid=IwAR1Tl_74uQPZxtq5ufybQzkoovz0APybUvwEiKJVT_Ijn5aqE24xosKX5eU> | | | | | | |  |
|  |  |  |  |  |  |  |  |
| **Swimming Movements** | | | | | | |  |
| Follow the following key movement practices and land based workots related to each stroke. In each session cover 2 strokes of your choice: | | | | | | |  |
| <https://www.youtube.com/channel/UC8wwEsUeTG9cpzvWT5Dsdqw> | | | | | | |  |
| Go to the videos section and then look at the stroke simulation videos | | | | | | |  |

EXAMPLE TRAINING PLAN

Below is an example training plan which can be found on the Club’s website. Please devise your own based on a suitable amount of rest days.



Recording Table EXAMPLES

Recording your training gives you some accountability and allows you to track your progress. Use these examples to help you keep track of your training history.

|  |  |  |
| --- | --- | --- |
| DATE: | | |
| DISTANCE: | 5K | |
| SEESSION No: | 1 | |
| WEEK: | Week 1 | |
| TIME: | 29.31 | |
| SPLITS: | 1K  2K  3K  4K  5K | 6.02  5.59  5.55  6.10  6.05 |
| HOW DID I FEEL | It felt like hard work, my HR was increased, and it felt like I could have stopped but I kept going. | |
| NEXT TIME: | What will you do next time? | |

|  |  |
| --- | --- |
| DATE: | |
| DISTANCE: | 5K intervals |
| SESSION No: | 2 |
| WEEK: | WEEK 1 |
| TIME: | Time it took you to complete a distance of 5k using intervals |
| INTERVALS: | 1.30 FAST PACE |
| RECOVERY TIME: | 30 SECS WALK |
| HOW DID I FEEL | I needed the 30 secs recovery as I worked hard for the 1.30. |
| NEXT TIME: | Next time I am going to run for 2mins and jog slowly for 45 secs. As I feel fitter, I will increase the distance to 6k. |

|  |  |
| --- | --- |
| DATE: | |
| DISTANCE: | 5K intervals |
| SESSION No: | 3 |
| WEEK: | Week 1 |
| RUN SPEED: | 1K 5.30 pace |
| INTERVALS: | Did you maintain 5.30 pace for each 1k  1k 5.30  2k 5.36  3k 6.00  4k 6.05  5k 5.48 |
| RECOVERY TIME: | 60 secs between each 1k. |
| HOW DID I FEEL: | To be able to maintain a pace of 5.30 i think I needed to take a little more recover time. |
| NEXT TIME: | What will you do next time? |

BLANK RECORDING TABLES.

|  |  |  |
| --- | --- | --- |
| DATE: | | |
| DISTANCE: |  | |
| SEESSION No: |  | |
| WEEK: |  | |
| TIME: |  | |
| SPLITS: |  |  |
| HOW DID I FEEL |  | |
| NEXT TIME: |  | |

|  |  |
| --- | --- |
| DATE: | |
| DISTANCE: |  |
| SESSION No: |  |
| WEEK: |  |
| RUN SPEED: |  |
| INTERVALS: |  |
| RECOVERY TIME: |  |
| HOW DID I FEEL: |  |
| NEXT TIME: |  |

|  |  |
| --- | --- |
| DATE: | |
| WORKOUT: |  |
| SEESSION No: |  |
| WEEK: |  |
| CIRCUIT SESSIONS: |  |
| STRENGTH: |  |
| CORE: |  |
| HOW DID I FEEL. |  |

|  |  |
| --- | --- |
| DATE: | |
| WORKOUT: |  |
| SEESSION No: |  |
| WEEK: |  |
| CIRCUIT SESSIONS: |  |
| STRENGTH: |  |
| CORE: |  |
| HOW DID I FEEL. |  |