

PERSONAL NOTES

### Gaelforce Great Swim Trilogy: 750m Training Plan

750M DISTANCE Four Week Plan

#### THINGS TO CONSIDER:

Swimming in open water is different to the pool. You will not have the benefit of relying on the break awarded from tumble-turns. Therefore arms will feel the distance travelled in open water swimming more. It is really important to train before the event both in the pool and more importantly in the open water!!!

In the open water swimmers do not have the advantage

of lanes and ropes to keep them on course. It is important to practice the technique of sighting to avoid zig-zagging on the course which will tire you out and add to the distance you swim. The skill can be practised in the pool as well as in the open water. It is also important to practise the technique of bilateral breathing, the technique will also help you to swim straighter.

The transition from swimming in a pool to swimming in open water can be unnerving for some it is essential to **overcome any fears or concerns before the event.** This is best achieved by swimming in open water over a long period of time. Include open water sessions into your training programme for the event.

Do your homework before the event, **know the layout of the course**, and become familiar with large permanent objects that can be used in sighting while swimming.

### DIET DURING TRAINING AND IN THE LEAD UP TO THE

Diet is very important for all swimmers – you need your energy boost at the right time for optimum performance.

Eat a carbohydrate and protein rich meal two or three hours before your swim and then a snack like fruit or energy food an hour before your swim.

Help your body repair muscles by refuelling with protein and complex carbs within 30 minutes of finishing your swim

It's a good idea to rehearse your competition meal routine in training so you know exactly what agrees with you. When the event comes around, you'll have plenty on your mind already.

#### The day before the event:

- Keep exercise to a minimum and eat meals and snacks high in complex carbohydrates
- Drink fluids little and often to stay properly hydrated.
- Eat little and often every two to four hours to keep your blood sugar levels steady and fuel your muscles in preparation for your event.

Avoid big meals or over-eating in the evening - this
will almost certainly make you feel uncomfortable
and lethargic the next day. Try to stick to familiar
foods. Curries, spicy foods, baked beans and pulses
(unless you are used to eating them) can cause gas
and bloating, so avoid eating anything that may
cause stomach discomfort the next day.

#### The Morning of the Event:

- Don't swim on empty. Even if you feel nervous, have breakfast. Stick to easily digested foods cereal with milk, porridge, banana with yoghurt, some fruit or toast with iam.
- Milkshakes, yoghurt drinks or a smoothie.

#### **EQUIPMENT - WHAT SHOULD I WEAR**

The event is being held in Killary harbour. In October the average temperature in the water will be roughly 12° C. The temperature for competitive swimming events is 27° C, therefore you will need to be prepared for the cooler

For this event a wetsuit is advisable. If possible use a triathlon specific suit as they are more flexible at the shoulders and will not restrict or compromise your strokes. Regardless of the type it is important that the suit fits you properly (too small results in difficulty in breathing and cramping, too large results in the cuffs being too loose and will let in too much water which will cause excess dragging in the water).

It is important to get used to swimming in a wetsuit prior to the event as your buoyancy and stroke will be affected.

#### Other personal equipment to consider includes

- Goggles: these are personal, they should form a tight seal against eyes and nose and allow you enough vision to see where you are travelling. Tinted goggles are useful when swimming into the
- Swimsuit/shorts: just like the wetsuit they should not be baggy otherwise they will cause dragging in the water.
- Swimming cap: by wearing one you will ensure you will not allow bodily heat escape while in the open water. Wear two hats (silicone or neoprene), wear a thick one then put on goggles, then a second hat, the second hat will help prevent the goggles slipping and trap more heat if the second hat is brightly coloured you will be more visible in the water.
- Non-petroleum products: for lubrication. Apply to vour neck to prevent chaffing.

session so progress can be measured					



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#### ANXIETY IN OPEN-WATER

Anxiety in open-water is common and is normally caused by extrinsic factors around you - depth, cold, not being able to see far and having other swimmers in close proximity to you. All of these factors lead to the same physical response regardless of your expertise - holding your breath.

Holding your breath immediately increases the anxiety further, things start to feel out of control and you may even feel a sense of panic. To help, divert this focus instead to intrinsic factors that you can control, for instance breathing, hand entry and smooth strokes. If you do start to panic during the event then just pause or flip over onto your back for a few seconds. Take a few deep easy breaths, recompose yourself and keep those deep easy breaths going when you start swimming again.

#### **SWIMMING TECHNIQUE AND STROKES**

During the event you will not be restricted to one stroke. Freestyle is the most effective but you can combine it with other strokes such as backstroke, breaststroke or sidestroke. Be aware of your leg positioning when using breaststroke, remember when using backstroke it is harder to swim in a straight line and keep an eye on the group.

Whichever stroke you intend to swim, you need to consider the same five things:

- Your body position this affects the whole stroke, so get it right first of all. Aim to stay as streamlined as you possibly can.
- Your leg action this helps to hold your body in good position. You need to kick strongly to stay as horizontal as possible.
- Your arm action in all strokes except breaststroke most of the power comes from your arms. But hey can only work properly if your body position is right.
- Your breathing many stroke problems come from breathing at the wrong time. Try not to let your breathing interrupt the leg and arm action.
- The timing of the stroke this is the way all the stages fit together to form the complete stroke.

PERSONAL NOTES Record how you feel after each						
session so progress can be measured						



# **Gaelforce Great Swim Trilogy: 750m Training Plan**

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Week 1	Session 1 & 3	Session 2		Session 4		
Warm Up	4x25m (freestyle & breaststroke) 4x25m (freestyle & breaststroke) 4x25m freestyle					
Drills	4x25m freestyle catch up	4x25m freestyle	2x25m catch up	2x25m freestyle arm with pull buoy 2x25m kickboard freestyle 2x25m scull		
Main Set	4x25m kickboard freestyle 4x25m freestyle with fins 2x25m so			100m freestyle		
Cool Down	4x25m freestyle	4x25m freestyle	4x25m any stroke			
Total	500m	500m		500m		
Week 2	Session 1 & 3	Session 2		Session 4		
Warm Up	4x50m freestyle	2x50m any stroke	4x25m freestyle			
Drills	2x50m catch up	4x25m catch up	2x25m catch up	2x25m freestyle arm with pull buoy 2x25m kickboard freestyle 2x25m scull		
Main Set	2x50m freestyle & hand paddles 2x100m freestyle 6x50m freestyle 2x50m freestyle with fins					
Cool Down	4x50m freestyle	2x50m any stroke	2x50m any stroke			
Total	500m	500m		700m		
Week 3	Session 1 & 3	Session 2		Session 4		
Warm Up	2x50m freestyle	2x50m (freestyle 8	& backstrok)	4x25m freestyle		
Drills	2x50m right arm 2x50m left arm 2x50m kick 2x50m scull	2x50m right arm 2x50m left arm 2x50m kick 2x50m scull	2x25m catch up 2x25m freestyle arm with pu	ull buoy 2x25m kickboard freestyle 2x25m scull		
Main Set	100m freeestyle	100m freestyle fu	ll strength	300m freestyle		
Cool Down	2x50m freestyle	4x25m any stroke	4x25m any stroke			
Total	700m	700m		700m		
Week 4	Session 1 & 3	Session 2		Session 4		
Warm Up	2x50m freestyle	2x50m (freestyle 8	& backstrok)	2x50m freestyle		
Drills	2x50m right arm 2x50m left arm 2x50m kick 2x50m scull	2x50m right arm 2x50m left arm 2x50m kick 2x50m scull	2x25m catch up 2x25m freestyle arm with pu	ull buoy 2x25m kickboard freestyle 2x25m scull		
Main Set	300m freeestyle	300m freestyle fu	ll strength	300m freestyle		
Cool Down	2x50m freestyle	2x50m freestyle w 2x50m frees		4x25m any stroke		