

10 Swim Training Guidelines

These guidelines are provided as a reminder to all SAC swimmers, and to help everyone get the best out of the coached training sessions.

1. Be ready to start swimming on time. Loosen up before entering the water, and always bring a water bottle and some fins.
2. Stay aware of your current Critical Swimming Speed (CSS) and the corresponding times for the common training distances (e.g. 50m, 100m, 200m, 400m).
3. Follow the coach's directions on start times and rest intervals on all repeats. Do not extend or shorten the rest intervals, even if you feel fully recovered.
4. Swim at the pace specified, and maintain the required pace right to the wall.
 - Use the pace clock or your watch to check your time at the end of every repeat.
 - Miss a repeat, if more recovery time is needed, in order to swim the remainder of the set at the correct pace.
 - Swim slowly and concentrate on stroke technique, when requested to do so.
5. Maintain the correct stroke technique throughout the training session, regardless of the intensity of the set. Slow down, if necessary, rather than sacrificing your stroke technique.
6. Concentrate on taking fewer strokes per length, by trying to minimise drag and maximise propulsion on all arm pulls.
7. When doing stroke drills, concentrate on technique, rather than speed. Swim all drills slowly, until you have mastered the skill, as they are not a race.
8. Work on your streamlining during every start, push-off and turn.
9. Use tumble-turns or correctly executed open turns (i.e. with an over-the-water arm recovery) every time. Remember to turn correctly during the warm-up and swim-down, and whilst doing stroke drills, as well as during the main set.
10. Always swim down before getting out of the pool. Be prepared to leave the main set unfinished, if necessary, in order to warm down.