



**WINCHESTER CITY PENGUINS
SWIMMING CLUB**

SWIMMER'S LOG BOOK

Swimmer's Name

HOW TO USE YOUR LOG BOOK

This log book is for you to record your swimming training and competition information. At the beginning is a page to record your personal information. Then there is a chart to write down your height and weight each month and add other relevant notes.

The next two pages are about goal setting. 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 time.

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 i.e. 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 too, after the Meet.

The weekly training log is to be filled in after each training session to record the main emphasis for that session and for the week. It should explain the type of work carried out, no. of metres swum, your comments, ratings for fatigue, muscle soreness, health & diet and resting Heart Rate. There are also spaces for you to rate your performance on specific areas of training, and for your coach to comment. Blank weekly training log sheets can be downloaded from the website.

The final page is on nutrition, and gives you some information on the correct things to eat and drink.

PERSONAL DETAILS

Name:	
Address:	
Home tel. no:	
Mobile tel. no:	
Emergency contact details:	
Medical information e.g. Disabilities, allergies, medication etc.	
Date of Birth:	
ASA Registration no:	
Hobbies, other sports:	
School name and address:	

HEIGHT AND WEIGHT RECORD

Month	Height	Weight	Notes
Sept			
Oct			
Nov			
Dec			
Jan			
Feb			
Mar			
Apr			
May			
Jun			
Jul			
Aug			

Guidelines for Effective Goal Setting

The goals you set yourself to help improve your swimming should be:

- S**pecific → Instead of simply saying "I want to improve my 50m freestyle", say what you want to improve *about it*, e.g. "I want to improve my 50m freestyle turn". This will give you a specific focus to work on in training.
- M**easurable → Make sure you will know when you have reached your goal. For example, using a time as a target will make this easier.
- A**greed → Speak to your coach about the goals you set. They will tell you if it is suitable.
- R**ealistic → 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 overly difficult.
- T**ime-measured → Give yourself a deadline to reach your goal, e.g. in 6 months time. You can adapt this time range according to what competitions you have coming up.
- E**xciting → Your goal must not be too easy
- R**ecorded → Write down your goals – it will make you more determined to achieve them and help you monitor progress.

PERSONAL GOALS

Short Term (This year)	
Mid Term (Next year)	
Long Term (In a few years time)	
Signed by Swimmer	
Date of goal setting exercise	
Signed by Coach	

COMPETITION RECORDING LOG

Date	Meet	Venue SC/LC	Event	Time	Comments

Comments from Coach

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COMPETITION RECORDING LOG

Date	Meet	Venue SC/LC	Event	Time	Comments

Comments from Coach

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WEEKLY TRAINING LOG

Week beginning

1 =  5 = 

Day	Session volume (metres) And length (hours)	Details of main set/emphasis	How I felt (put a ring around the relevant number)
			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
			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

TOTAL WEEKLY METRES =

How I would rate my training this week:

 

1 2 3 4 5

1	My overall performance in pool sessions					
2	My attitude in pool sessions					
3	My commitment to improving my flexibility					
4	The quality of my streamlining after every push off and turn					
5	The speed and technical quality of my turns					
6	The distance I achieve off the wall after all my turns					
7	The quality and speed of my underwater dolphin kicking					
8	The quality of my technique when swimming at maximum speed					
9	How regularly and accurately I count my strokes					
10	How regularly and accurately I check my heart rate					

Coach's comments.....

NUTRITION

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 however, is 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, Nutrigrain 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.

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 less than 30 minutes, the swimmer should drink fluids / juices or a sports drink.

If the interval between races is up to 1 hour, the swimmer 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, the swimmer should have a small high carbohydrate / low fat meal.

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

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

1. Look at the label on the food and see how many grams of fat it contains per serving.
2. Multiply the number of grams by 10 to calculate the number of kcal from fat per serving.
3. Look at the label for the total energy, the number of kcal per serving.
4. 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:

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

The label shows 5.4 grams of fat per serving – therefore 54 kcal per serving (5.4 x 10). The label shows 163 kcal per serving. The % fat content is, therefore, 54 divided by 163 x 100 = **33.1%**.

This is greater than 30%, so the swimmer should reject these chips.

2. **Baked Beans in Tomato Sauce (Tesco):**

A 100g portion provides 0.3g fat = 3 kcal.

Total energy = 85 kcal

% fat content = 3 divided by 85 x 100 = **3.5%. Decision: Accept!**