

HOW TO IMPROVE (Coach Bud McAllister: Janet Evans coach)

- 1) Go to all the workouts
- 2) Better Nutrition –
 - a) eat healthier – eat less fat in your diet. Lower your body fat percentage (boys < 10%, girls < 20%)
 - b) make sure to eat carbohydrates within 1 hour after workouts to re-fuel your muscles
- 3) Get more sleep – 8 hours/night during training isn't enough. Arrange your daily schedule to take naps and get to bed earlier at night.
- 4) Increase your power –
 - a) in the weight room – this helps some swimmers but isn't for everyone
 - b) in the water - short sprints – dive 20's,
12.5 ez 12.5 sprint with buckets
vertical kicking with fins and weights (med balls)
- 5) Improve your stroke technique – more efficient means you use less energy and effort while you swim . *Lower heart rate while swimming the same speed.*
- 6) GO FASTER IN WORKOUTS !! – guess what? the faster swimmers train faster than the other swimmers !
 - a) improve your endurance – raise your anaerobic threshold
 - b) go on faster intervals
 - c) swim faster at the same heart rate
 - d) swim faster on quality sets - 8 X 50 @ 1:30 ave. 31.5 ave. 30.7
 - e) consistently improve your best workout times – kicking, pulling, swimming for all distances
- 7) Swim smart – proper splitting - even if you are in the best shape you will die in your race if you go out too fast (Ian Thorpe – 200 free @ Sydney)

GOALS

- ❑ While setting goals is an important part of any athletic event, I prefer to have you focus on simply improving.
- ❑ As long as you are improving, you are headed in the right direction.
- ❑ I think it is more important to have goal times for your quality sets in workouts and for your meet times when you are unrested.
- ❑ Reaching these goals are much better predictors for whether you will actually hit the times you want to do than simply writing down some goal time and hoping that you will do the time because you work “really hard”.
- ❑ Working hard doesn't mean much to me – you have to swim specific times in workouts if you expect to reach best times. ***You need to know how fast to swim in practice to reach your goal times in meets.***

Example: Jennifer Fratesi – 200 Backstroke (LC meters)

100 time – 1:02.6

Goals – 1:01.5

200 time - 2:11.1

2:09.0

1st 100 – 1:05.1 (+2.5)

1st 100 – 1:04.0 (+2.5)

2nd 100 – 1:06.0

2nd 100 – 1:05.0

difference - +.9

difference - + 1.0