

Swimming Out of the Pool #3
Friday, April 3, 2020

Good Morning,

We are at the end of another week away from the pool. I hope you have been able to take advantage of family time, especially on the weekends. Encourage your parents to take part in some of the challenges with you, see if they can do your dryland workout. Keep hydrating and finding a healthy snack during the day. Try and pick a recipe this weekend to make together, there are some interesting choices, but that is some of the fun in trying something new. You don't ever have to eat it again if you don't want, but again, try something new.

<https://darebee.com/recipes.html>

I enjoyed our first Zoom meeting together. It was nice to see so many faces and have to opportunity to talk to each other. As we go on, we will work out some of the kinks. Today you will try and build off the discussion about the end of your season. There is more information about thinking about psychology to help you construct how you would have performed in each race.

Coach Joan shared a video of Misty Hyman winning the 200 fly at the 200 Sydney Olympics. Her underwater dolphin kicks are what helped lead her to victory and I hope you were able to take away the importance of dolphin kicks.

Weekly Wednesday Zoom Meetings – 3:00-3:40 p.m.

ZOOM Meeting ID: 404-396-821

ZOOM Meeting Password: 79466227

To respond to the challenges or any material presented below, click on the form. I will use responses to review the topics we talk about. You can leave your name, leave your name and ask to not share your name, or not include your name.

<https://forms.gle/mDDAfVY2u9Wmmaop9>

Psychology: Imagery and Visualization

At the IMX level you need to understand the importance of imagery in enhancing performance.

What is Visualization?

In swimming, we use visualization to form in our minds how our race will go. Imagine the sounds around you, how the air feels, what you feel like – nervous, calm, confident? Then think through every aspect of your race. You want to be positive when you visualize your races. Use visualization when you are thinking about how your races would have gone during your last meet of the season.

Read the following article for more insight into what visualization is. You will learn other ways that you are able to use visualization every day while also working on concentrating on your

breathing to help you relax. If you find the article getting a little long, go ahead and look towards the bottom at the tips to help you visualize.

<https://www.psychologytoday.com/us/blog/the-psychology-dress/201111/visualize-it>

Use the article below to help you walk through your races. It will be beneficial in future races going forward and should become a habit as you go through your process of becoming a better swimmer.

<https://swimswam.com/use-visualization-swim-like-boss/>

Psychology: Goal Setting

At the beginning of the season you most likely set goals for how you wanted your season to go. They probably included what meets you wanted to make, times from motivational time standards (AAAA, AAA, etc), and personal time goals. Eventually you should be in the habit of knowing your times and goal times off the top of your head. If you are not in the habit of doing that already, write your times and goal times down to help you memorize them. Use these goal to help you talk about the specific times you would have gotten in your races. If you were working on a certain technique (getting farther underwater, a legal crossover turn, fixing your pull or recovery), did you achieve that technique goal?

Goal Setting needs to be...

SMART (specific, measureable, attainable, relevant and time-bound)

Read how to make SMART goals and the areas of your life you can think about making goals outside of swimming. Write down a goal in the morning in your accountability log or make a long term goal in school, a hobby, or a life goal/ what do you want to be when you grow up? Then think about how you will achieve your goals, what do you need to do?

<https://www.mindtools.com/page6.html>

The article below helps make sure you are thinking through your goals and making them meaningful, not just throwing out times you think you should go.

<https://swimswam.com/5-great-goal-setting-hacks-for-swimmers/>

Physiological: Cognitive

On Wednesday, I started talking about heart rate. As coaches, we want you to know your heart rate, especially so you can understand how hard you need to push yourself or if you can try harder. We begin to use heart rate in relation to speed and effort during a set or race. Instead of saying to go from an easy effort to hard effort, coaches can give you specific heart rates to reach to make sure your effort is where it needs to be. Taking your heart rate after a race can help you warm down properly, making sure your heart rate has come down, helping you recover, before you get out of the pool.

Here are some responses about what heart rate is, how to take it, and what your teammates heart rates were when they measured them.

“Your heart rate is how many times your heart beats in a minute. Your resting heart rate will always be lower than your exercising heart rate, and athletes' heart rates will usually be lower

than non-athletes. You can measure your heart rate by finding your pulse, which you can do by placing two fingers on your upper-neck towards the back of your jaw bone, or placing one finger in the small nook on the side of your wrist facing away from the rest of your body (if you're looking at your hand with the palm facing up). My resting heart rate is 66, and my exercising heart rate is 110-150 (depending on how difficult the exercise is that I'm doing).”

“Heart rate is how many times your heart beats in a minute. It can be measured in different ways. The methods using arteries are the radial pulse, carotid pulse, pedal pulse, and brachial pulse. The most common way to measure your heart rate is by using a device, such as a blood pressure machine. My resting heart rate is 68 bpm. My exercise heart rate is 148 bpm.”

You can still give a response to the heart rate exercise as well, reference the article again or read it for the first time. It talks about what effects your heart rate and how to check your heart rate. Try to find your heart rate in two different areas. We will talk more about the purpose of taking your heart rate in the coming lessons.

<https://www.healthline.com/health/how-to-check-heart-rate>

Physiological: Nutrition

The nutrition section this week will be the same each day, trying to make sure you are hydrating and making at least a few healthy choices when you eat.

I will hold swimmers accountable for how they decide to fuel their bodies. At the IMX level, swimmers need to be putting together their own snacks, and learn how to prepare healthy meals. Why do we tell you, our swimmers, to be drinking water so much? Why is hydration important, what happens when you are dehydrated? What are the benefits of drinking water?

<https://darebee.com/nutrition/fitness-and-hydration.html>

Keep track in your log how much water you drink each day this week.

How should you decide what to eat as a swimmer? This is an easy read about nutrition and different options available. You will also see some of the ways it is important to time how swimmers eat in relation to training and competition.

https://hubbardswim.com/docs/RecTeam/Nutrition_for_Swimmers.pdf

This week, pick/make one healthy snack a day and write down in your log. I will refer back to this, along with other material, as we go along for other meals to make.

Weekly Dryland:

Today we will be doing some dryland challenges during the Zoom meeting. You can do the same exercises this week and will get a new circuit next week. Some of you also have your own dryland routine you go through and I encourage you to keep doing that. You can use these to mix up your dryland routines at home.

The workout below should take 45 minutes to an hour to complete. Swimmers should take the time at the end to make sure they are stretching. Remember that doing exercises incorrectly or

rushing them can lead to injury, watch what you are doing, push yourself as much as you can, without injury. While swimmers know the exercises below, I have included reminders they need to pay attention to while they do their workouts.

To help keep your cardio endurance up get outside to ride your bike or go on a walk or run, at least 4 times a week in addition to the dryland exercises.

Warm-Up

This warm-up should take *at least 2:30 and no more than 3:00* (timed exercises are :30 each, total of 2:00 plus the exercises in between). Move quickly in the transitions, the point is to warm-up your muscles and get your heart rate up.

High Knees for :30 Seconds → 20 Jumping Jacks → Butt Kicks for :30 Seconds → 10 Burpees → High Knees for :30 Seconds → 10 Pushups → Butt Kicks for :30 Seconds

Circuit- Body Weight Exercises

Complete this Circuit 2x – it should take 32 minutes, 15 minutes per round.

Each Exercise for :45 seconds, rest & get ready for next exercise :15 seconds

1. Squat Keep arms across chest, sit back – stand up like pushing off a wall
2. Plank on Hands Hold core tight, keep back straight
3. High Knees Knees up to Chest, running pace
4. Shoulder Taps Push-up position, no rotation
5. Jump Knee Tucks knees to chest with power – like off a turn
6. Push-Ups Don't cheat yourself
7. Flutter Kicks Hands under butt, STRAIGHT LEGS, do not touch the ground!
8. Mountain Climbers Keep your core tight and your butt low
9. Tri-cep Dips This is an ARM exercise, move your body with your arms, not hips
10. Calf raises Feet flat to tippy toes, to feet flat, no cheating yourself
11. Reverse Crunches No touching ground, knees to chest, straight out, back to chest
12. Plank Jump In/Out In hand plank position, feet jump in under chest and back out
13. Sit-Ups Arms across chest, no cheating
14. Streamline Squat Jumps Tight streamline, tight core
15. Burpee w/ Pushup QUICK, down on hands, jump feet out, pushup, jump in, jump up.

Rest 2:00

Warm Down and Stretching

Use this stretch routine to warm down:

<https://darebee.com/workouts/finish-line-workout.html>

Refer to the following links every day or every other day to make sure you are stretching, working on flexibility and your posture. Look around at the other stretching workouts on the site. I will switch it up the stretching I send, but start with the links below.

Full body stretching exercise:

Use this at the beginning of a workout to warm-up or to help stretch in the morning.

<https://darebee.com/workouts/unplugged-workout.html>

Stretching for after working out:

Follow these stretches at the end of a workout.

<https://darebee.com/workouts/finish-line-workout.html>

Exercises to improve posture:

<https://darebee.com/workouts/posture-perfect-workout.html>

<https://darebee.com/workouts/posture-workout.html>

Remember you can reference <https://darebee.com/> for resources to help you become a better athlete. **Can everyone in your family complete the daily challenges?**

Thoughtful response challenge: How would your season have ended?

Construct an “essay” type response about how your season would have ended. Use the following guidelines to help you think of a thoughtful response. Instead of submitting this in the form, reply to this email, or email it directly to your coach for them to see. We want this to be a way of getting a little closer on your season, knowing you would have ended on a positive note in the pool. Use this exercise in the future to remind yourself how to think positive.

- What meet did you compete in and what races did you swim?
- What goal did you have for each race? What techniques were you working on? Go through each race, one at a time, and describe each race in as much detail as you can.
- How did achieving your goals make you feel? What goals do you have going forward?

Daily Swimmer Challenges to Complete:

Respond on the following google form. Only I will see your answers, but may share some information or learning from what you provide. Please make a note in your response if you do not want me to use your name or answers to share with everyone.

<https://forms.gle/mDDAfVY2u9WMmaop9>

- If you haven't completed already: What is heart rate and how do you measure it? What is your resting heart rate? Exercise heart rate?
- Complete a daily challenge from the darebee site with a non-swimming family member.
- Try and keep track of a daily accountability log, get in the habit of making goals, stretching and eating healthy. Once you are in a routine, you don't need to keep a physical log.

Daily Accountability Logs:

In the morning:

Name one goal for the day:

Do active stretching or some exercises.

In the evening:

What was the most active activity you did today?

What was your healthiest snack or meal?