



Wales National and Regional Development Programme 2008 to 2009

Injury Illness and Fitness Policy and Guidelines

Introduction

The following policy and guidelines are set out to help swimmers cope with attendance at any Welsh Training Sessions, Camps or Clinics. They also provide coaching staff with some simple benchmarks to help them prepare sessions knowing that swimmers can handle minimum training sets before arrival on a camp or clinic etc.

Illness

Swimmers should not attend any session, camp or clinic if they have any illness that would prohibit them from carrying out the Minimum Training Sets.

Swimmers should not attend any session, camp or clinic with an infectious illness.

Swimmers should not attend any session, camp or clinic if their Doctor deems that they should not train with their given illness.

Swimmers recently recovering from illness should only attend if their Doctor has advised that it is safe to resume full training.

Any swimmer taken ill during a camp or clinic will be advised to return home at the earliest opportunity and seek medical attention.

Injury

Swimmers should not attend any session, camp or clinic unless they are injury free and able to complete every aspect of training.

Swimmers will not be allowed to do low level training on low-level injuries at sessions, camps or clinics.

Martyn Woodroffe
National Coaching Co-ordinator Welsh Swimming
January 2008



Swimmers recently recovering from injury should not attend sessions, camps or clinics if they are unable to complete each & every aspect of training.

Any swimmer injured during a camp or clinic will be advised to return home at the earliest opportunity and seek medical attention.

Please Note

If in doubt stay out.

Camps and Clinics will no doubt create muscle soreness through the training process, this is normal and whilst swimmers will be encouraged to stretch both prior to and post training sessions it is not acceptable to get out of a pool session to stretch unless advised to by the coach or team staff. This applies to all Swim Wales operated sessions.

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National Coaching Co-ordinator Welsh Swimming
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Minimum Training Requirements for Camps and Clinics

Wales National Youth, Regional Development Programme and Stroke Specific Clinics

Event	Boys 13 & Girls 12	Boys 14 & Girls 13	Boys 15 & Girls 14	Boys 16 + & Girls 15 +
All Swimmers	8 x 200 freestyle @ 3:30 12 x 100 freestyle @ 1:45	10 x 200 freestyle @ 3:15 15 x 100 freestyle @ 1:40	12 x 200 freestyle @ 3 4 x 400 freestyle @ 6	15 x 200 freestyle @ 2:45 6 x 400 freestyle @ 5:30
All Swimmers	6 x 200 IM @ 3:45	8 x 200 IM @ 3:30	10 x 200 IM @ 3:15	12 x 200 IM @ 3
Backstroke Swimmers	6 x 200 backstroke @ 3:45 12 x 100 back @ 1:50	8 x 200 backstroke @ 3:30 16 x 100 back @ 1:45	10 x 200 back @ 3:15 5 x 400 backstroke @ 6:30	12 x 200 backstroke @ 3 6 x 400 backstroke @ 6
Breaststroke Swimmers	6 x 200 breaststroke @ 4 12 x 100 breaststroke @ 2 3 x 400 breast kick @ 8	8 x 200 breast @ 3:45 16 x 100 breast @ 2 4 x 400 breast kick @ 7:45	8 x 200 breast @ 3:30 16 x 100 breast @ 1:50 4 x 400 breast kick @ 7:30	10 x 200 breast @ 3:15 20 x 100 breast @ 1:45 4 x 400 breast kick @ 7:15
Butterfly Swimmers	10 x 100 butterfly @ 2:10 20 x 50 butterfly @ 1	6 x 200 butterfly @ 4 12 x 100 butterfly @ 2	8 x 200 butterfly @ 3:45 16 x 100 butterfly @ 1:50	10 x 200 butterfly @ 3:30 20 x 100 butterfly @ 1:40
All Swimmers on No1 Kick	8 x 100 No1 kick @ 2:20 4 x 200 No1 kick @ 4:30	8 x 100 No1 kick @ 2:15 4 x 200 No1 kick @ 4:20	10 x 100 No1 kick @ 2:10 5 x 200 No1 kick @ 4:10	12 x 100 No1 kick @ 2:05 6 x 200 No1 kick @ 4
Distance Freestyle Swimmers	4 x 800 freestyle @ 13 16 x 100 freestyle @ 1:40	5 x 800 freestyle @ 12 20 x 100 freestyle @ 1:30	6 x 800 freestyle @ 11:30 24 x 100 freestyle @ 1:25	6 x 800 freestyle @ 11 30 x 100 freestyle @ 1:20

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All Swimmers Swimming Freestyle Target Time Set	100 free @ 1:45 200 free @ 3:30 300 free @ 5:15 Twice Through Target Time 1 st PB100 + 20 secs pace 2 nd PB100 + 18 secs pace	100 free @ 1:45 200 free @ 3:30 300 free @ 5:15 Three Times Through Target Time 1 st PB100 + 20 secs pace 2 nd PB100 + 18 secs pace 3 rd PB100 + 16 secs pace	100 free @ 1:40 200 free @ 3:20 300 free @ 5:00 Three Times Through Target Time 1 st PB100 + 20 secs pace 2 nd PB100 + 18 secs pace 3 rd PB100 + 16 secs pace	100 free @ 1:30 200 free @ 3:00 300 free @ 4:30 Three Times Through Target Time 1 st PB100 + 20 secs pace 2 nd PB100 + 18 secs pace 3 rd PB100 + 16 secs pace
All Swimmers Swimming No 1 Stroke Target Time Set	16 x 75 No1 @ 1:45 1 to 8 Building 9 to 16 Target Time = $\frac{3}{4}$ (PB200 – PB100)	20 x 75 No1 @ 1:45 1 to 8 Building 9 to 20 Target Time = $\frac{3}{4}$ (PB200 – PB100)	24 x 75 No1 @ 1:30 1 to 8 Building 9 to 24 Target Time = $\frac{3}{4}$ (PB200 – PB100)	24 x 75 No1 @ 1:30 1 to 4 Building 5 to 24 Target Time = $\frac{3}{4}$ (PB200 – PB100)

The following are guidelines only and are the absolute minimum, swimmers should be doing these sets and often more on a regular weekly basis in preparation not only for training on camps and clinics but also as preparation for forthcoming competitions (taper periods excluded).

All sets should be completed with **excellent technical skills** and with good pace judgement either a **slight negative split or even paced**.

The sets should be started at a moderate pace with effort increasing and the repetition times gradually improving throughout the set.

Please note there are no Heart Rate Guides however swimmers and coaches are encouraged to monitor heart rates so that the sets can become progressive and sets more accurately devised as the volume density or intensity is increased.

The estimated Target in the Target Time Sets is a guide only with swimmers and coaches being asked to establish accurate Critical Speeds using a step test and heart rate monitors. The 75 metre repetition distance can and should be extended to 100 metres if swimmers are easily achieving their target times.

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