

# AP RACE CLINICS COVID-19 RESOURCE PACK



**This is a resource package which has been put together for the swimming community...**

It has been developed by the Adam Peaty Race Clinics Team to make sure that you can stay in the swimming game physically, mentally and emotionally.

Through this time where pool access is very limited for swimmers or even not available at all it is very hard to stay motivated or engaged with the swimmer in you. The Team have put together this pack which includes some of the methods that they will be using themselves.

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## HOW TO STAY “SWIMMING ENGAGED”

Adam Peaty, Edward Baxter and Tim Shuttleworth

It is so hard to stay engaged with swimming mentally and emotionally when you can't get into a pool or even anywhere near one for the foreseeable future. As with anything keeping it simple is often the best. With this in mind we think there are five great ways you can keep in the swimming mindset through these tough times...

### “CONTROL THE CONTROLLABLES”

Swimmers are often high analytical thinkers; we focus on trying to take tenths of seconds off our best times through 10 months of solid training. It is very easy for swimmers to overthink and worry about events which are often out of their control. The concept of “controlling the controllable” has been one of the most key elements to Adam's success. Worrying causes a huge amount of stress so why worry about something that you have no control over? We are in a very rare scenario for sport where everyone is in the same boat, if you are worrying that other swimmers are training when you aren't, and they could be making gains over than you... they aren't! If you aren't training, they aren't training so this is an uncontrollable. What is controllable is your attitude and your approach to this unprecedented situation, stay positive and don't try and control something that is out of your power!

### VISUALISATION

Visualisation is a tool that almost every high performance swimmer uses and one that was taught in detail during the Race Clinics last year. If you as a swimmer disengage mentally through this period of rest, then you lose your swimming mindset and all the progress you have currently made with it over the start of the season. Taking 5 or 10 minutes out of your day to just go through some visualisation of a training session, a race or even the timing of your stroke and how it feels in the water could make a huge difference when you manage to jump back in the water.

### ROUTINE

As swimmers we are creatures of habit. We wake up at a certain time, we go to bed at a certain time and always train and go to school at the same time, we are used to having everything in a routine. During this period try and hold on to a routine as much as possible. Make sure not to go to bed too late and wake up too late. It is a chance to mentally refresh but try your best to stick to a routine which will keep you healthy mentally and physically. Once returning to the pool you will find it much easier to drop back into a normal routine if your life hasn't been TV and Xbox until 2am everyday to only wake up at 11am and repeat the whole cycle again.

### STAY ACTIVE

When we as swimmers go through a training regime of 5, 15, 25+ hour of training per week our bodies are trained to be put through a high level of physical work week in week out. If we now just start to just lie on the sofa or bed all day our body will go into a detraining mode where all of the physical progress you have made will be reversed and lost meaning when you come to dive back into the pool your body simply won't be ready to train. Make sure to stay as active as possible with plenty of fresh air and exercise (within government guidelines!). Further down in this pack you will find some circuit ideas that will help with this while also keeping swimmers going through swimming specific movements to keep the muscle memory ticking over.

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### LEARN YOUR CRAFT

It is very rare for swimmers to have free time, with school, training, racing social lives etc it is very hard for swimmers to find time where they relax but over this period with nothing but free time why not take the opportunity to learn more about swimming? Watching videos of some of the great's technical skills, their mindset and some of the greatest races of all time is a great way to stay engaged through the period without any training time. With YouTube we have unlimited access to races over the years and video resources to keep you motivated and learning about your sport. Below we have compiled a list of some really good videos to get stuck in to!

### VIDEO LINKS

#### BUTTERFLY

**Michael Phelps US Nationals 2015 (comeback swim going the fastest swim in the world while not competing at the World Championships)**

<https://www.youtube.com/watch?v=vVBk2jSv-wc>

**Caleb Dressel World Championships 2019 breaking Phelps's World Record**

[https://www.youtube.com/watch?v=mI\\_IK8mwYOA](https://www.youtube.com/watch?v=mI_IK8mwYOA)

#### BACKSTROKE

**Regan Smith World Championships 2019 smashing the 200 backstroke World Record at 19 years old! Stunning technique throughout the race.**

[https://www.youtube.com/watch?v=HBaEfKA3e\\_Y](https://www.youtube.com/watch?v=HBaEfKA3e_Y)

**Matt Grevers Olympics 2012 winning gold with a brilliant turn and finish.**

<https://www.youtube.com/watch?v=FWXov5vY4Yg>

#### BREASTSTROKE

**Kosuke Kitajima Japan Open 2008 going the first 2.07 for all time in the 20m breaststroke. Arguably the greatest breaststroke technique of all time.**

<https://www.youtube.com/watch?v=eEbYU8JjbBo>

**Cameron Van Der Burgh Olympics 2012 winning gold in a WR time and dedicating the swim to the favourite before the games who tragically died, Alexander Dale Owen.**

<https://www.youtube.com/watch?v=1g7oRASpJO0>

#### FREESTYLE

**Yannick Agnel Olympics 2012 winning 200 freestyle with a beautiful long freestyle.**

<https://www.youtube.com/watch?v=7tudN0tDzIE>

**Ian Thorpe Olympics 2000 winning the 400 freestyle in many people's opinion the greatest freestyle swimmer of all time... and listen to that roar at the home games!**

<https://www.youtube.com/watch?v=zm7kASrwYIs>

#### INDIVIDUAL MEDLEY

**Ye Shiwen Olympics 2012 winning the 400IM with an incredible back ends at only 16 years old.**

<https://www.youtube.com/watch?v=ArKGCqIVbLQ>

**Michael Phelps Olympics 2016 winning his 4th consecutive 200IM at an Olympics games... done by no other Olympics athlete ever.**

<https://www.youtube.com/watch?v=e-XGSYnhUjg>

### OUR FAVOURITE SWIMS

**Mens 4x100 freestyle relay 2008 Olympics with the greatest comeback of all time thanks to Jason Lezak... the best race of all time!**

<https://www.youtube.com/watch?v=chwxuUtnfUk>

**Adam Peaty 100 breaststroke 2016 Olympics breaking the World Record with the biggest winning margin ever in Olympic history over any sport.**

<https://www.youtube.com/watch?v=chwxuUtnfUk>



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## HOW TO KEEP YOUR SWIMMER ENGAGED

Kev Pickard

It is of course a very difficult period for parents supporting both themselves and athletes. With so many people stuck at home it's going to be a very difficult time ahead but that doesn't mean we can't treat it as a great opportunity.

There are so many different things that make up a swimmer, be that their psychological approach, their nutritional approach, their core stability or their flexibility, amongst many other things. It's of course going to be quite stressful as it is a situation none of us are used to.

I often see many parents in September quite glad that the school holidays have come to an end and the period we have coming up could be considerably longer. With that in mind I think it's extremely important that parents get into a good routine that's breaks up each day into useful slots. We all love a routine and with the timetable of school and swimming removed, some structure is going to help make the day become much more manageable.

Whether that time for exercise, some fresh air, some video calling to stay in contact with their friends, some time to read and study to keep up the mental agility with schoolwork, and definitely some downtime where swimmers can relax. There is likely to be some difficult

discussions that take place, especially with stressful situations of no exams and competitions cancelled. It's important to be honest and share these thoughts to ensure that things don't become bottled up. But it's also necessary to recognise that the coming weeks will be stressful and it's okay to verbalise that and they are not alone. Athletes and parents up and down the country and across the world are in similar situations.

Finally, I think it's really important that parents within their networks of swimming create digital groups, whether that is on social media or through WhatsApp, to ensure they keep engaged themselves with their swimming social groups. It's something that is going to help the transition both in and out of this difficult time a lot easier.



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## PHYSICAL CONDITIONING - USE IT OR LOSE IT

**What this means is the energy systems, muscles, tendons and movement patterns that are not trained, will become detrained. The old adage is very sensible advice and particularly relevant at this stage of the COVID 19 crisis where training facilities have gone into lock down.**

**We can think simply across 3 areas of training:**

Cardiovascular fitness

Muscular conditioning

Swimming specific capacity

**As such below are a few recommendations for maintaining fitness to better smooth the transition back to swimming, stay physically and mentally healthy and alleviate boredom.**

### **Replace swimming volume with other Cardiovascular (CV) exercise modalities.**

**1** Running, cycling, utilisation of home training equipment such as spinners, rowers, cross trainers are all ways of maintaining CV fitness, the capacity and efficiency of the heart, lungs and blood transport system of the arteries, veins and capillary network. Online fitness classes such as boxercise that focus more predominantly on the upper body will maintain upper body conditioning and specific blood flow qualities. Think about the different forms of training you do in swimming to advise session content. A1 work may be reflective of longer lower intensity stretches of continuous efforts of work. Threshold work may reflect 3 – 4 minute bouts consisting of a trail to complete as quickly as possible with a break between and repeated multiple times. Weeks can be formulated to reflect a typical swim week.

### **Strength and conditioning training.**

**2** Completing exercise circuits will facilitate high volumes of work across key muscle groups, joints, tendons and the skeletal system. If performed in an intensive fashion again this work can support the cardiovascular demands of the sport also. Where strength or land programmes have been completed at your club request these sessions and implement them into a timetable of work. Bodyweight exercises on land although will not match the volume demands of swimming, they will create a more intensive stimulus challenging muscular strength to a greater extent. Attempt to work across all sites of the upper and lower body, as well as the trunk. Online resources will be available do your research and look for trusted sources.

## PHYSICAL CONDITIONING - USE IT OR LOSE IT

### **Full body postural management training methods such as yoga and pilates**

These will never replace the specific fitness qualities of swimming. However, developing from basic to more intermediate progressions and classes, swimmers will implement a novel stimulus of postural management and sustained loading across joints and muscle groups. Do your research to find established practitioners and organisations who provide online resources and take advantage of free trials (accepting no responsibility if you forget to cancel) repeated multiple times. Weeks can be formulated to reflect a typical swim week.

3

**Regardless each swimmer is going to experience variation and change in their training modalities and habits. It is essential to identify that this means risk. It is very important to follow the below precautions.**

Safety first! If you are unsure, or feel there is an injury risk revert to a different training method that you have more confidence in. Seeing a physio will be a challenge also during this period.

Use a variety of training modalities. Different training methods that spread load across the body and in different ways will avoid monotony and overload of specific body parts.

Start small and build progressively. Although very fit and capable of swimming long distances this does not mean that an achilleas tendon is able to cope in the same way through a long run. As such start with small 20 – 30 min chunks of work and build week on week, if the work has been tolerated without issue.

Draw up a timetable that reflects your swimming work and stick to it. This will provide structure to your day, encourage habit and allow you to progress or if needed regress systematically.

**Undoubtedly swimming specific conditioning will decline. However, there is good opportunity to build on foundation underpinning fitness qualities. Using different training methods will create new, novel challenges that will facilitate good, accelerated, conditioning progress. Additionally, practising new training methods will help to progress key land training skills essential to the senior high performing swimmer, so make sure technique is excellent and focus is on training competency as well as staying and getting fit.**

**Think of this period as an off-season training programme. Take advantage of the opportunity it presents, protect existing conditioning qualities, stay healthy, safe and active.**

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## KEEPING THAT SWIMMER'S BODY

Here is an example of a flexible progressive ladder circuit. We would recommend swimmers start off with the circuit below and then increase the load within your capabilities. Everyone is different so this starting point could be too easy or too hard for you. Work within your capabilities.

**30** seconds work

**30** seconds rest

**X3**

**Exercise 1** = lower body

**Exercise 2** = upper body

**Exercise 3** = trunk

**Whole circuit 6 rounds**

To increase the workload on this circuit you can adjust anywhere you like, for example running 45 seconds of work 15 rest, increasing the number of rounds... get creative!



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## KEEPING THAT SWIMMER'S BODY

### LOWER BODY

#### SQUAT



#### START



#### SPLIT SQUAT



#### FINISH

#### START

#### LATERAL TRANSFER

#### FINISH



#### START

#### SIDE TO SIDE LUNGE

#### FINISH



#### START

#### GOOD MORNINGS

#### FINISH



#### START

#### GLUTE BRIDGE

#### FINISH





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## KEEPING THAT SWIMMER'S BODY

### LOWER BODY

START

SINGLE LEG GLUTE BRIDGE

FINISH



START

CMJ

FINISH



START

PAUSE SQUAT JUMPS

FINISH



START

DROP DOWN SQUAT JUMPS

FINISH





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## KEEPING THAT SWIMMER'S BODY

### UPPER BODY

START

PRESS UPS

FINISH



START

BAND ROW

FINISH



START

DIPS

FINISH



START

SEA TURTLES

FINISH



START

PRONE SWIMMERS

FINISH



START

CHICKEN WINGS

FINISH





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## KEEPING THAT SWIMMER'S BODY

### UPPER BODY

START



TWS



FINISH

START



BAND PULL APARTS



FINISH

START



SHOULDER TAPS



FINISH



# AP RACE CLINICS COVID-19 RESOURCE PACK



## KEEPING THAT SWIMMER'S BODY

### TRUNK

#### FRONT PLANK



#### SIDE PLANK



#### START

#### HYPER EXTRENSIONS

#### FINISH



#### START

#### SUPERMAN'S

#### FINISH



#### START

#### DEADBUGS

#### FINISH



#### START

#### HIGH REACH SIT UPS

#### FINISH





# AP RACE CLINICS COVID-19 RESOURCE PACK



## KEEPING THAT SWIMMER'S BODY

### TRUNK

START

PLANK LEG LIFTS

FINISH

START

PLANK ARM REACH

FINISH



START

SIDE FLEXIONS

FINISH

START

DISH HOLDS

FINISH

