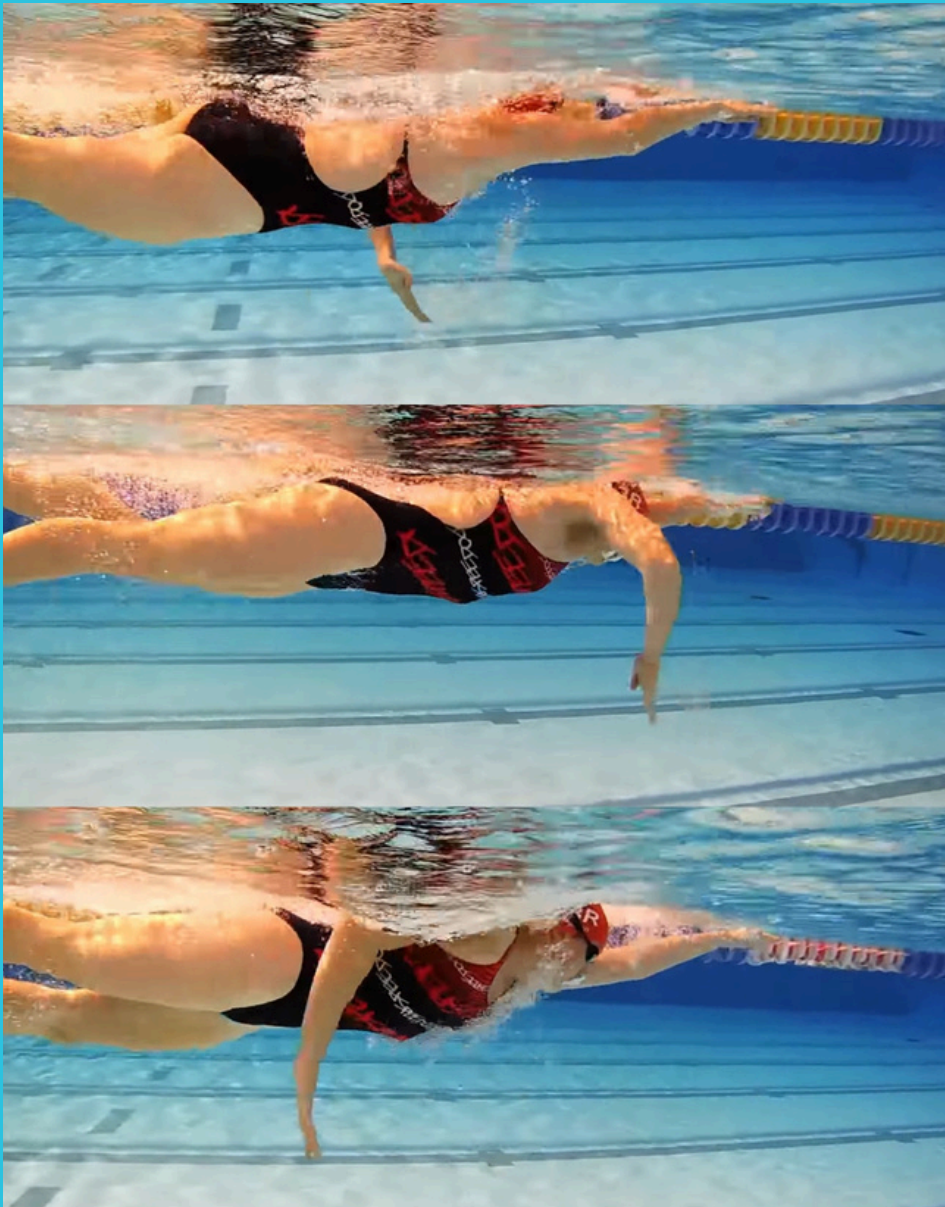




WWW.WAVECRESTSWIMMING.COM

REMOTE TRAINING HANDBOOK



Prepared by
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WAVECREST

Introduction

Welcome to WaveCrest Swimming's Program handbook

Having been an International swimmer, I have been coached by the best in the world. Since becoming a coach over a decade ago I aim to bring top level coaching to anyone who wants it.

At WaveCrest allowing you to confidently dive in to your training program is at the forefront of our mind, as we understand the positive impact this has towards reaching your goals.

We hope this detailed handbook contains everything you need to navigate your training journey.

How it works

At WaveCrest we know every swimmer's goals and dreams are different and individual that is why we have curated a number of different types of training program options, you can find out all about them below.



Program packages



Platinum £180

- Consisting of 3 tailor made different weekly sessions over the month. Potential to provide 12 per month based on progression analysis.
- One 60 minute private check in session.
- One detailed race plan.
- Capability to provide video analysis when provided up to 4 times a month.
- Land based strength and conditioning guidance.
- A one-time per month 15% off coaching fees with Cassandra Patten at WaveCrest Swimming.



Gold £140

- Consists of 2 tailor made different weekly sessions over the month. Potential to provide 8 per month based on progression analysis.
- One 45 minute check in session.
- One detailed race plan.
- Capability to provide video analysis when provided up to 2 times per month.
- A one-time per month 10% off coaching fees with Cassandra Patten at WaveCrest Swimming.



Silver £120

- Consists of a single tailor made training session per week for the month.
- One 30 minute check in session.
- One detailed race plan.
- Capability to provide video analysis when provided once a month.
- A one-time per month 10% off coaching fees with Cassandra Patten at WaveCrest Swimming.



Custom
Price on
demand

- At WaveCrest Swimming we know that everybody is different. Therefore if you see some parts that you like from different packages please email and we will create your desired training programme.

Getting started

To start we recommend having a phone call or Zoom with our Head Coach Olympic Medalist Cassandra Patten.

In that call you can take the time to explain exactly what it is you are looking to achieve, it may be to train for a specific event or to improve your swimming generally and together you can decide what program is best for you.

Cassandra will also introduce what to expect from the training program, she will give you a run down of the pre program documents you will need to fill in, as well as explaining how you will receive your program each week.

Now is your chance to discuss any questions you may have, as well as arrange a technique session using your exclusive discount.



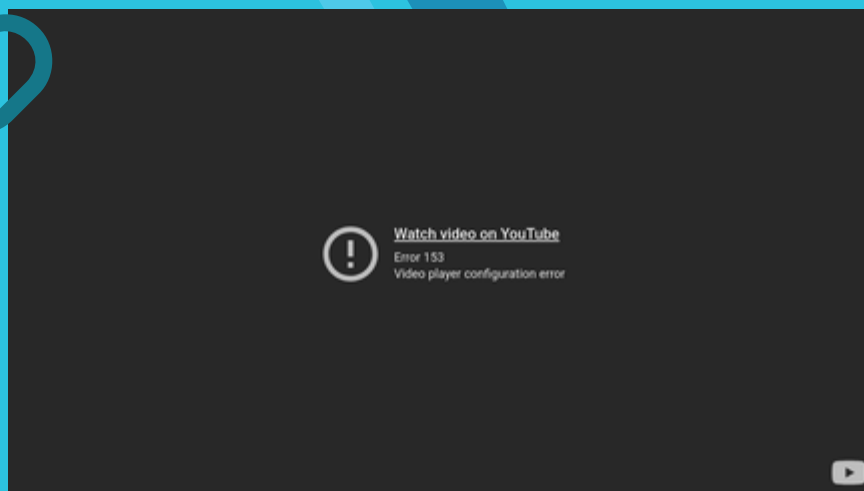
The pre program documents

The details you supply us in this form, assists us in planning your training program. It asks for an outline of a current week's training, including how far you normally swim each session.

The more you include in here the better, but do not worry its not a test so do not stress. This form also includes a health declaration, if anything changes during your program it is vital you let WaveCrest know so we can tailor your sessions accordingly.

Cassandra will also ask you to watch this YouTube video, it is a handy video which explains how to use the Google Drive documents you will be working with, including how to leave comments with your feedback.

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



Diving in

Each session is broken down in to 4 key elements:

warm up

This is where you are easing into the session, slowly warming up your muscles and setting a technical intention for the set.

Prep set

It is here where you are preparing both your body and mind for the main set, it normally has an element of what is to be expected in the main set.

Main set

Here is where the fun happens!
This part of the session is the main focus of the set.
There is more information on this on the next page.

swim down

In this part of the session you can relax and unwind, allowing your body to recover from the main set.

Feedback

Each week after you have completed the session and time permits, it is really beneficial to leave some feedback on how the sessions went. We understand that time can be tight so do not feel under pressure to type out an essay. A couple of key times from the main set and a perceived effort is a fantastic amount of feedback. Any data you provide will guide us in preparing your up coming sessions and it is always very welcome.



Types of main set

There are 5 main types of set:

Heart rate set: include high-intensity swimming punctuated by periods of recovery. They allow you to fit more challenging work into your session than if you tried to do it all continuously. The aim is to raise your heart rate during the high-effort segments so your body gets used to working at higher intensities and adapts to deal with this added workload.

Distance sets: longer lower level sets, this tends to increase over time. For example, you could start in week one of a program by swimming 4x200m and it will be increase each week so you are doing 4x300m in week five.

Threshold training: this helps you build your Lactate Threshold, which is the maximum speed your body can sustain at an aerobic intensity. Threshold Training involves swimming at a pace that will improve your Lactate Threshold speed, which will result in significant speed increases in distance swimming (400m plus).

Recovery set: really easy allowing your body to rest and recover.

Speed Sets: this is where you swim FAST for short distances with lots of rest, to improve your overall speed.



Elements to the main set

Other elements to the main set may include:

Negative splits: These sessions are great for improving your ability to finish a race strongly, because the aim is to complete the second half of the workout faster than the first. So in a 400m session you'd aim to swim the final 200m quicker than the first 200m.

Build swims: In a build swim you gradually increase the pace and effort over a set distance. This session type is useful if you want to improve your ability to control your pace, which is vital in swimming. As you tire, your instinct will be to slow down, but these sessions build discipline to stick to a set pace and then push yourself harder. A typical build swim could be 6x200m with the first two lots of 200m at 60% effort, the next two at 70% and the final two at 80%.

Broken swims: These are swam faster than race pace to improve raw speed. You try to beat your best time for a distance by breaking it into chunks. So, in a 25m pool, if your best time for 100m is 80sec you would aim to complete each length in less than 20sec, with a 5sec rest between lengths.



Key abbreviations

Every coach uses different terms when writing a session, here are WaveCrest's abbreviations.

Short hand	Explanation (based on 25m pool)
12.5m	½ Length
25m	1 Length
50m	2 Lengths
100m	4 Lengths
200m	8 Lengths
400m	16 Lengths
800m	32 Lengths
1km	40 Lengths
Kick	Legs only with a kick board
Pull	Arms only with a pull buoy
Pull - band	Arms only with a band at your ankles
Best effort (BE)	As hard as you can throughout

Short hand	Explanation (based on 25m pool)
Drill	Pick a drill we have worked on (All drills can be found on WaveCrest swimming's Youtube channel, @WaveCrest_swimming)
% eg 100m @ 50%	50% of your max effort (times for this can be found on your CSS table within your program)
MAX	AS FAST AS YOU CAN!
RI eg 4x50 RI 15	The rest interval you take EG 15 seconds
OFF eg 4x100 off 1:20	The total time for your swim and rest combined. EG you swim a 100 and rest within 1:20, then push off to start the next 100m
Build	In a build swim you gradually increase the pace and effort over a set distance
-ve split	Negative split, the aim is to complete the second half of the repeat faster than the first
BBM	Beats Below Maximum heart rate - so if you know your max heart rate this is the amount under that, it's an indicator of effort
MR	Minute Rest



CSS test

You may have heard the phrase Critical Swim Speed (CSS) or Threshold Pace but may not know what they mean or how to figure out what yours is. Don't worry we have you covered!

As part of the training program every Meso Cycle we will test you to assess where you currently are and this will be used in planning your future sessions. CSS is the theoretical fastest pace that a swimmer can hold continuously without exhaustion. It is essentially an approximation of your lactate threshold speed. If you are a distance swimmer, open water swimmer or triathlete then improving your aerobic capacity is a key factor in making you a faster swimmer alongside establishing efficient technique.

Improving your speed at threshold pace will lead to drops in your race times! That is the entire reason why you train...to swim faster in your races/events. Doing anaerobic speed work is important but it won't necessarily make you faster over the course of a distance swim.

Critical Swim Speed or Threshold Training should have you focused on swimming at your threshold or CSS pace but with short rest periods between each swim. Training in this way allows your body to develop your aerobic system. This is exactly what you need to become a better distance swimmer. The CSS test is not very complicated but when done right it should hurt! You will do two time trial swims. First you will do a 400 meter swim (ensuring that you record your time). Then do some easy swimming or rest to fully recover. Then you will do a 200 meter time trial (again ensuring you record your time).

It is essential that you do a solid warm up and a build set so that you are ready to push hard on these two time trials. These time trials should be started by pushing off of the wall and not diving in from the blocks! To reiterate, don't forget to write down your times for both the 400 and 200 meter swims, then post them as a comment on the session so we can create your target times. Your goal should be to pace each time trial evenly and not to start fast and then fade on each one.

Your CSS pace will change as you train so it is important to do this test every 6-8 weeks to find out your new training pace and to see all the improvements you are making!

Booking and payment

Booking and Payment

WaveCrest will send you an invoice with all payment costs and details on it, we require payment for the first month up front as it takes a substantial amount of time and planning to set up a training program. In the beginning your whole training cycle is planned out, this includes when to push your training so you taper and peak in anticipation for your events.

In this pre-planning stage we also have to consider and accommodate for your holidays/life events and how they will fit into the training cycle. This is before any sessions have even been written.

For swimmers who plan to receive ongoing training programs we ask for a direct debit to be set up on the 1st of the month.

Upon payment you will receive the first 2 weeks of training sessions. The reason you will receive 2 weeks and not the full month is because it is a live document which is being adapted based on your feedback. WaveCrest use this data to plan your future sessions.

If you wish to stop your program you will have to give 1 full calendar month's notice. You will continue to receive your programs up to until the agreed termination date. If you wish to re-engage and start a program back up for a specific event or date then get back in touch and we can continue where we left off.

FAQ

FAQ

Can sessions be set in open water as well as in the pool?

YES, WaveCrest have substantial knowledge of training in open water and can modify sessions to accommodate this.

How far do I need to swim in a session?

That depends on your swimming ability and goals. We can set sessions for any length and distance to suit the needs of our swimmers.

What equipment do I need?

We recommend a small kit bag, with fins, kick board, pull buoy and a drinks bottle, plus we advise a piece of non-gloss laminated paper to write the sessions on (which can be purchased from WaveCrest swimming if required).

Can I book a training session with WaveCrest?

ABSOLUTELY! We would love to see you in person and don't forget you will receive a discount on your training sessions as part of having a training program with us.



Finally

I hope this has helped you to better understand training programs.

If you have any questions or would like to book a session please contact WaveCrest swimming and we will do our best to assist you.



www.wavecrestswimming.com



[@wavecrest_swimming](https://www.instagram.com/wavecrest_swimming)

