



Southwold Land Conditioning



What I bring to Land Conditioning

- **I have been a land conditioning coach for C1 over the last year.**
- **I'm passionate and motivated in what I do, and I believe young swimmers need to have fun and look forward to each session.**
- **All of my land conditioning sessions are planned in line with the LTAD**
- **Session plans are varied to ensure swimmers are motivated.**
- **Innovative and fun approach to training**
- **Alignment of swim knowledge to land conditioning**
- **I have the following qualifications:**
 - **ASA/UKCC Level 1 Teaching Swimming**
 - **ASA/UKCC Level 2 Teaching Aquatics**
 - **Level 3 advanced fitness instructor**
 - **Level 3 Nutrition & Weight Management**
 - **Diploma in Personal Training and Sports Massage Therapy**
 - **Level 2 Children's Fitness Course**
 - **Circuit Training**

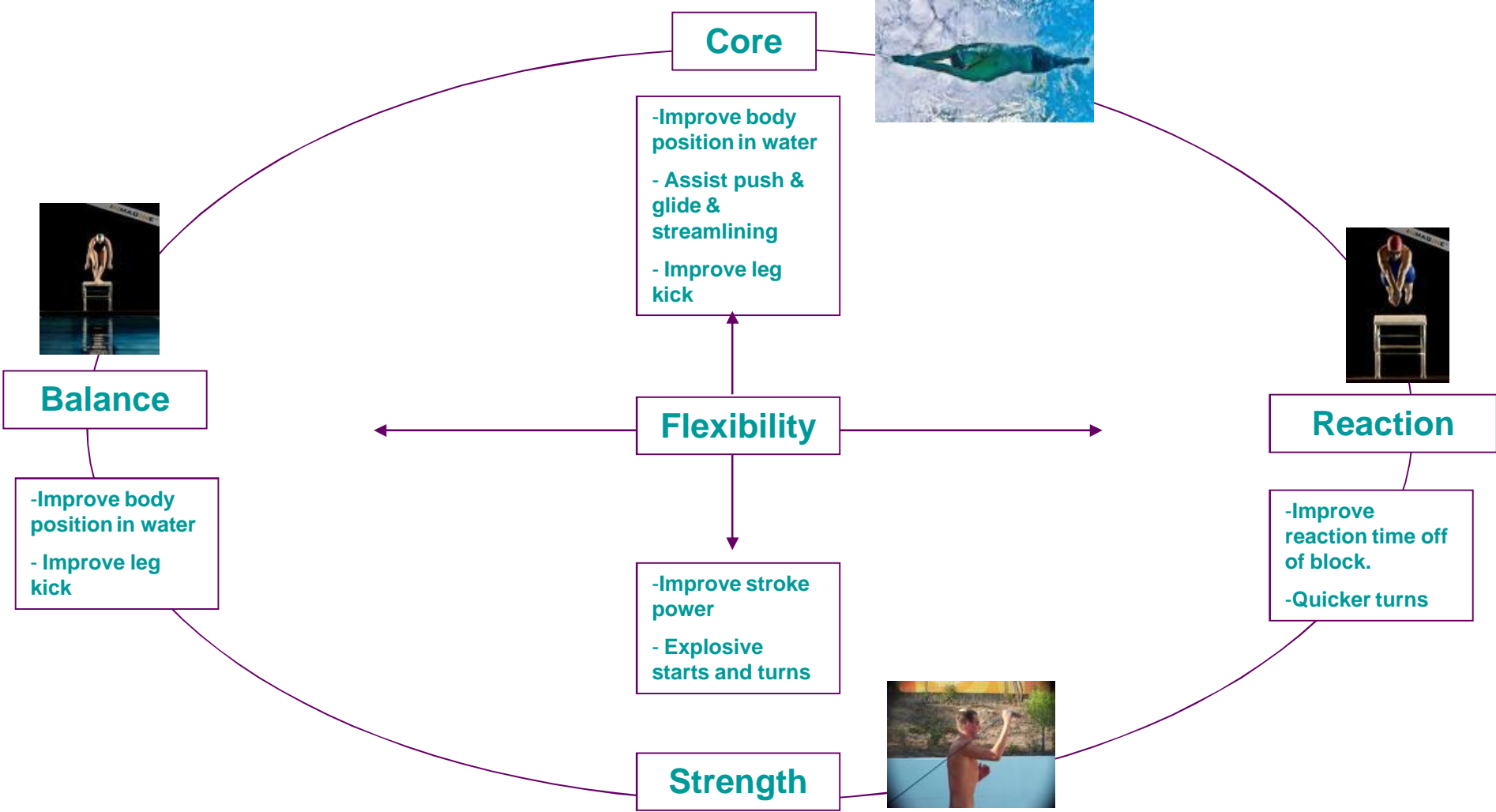


What is Land Training?

- Any activity done out of water designed to improve performance in the water.
- Land conditioning is used to improve; Agility, co-ordination, speed, strength, body awareness and flexibility.
- High level of performance in swimming comes from good core strength (hips, abdomen & lower back), as swimmers can generate power from the hips , land training is an excellent means of developing this.
- What does the core do?
 - Allows elongation to get the streamline effect needed for efficiency in the water.
 - Strong abdominal muscles allow the swimmer to control body position.
 - Contributes to faster starts and turns.

All land conditioning sessions are structured in line with the Long Term Athlete Development Plan (LTAD). This is a development plan based on human growth and Development.

Conditioning Cycle





Groups C & D

- There are varying ages within these groups, but all will fall between stages 1 (FUNdamentals) and stage 2 (building technique) of the LTAD, The skills that we will be developing are;
- Agility, Co-ordination, Speed, Running, Jumping, Throwing, Kinesthetics, Catching, Kicking
- We play games which improve co-ordination and general athleticism which benefit the swimmer because the better the athlete you are, the better you will turn, start and be able to change your stroke because of increased body awareness.
- The fun and motivation that these activities hold for young swimmers will help keep swimmers in the sport for longer.
- There is popular notion that young children (i.e. under 12 years) cannot benefit from appropriate land based conditioning, but providing that basic components of the conditioning programme include flexibility, general body conditioning and movement co-ordination, there is no lower age limit to training. The use of own body weight and using simple equipment such as Swiss balls, medicine balls, light hand weights which are added to basic exercise movements is acceptable.



Groups B & A

- Again there are varying ages within these groups, but all will fall between stages 3 (Train to Train) and stage 4 (Train to compete) of the LTAD.
- During this stage, land conditioning should continue to develop flexibility, core and include the use of 'own body weight' exercises. However, preparations will be made for the development of strength exercises with light weights. This will include learning the correct strength training techniques.



Group A (Older A Group)

- Continued emphasis on physical conditioning with the focus on weight training with high intensity.
- At this stage we should know the swimmers specific strokes and distances (are they a sprinter or long distance swimmer?) and tailor the land conditioning plan accordingly.
- Land conditioning focuses on developing maximum strength and power, coupled with continued work on core body strength and maintaining flexibility.



Timetable

Sunday

5.00-5.45	D	Core Work	All
5.45-6.45	A (older swimmers)	Core Work	Age 13 & above
6.45-7.45	A (younger swimmers)	Core Work	Age 12 & below

Monday

5.45-6.45	C	Core Work	All
6.45-7.45	B (younger swimmers)	Core Work	Age 13 & below

Tuesday

4.30-5.30	A	Resistance in Gym	Ross, Anna, Bethan, Steven, Nick, Ashley
5.30-6.30	A & B	Own body weight	Rebecca, Charlotte, Alice, Maddie & B group ages 14 & above



Testing and Monitoring

Swimmers will be tested on land exercises to establish a baseline against what is expected of them at their stage of the LTAD, they will then be tested periodically to gauge progress and identify areas of weakness.

If there is an area of weakness identified as part of the land conditioning training, then this will be discussed with the Head & Deputy Head Coach to see if the weakness identified impacts on their swimming in the pool. If it does impact, the swimmer will be given a specifically tailored plan to improve this area.

- Swimmers height, weight and body measurements will be taken on a periodic basis to measure progress. It is essential that we identify a growth spurt as this will impact on their land and swim training. I can assure you that this information will be kept confidential.
- I would also like to issue reports on swimmers progress to parents on a periodic basis, advising on weaknesses (if any) and progress made throughout the year. Content and timings of this report need to be discussed with the Head coach.



Any Questions

