

# A Comprehensive Guide to Training Expectations at Maidenhead Marlins Swimming Club

Understanding training, nutrition, and  
recovery practices clearly



# Today's Agenda Overview

- Swimmer-Centric Philosophy at Maidenhead Marlins
- Session-by-Session Expectations for Swimmers
- Hydration, Refuelling, and Recovery
- Training Consistency and the Will to Succeed
- Understanding Energy Systems and Intensity Monitoring

# Swimmer-Centric Philosophy at Maidenhead Marlins

# Overview

## **Club Philosophy Embrace**

Adopting the club's values and philosophy helps swimmers align their goals and commitment for success.

## **Training Consistency**

Regular and disciplined training sessions are essential for swimmers to improve technique and endurance.

## **Hydration and Nutrition**

Proper hydration and balanced nutrition support optimal performance and recovery for swimmers.

## **Understanding Energy Systems**

Knowledge of energy systems enables swimmers to optimise their training and race strategies effectively.

# Empowering Swimmers to Maximise Their Potential

## **Tailored Coaching**

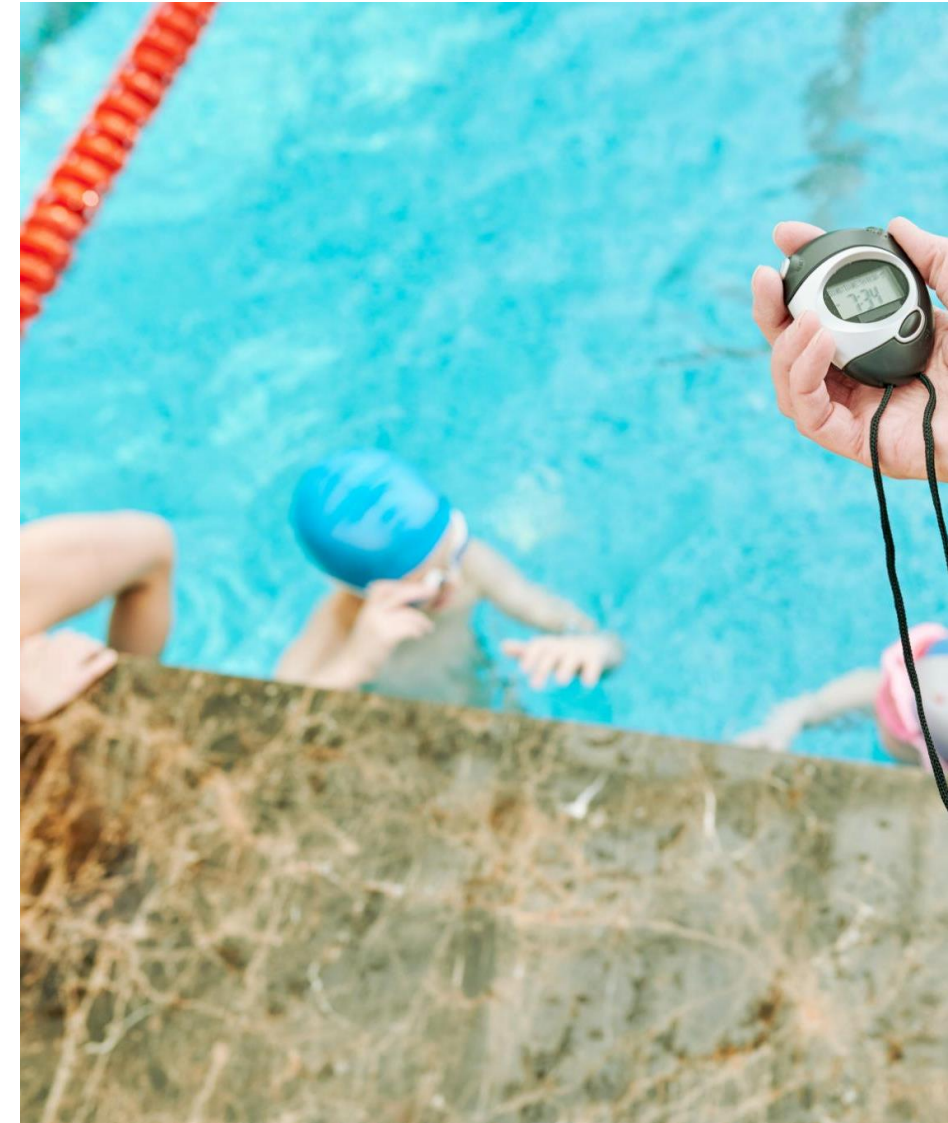
Provide personalised coaching plans designed to meet each swimmer's unique needs and strengths.

## **Goal Setting**

Set clear and achievable goals to motivate swimmers and track their progress effectively.

## **Recognising Progress**

Celebrate individual achievements to build confidence and encourage continuous improvement.



# Personal Motivation and Self-Driven Achievement

## **Intrinsic Motivation**

Athletes should cultivate motivation from within to sustain long-term commitment and improve performance.

## **Self-Discipline**

Consistent training and adherence to routines are essential for achieving personal success.

## **Positive Mindset**

Maintaining optimism and resilience supports overcoming challenges and reaching goals.



# Fostering Respect and Encouragement Within the Team

## **Creating a Respectful Atmosphere**

Respect among team members makes everyone feel valued and appreciated, building trust and morale.

## **Encouragement and Support**

Encouragement motivates swimmers to improve, fostering personal development and team unity.

## **Collaboration for Growth**

Team collaboration enhances both individual skills and collective success through shared effort.



# Session-by-Session Expectations for Swimmers





# Delivering Consistent Effort and Focus

## **Maintain High Effort**

Consistent high effort during training sessions is crucial for swimmers to improve their performance steadily.

## **Concentration Throughout Sessions**

Sustained concentration helps swimmers stay on technique and maximise the benefits of each training session.

# Application to Tasks and Exercises

## **Full Engagement in Drills**

Complete involvement in drills is essential for improving swimming skills effectively and safely.

## **Applying Coaching Instructions**

Understanding and applying coach's guidance helps develop proper technique and endurance.

# Hydration Strategies Before, During, and After Training

## **Pre-Training Hydration**

Drinking fluids before training helps prepare the body and prevents dehydration during exercise.

## **Hydration During Training**

Consuming fluids during training replaces water lost through sweat and supports sustained performance.

## **Post-Training Rehydration**

Hydrating after training restores fluid balance and aids recovery for optimal performance.

# Refuelling with Appropriate Nutrition



## **Timely Nutrient Intake**

Consuming nutrients at optimal times ensures sustained energy and effective recovery after exercise.

## **Balanced Meals and Snacks**

Balanced meals include carbohydrates and proteins to replenish glycogen and support muscle repair.



# Establishing Routines for Effective Recovery

## **Importance of Rest**

Rest allows the body to repair itself and helps prevent injuries during training.

## **Role of Stretching**

Stretching improves flexibility and reduces muscle stiffness, aiding recovery.

## **Sleep for Adaptation**

Quality sleep supports muscle repair and adaptation to physical training loads.

# Training Consistency and the Will to Succeed



# Building Consistency Through Regular Attendance

## **Endurance Development**

Consistent training sessions enhance physical endurance necessary for sustained performance.

## **Technique Improvement**

Regular practice refines skills and corrects form, improving overall technique.

## **Confidence Building**

Frequent attendance boosts confidence through repeated success and skill mastery.





# Cultivating a Strong Mindset and Desire to Improve

## **Resilient Mindset**

Resilience enables swimmers to bounce back from setbacks and maintain progress.

## **Growth-Oriented Approach**

A growth mindset motivates continuous learning and self-improvement in swimming.

## **Motivation to Achieve Goals**

Strong desire drives swimmers to set and reach their performance targets consistently.

# Understanding Energy Systems and Intensity Monitoring



# The Role of Heart Rate Monitors in Training

## **Real-time Effort Feedback**

Heart rate monitors give immediate data on exertion levels to guide swimmer performance.

## **Optimal Training Intensity**

Monitors assist swimmers in maintaining the best effort levels to improve without strain.

## **Preventing Overtraining**

Monitoring heart rate helps avoid excessive training and reduces injury risk.



# Aerobic Threshold: Importance and Application

## **Aerobic Threshold Defined**

The aerobic threshold is the exercise intensity where the body uses oxygen efficiently to produce energy without fatigue.

## **Endurance Improvement**

Training at the aerobic threshold enhances endurance by improving oxygen utilization during prolonged physical activity.



# Anaerobic Training: Benefits and Expectations

## **High-Intensity Efforts**

Anaerobic training involves short bursts of high-intensity exercise to develop speed and power quickly.

## **Oxygen Deficit Adaptation**

This training teaches the body to perform efficiently with limited oxygen availability during intense efforts.

## **Speed and Power Development**

Anaerobic workouts enhance muscular strength and explosive power essential for athletic performance.

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