



# THE PERFORMANCE POST

Where Swimmers Excel



01 December 2016 – Number 6

Hi Everyone,

Welcome to your latest Performance Post newsletter. I hope you like it ☺  
As always, do your 4 x A's. Are you improving them every week?

- ATTITUDE** I am always positive no matter what the situation  
**ATTENDANCE** I always attend my allocated workouts. I will do another workout if I miss one of my regular workouts  
**APPLICATION** I always give 100 per cent. My daily goal is to improve by pushing myself to the limit  
**ABILITY** I am always striving to improve my skills. I will pay attention to my skills especially doing the basics perfect ☺  
 (streamlining, body position, long strokes etc)

**LET'S MAKE DECEMBER AN AWESOME MONTH.**

**TRAINING ZONES**

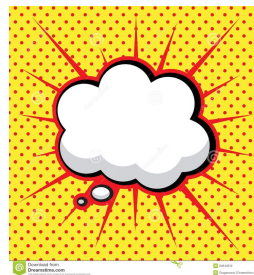
As you all know, the workouts are now more prescriptive. This means that you need to:

1. Understanding the goal of each set
2. All the sets have a goal – use your time wisely so that every stroke, every lap, every turn and every finish is as best as you can do it
3. Train with the correct effort, speed, stroke rate and heart rate
4. Train with the best technique

Each training zone reflects the different muscle fibre type (there are 3 types) and the energy conversion sources (there are 4 of those). A lot of our early to mid season training emphasis is on building the engine size (capacity). Later in the season, we will switch our focus to developing the speed of energy conversion (power). An easy way to remember this is:

Early season – building the size of the balloon to as big as possible = CAPACITY

Late season – allowing the balloon to release energy fast = POWER



Please see me if you have any questions.

**ATTENDANCE**

November's attendance will be published soon. Remember, good progress comes from attending your allocated workouts every week. If you miss one workout due to another commitment, then you need to attend a make-up workout to keep your training volumes consistent. The foundation workouts that everyone should be attending are:

**Monday pm, Wednesday am, Thursday pm and Saturday am**

That way, you will always get the main sets that reflect the training emphasis for that week.

**SWIM MEETS and EVENTS COMING UP**

Sat & Sun	Event	Notes
03-04 Dec	Weet-Bix Tryathlon (04)	
10-11	SBOP Junior Champs (10-11)	All 12 and unders to race
17-18	<b>AquaKnights (10-15)</b>	By invitation – we have 5 athletes racing in Australia and 1 athlete racing at the Tri Series
17-18	Christmas Splash Night (18)	Everyone to attend ☺
<b>2017</b>	<b>TRAINING CAMP (09-28 Jan) ROTORUA</b>	For Performance A and B athletes. Extra hard training to prepare for the Nationals
14-15	<b>SNZ Open Water Nationals (14-15)</b>	See Bronwen if you wish to race
21-22	SBOP Junior Camp (22) Whakatane Meet LC (23)	By invitation Last chance to qualify for NZ Junior Festival & Div2

If you are going to take a family break (your monthly coaching fees are still payable), then the best time to do that is from around 20 December for 10 days or 25 December for 10 days. Make sure that you do plenty of cross training during this time – running, biking, dryland circuits, Frisbee, football, touch etc. Stay active!

### **DIVISION 2 AND NATIONAL JUNIOR FESTIVAL – Biggest Team ...**

Both of these national events will be held in Rotorua in early 2017. Have a look at the qualifying times on the SNZ website (on the homepage, meets calendar and click on the AquaKnights Zone) and really push yourself hard in training as we want to have our **BIGGEST TEAM** ever competing.

### **EQUIPMENT**

Please ensure that you have your drink bottle at EVERY workout. Dehydration (which occurs very quickly in hot weather) leads to a steep decline in your training performances. Stay hydrated and bring some lollies to the longer workouts.

**CHRISTMAS SPLASH NIGHT** – everyone to attend ☺

## **SWIM ROTORUA CHRISTMAS SPLASH NIGHT**



**SUNDAY 18 DECEMBER  
2.00 – 5.00 PM**

**Races, Splash & Dash, Inflatables,  
Tarzan Swing, BBQ !!!**

**☺ Come along and join in with the fun ☺**



### **TIP FROM THE TOP - 1**

There are basically 2 ways to train and race faster:

#### **1. Be more streamlined:**

- Keep your HEAD still
  - Keep your HIPS still AND at the surface
  - Breathe in LOW on freestyle and butterfly – breathing too high causes the hips to sink = more drag
- The goal is to minimise DRAG.**

#### **2. Apply more force:**

- Kick FAST, SHALLOW, UP & DOWN and CONTINUOUS on Freestyle, Butterfly and Backstroke
  - Point your feet backwards on Freestyle, Butterfly and Backstroke
  - Point your feet outwards on Breaststroke
  - Deeper and longer turns – really work your bodykicks (use your core and legs)
  - Bigger sail on your pulling action
  - Time your breathing with your arm recovery and your kick with your pulling action
  - Get stronger from doing the dryland circuits
- The goal is to maximise SPEED**

### TIP FROM THE TOP - 2

1. Be a great team player – encourage your team mates
2. Have courage in what you do – lead the lane more, ask good questions, set your goals higher
3. Understand the goal of every set – is it technique, speed, strength, endurance etc?
4. Always give 100 per cent – no point in wasting time. Use it wisely ☺

### TIP FROM THE TOP - 3



Have a great December – make it an outstanding month of **purpose, passion** and **dedication**.

Alastair Johnson  
Head Coach