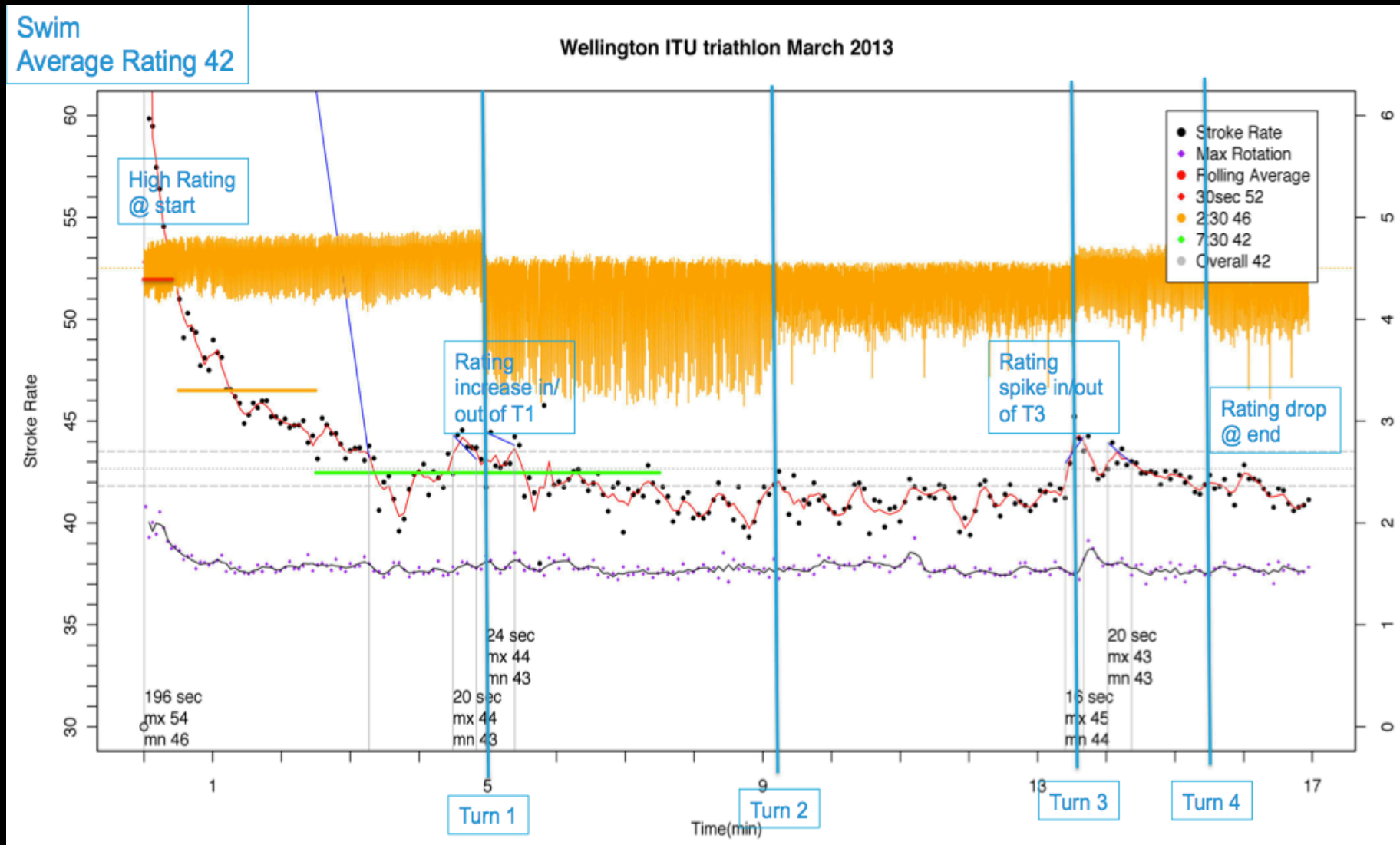
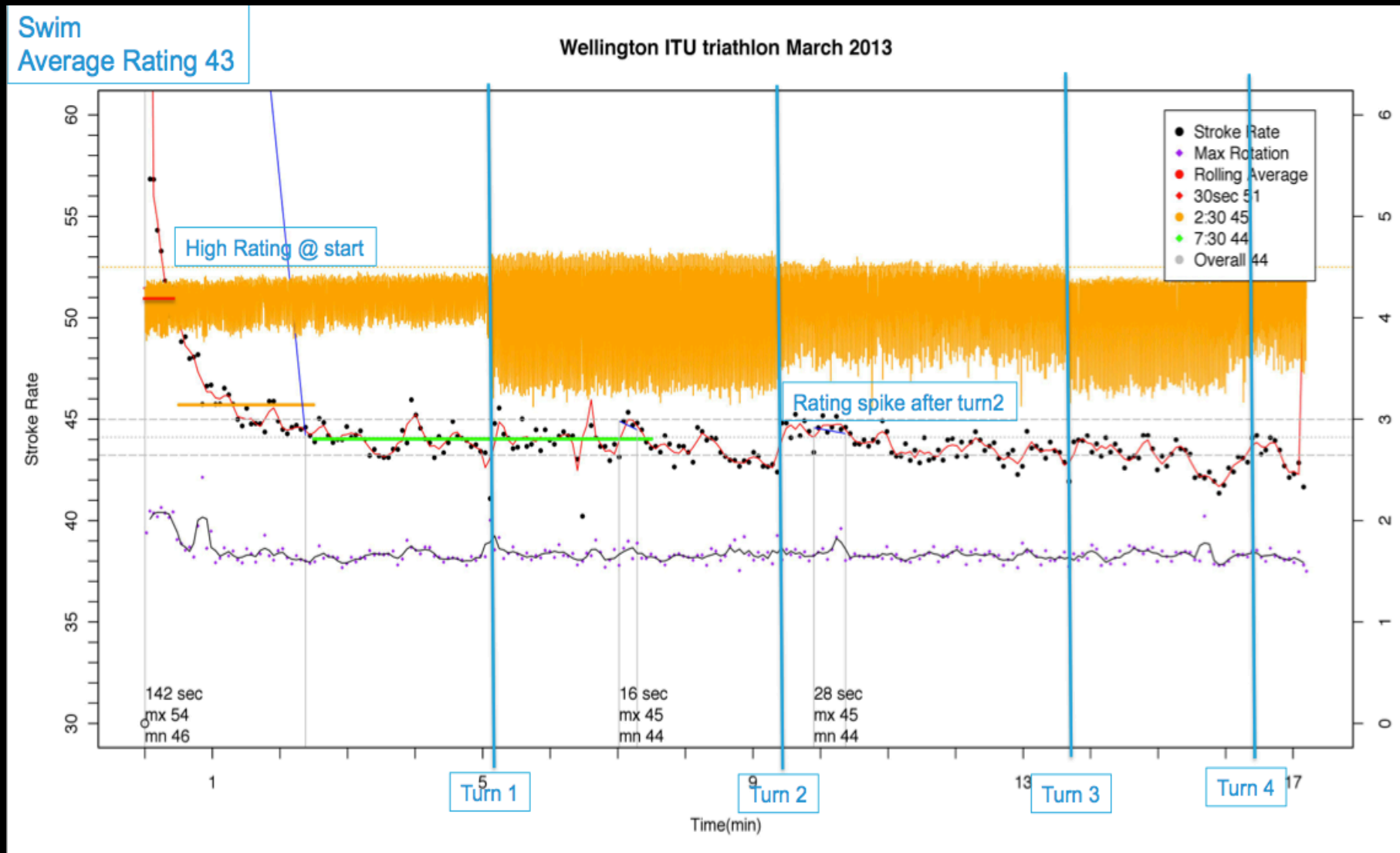


SWIM

# Quantifying the demands of Comp



# Quantifying the demands of Comp



# What are the dynamics

- Water salt / fresh
- Wetsuit / non
- Qual of Field
- Depth of fields - links in the chain
- Body comp – major events
- Distance SPRINT v OLYMPIC

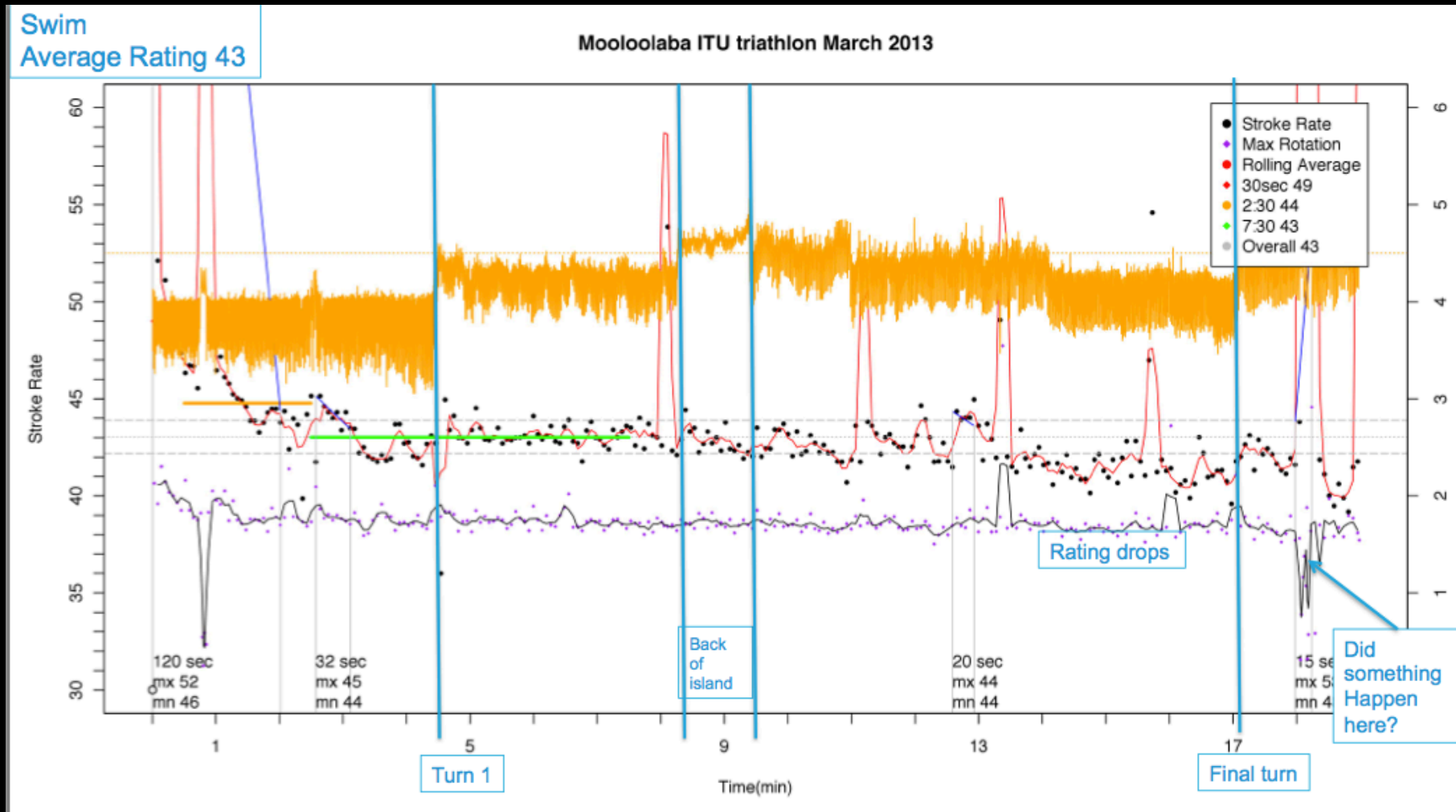
# How do we profile ?

- SR + Velocity
- P50
- P200
- Dead or Underwater Starts at cans wih / without O2
- AT (free swimming)
- Supra AT (faster than free swimming)
- Return to AT after Supra AT
- Villain / Victim
- When does the swim finish ?

# Physiology aside ...

- Confidence with conflict
- Confidence with process investment
- Tenacity
- Tarzan / Jane – exposure and practice
- “Tough” - Process over outcome - confidence
  - T
  - TUF
  - TUP

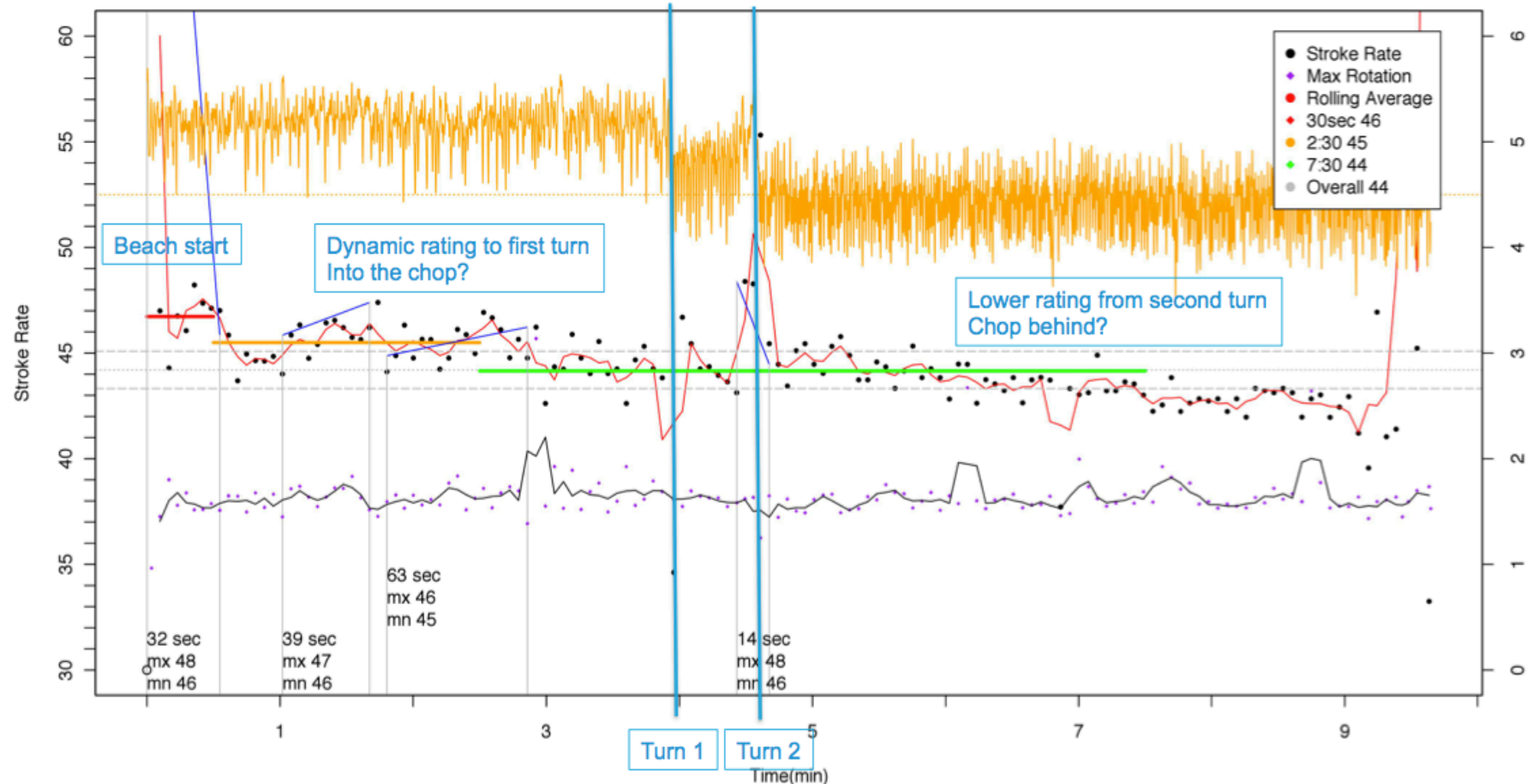
# Demands of comp Variability



# Demands of comp Variability

Swim

Devonport Oceania Sprint Champs 2013





# Form / Skill / Technique

- So what are the fundamentals of triathlon swimming
  - Breathing – timing and out
  - Body position
  - Early application of force with rotation – using prime movers over stabilisers
  - Elevation of elbow upon shallow hand
  - Maintaining high elbow through to midpoint
  - Pull dominance
  - Navigation – direction – drafting – waves/swell .. coping with environmental conditions

# So what are the processes ...

- Coaching leadership and vision
- Technique / Skill
- Deliberate Practice – get the most out of the least
- 100 ways to skin the cat
- Trends I have seen ...

# Swimmers and Teapots



High elbow in the early pull phase of the freestyle stroke.

Dropped elbow!



# Musculoskeletal Awareness

- Can you attain positions – thoracic mobility and should internal ROM
- Use of dryland or land based activities to enhance awareness
- Swimmers using mirrors

## ATHLETE A – SWIMMING HIERARCHY OF THINKING – *PROCESSES DRIVE PERFORMANCE*

### B R E A T H I N G

- Breath out under water and breath in when your head is on your side
- Task specific – eg slow for 5 strokes per breath – faster for 2 strokes per breath
- Breathing out off the walls

### B O D Y P O S I T I O N

- Inverse relationship between head and hips – so head down = hips up – GOOD!
- Ensure body is stable when you perform a task – like breathing or catching
- Your kick is a stabiliser first and foremost – kick shallow from your hips and kick behind yours hips

### R O T A T I O N

- Hip Driven -leading with hips – link your Lats
- HIP – SHOULDER – CHIN
- Freestyle is swum on your side – not your front
- Head remains stable as your body rotates
- When Pulling less hip is involved but trunk and shoulders still rotate upon more “fixed” hips

### C A T C H

- Internal rotation through shoulder is VITAL – set up with high elbow REC and Hand entry further in front
- The shoulder drives elbow – wrist and hand position (finger tip AIM)
- Entry inline with shoulders when you are on your side
- Elbow higher than wrist that is higher than fingertips
- Elbow lifts over your hand and you pull your body over your elbow
- You pull your body thru the water – rather than moving your hands thru the water



# Coaching Hierarchy

- Support individuals within a group
- Deliver for individual needs – athlete development vs traffic direction
- Identify key coaching points – practice well every day – often saying and doing the same thing every day
- Can you coach without a whiteboard/stopwatch
- Make real investments – may need to let something else “go” to gain the processes required
- Coaching is your responsibility – DO NOT delegate task of CORE tasks
- Create Confidence and Competency under any circumstance – you lead – you are the expert to develop the person

# What does the swim deliver

- It puts you in a position to win
- Gives your athlete options
- Races are won on strengths
- Minimise the weakness – rather than developing into a strength and losing your previous strengths