

# Darton College Cavaliers

## Swimming and Diving

### off-season training plan summer 2007

Purpose/Objective: This guide has been developed to help serve as a reference for our team stay in the best possible shape and to be prepared to meet the demands of the regular season training program. Being a member of a college team presents an athlete with the responsibility of maintaining their bodies not only for success in the pool, but to prevent injury and uphold fitness levels. This guide is presented as a BARE MINIMUM of what you should be doing to prepare yourself. If you are able to do more, by all means, do more, but you should be committed enough to try and meet the demands of these prescribed off-season workouts.

Procedure: The training plan will be updated on the website [www.aquadartsga.com](http://www.aquadartsga.com) at the beginning of each month. The duration and frequency of training will increase each month to prepare you for your arrival to Darton College in August.

Each month will consist of a certain number of cardio and abdominal workouts. The objective for the cardio workouts will be to maintain your heart rate at a certain level for a specific amount of time. The abdominal/resistance workouts will be to strengthen certain core and stabilizer muscles that are important for the production of power in swimming. Each workout should be preceded and followed by a warm-up and warm-down. The warm-up and warm-down routines are important components of the workout, please do not neglect them.

Warm-Up and Warm-Down: The purpose of the warm-up is to increase internal body temperature of both the body and the muscles. The increase in temperature of the muscles makes them less rigid hence the chance for injury is reduced. Warm-up can consist of both cardio and dynamic stretching routines. Our off-season plan will consist of both styles of warm-up and will be indicated on the prescribed workouts. Warm-down should consist of at least ten minutes of activity at approximately 60% of your maximum heart-rate. For our purposes, the effort of walking for 10 minutes shall suffice. Please make sure that you allow time to walk for at least ten minutes following each workout regardless of where you perceive your heart-rate to be.

Heart-Rate monitoring: Heart rate monitoring should only be done for the cardio workouts. The abdominal routines consist of bouts of exercise that are too short to be defined by heart rate parameters, so heart-rate should be ignored on these workouts. To monitor your heart rate, you can either use a heart rate monitor, or use your carotid artery (checking your pulse on your neck). To check your carotid pulse, you should find your pulse on your neck, and start counting (beginning with 0). You want to count the number of beats for ten seconds, and multiply that value by six. If you have a heart-rate monitor,

please use that instead of the carotid pulse measurement because it provides a more accurate number.

Technique: Pay very close attention to your technique when you are performing the abdominal/core strength routines. Technique is more important than how fast you are going, or how much you can get done in a specific amount of time. The correct technique is going to ensure that you are using the correct muscles to perform the exercise.

Reporting: Coach Chris Maiello would appreciate a 3 week report on your progress regarding the program. It is important that you keep track of the practices that you complete.