

Swimming Federation of Latvia

High Performance Coach Education

Workshop Programme 2021

Details

The course will cover a range of technical matters crucial to developing swimmers to maximise their potential. Physical, Technical, Tactical and Mental aspects will be touched on in addition to considerations for development and progression.

Delivery

The course will be delivered online in a series of 4 x 4-hour modules. Participants will interact through breakout activities and tasks during each session, and material will be provided in the form of .pdf documents after each section.

Components and dates

Unit 1: Planning, testing and development

05/05/2021

Every programme needs to have a plan. This section will explain the planning process and identify the key developmental stages through a swimmer's career. A coach needs to be sensitive to these stages in order to maximise potential. Examples of long- and short-term planning will be discussed, and testing procedures suggested to monitor progress.

Unit 2: Training techniques and methods

08/05/2021

Swimming training involves a huge commitment in terms of hours and hard work. Unit 2 will explain the scientific rationale behind different types of training and how they can help swimmers improve performance relevant to their age and event. Training types, sets and methods will be analysed to explain to coaches the various considerations when constructing individual and team programmes.

Unit 3: Racing – preparation and execution

24/05/2021

Competition is the ultimate reason we participate in our great sport, but how do we get the most out of racing? This section will cover preparation (warm-up and recovery), tactics (race break-down and analysis) and goal setting. It will focus on race day itself, the build up and how to prepare for your best performance.

Unit 4: Stroke techniques – learning from the World's best

28/05/2021

Efficient stroke technique is probably the single most important factor that determines success in swimming. The complexity of swimming technique and our ability to measure all the forces involved accurately still proves elusive. However, by studying the best swimmers in the world, discussing and analysing technique and creating models of best practice, we can improve performance in a systematic way. This workshop will use film footage from the best swimmers in the world and identify some of the key aspects that contribute to their outstanding performances.

Tutor: Dr Michael Peyrebrune

International Coach, Sports Scientist and Coach Educator with British Swimming for 30 years

Objectives

This series of workshops will improve coach's knowledge and understanding of the training and competition demands of swimming. It is founded on sound scientific principles and based on evidence-based, best practice from the world of Swimming. Candidates will be able to apply better practices to their own coaching and help improve their swimmer's abilities.