



What It Takes To Be Great:

Training

Lifestyle

Team

Technique

Mindset

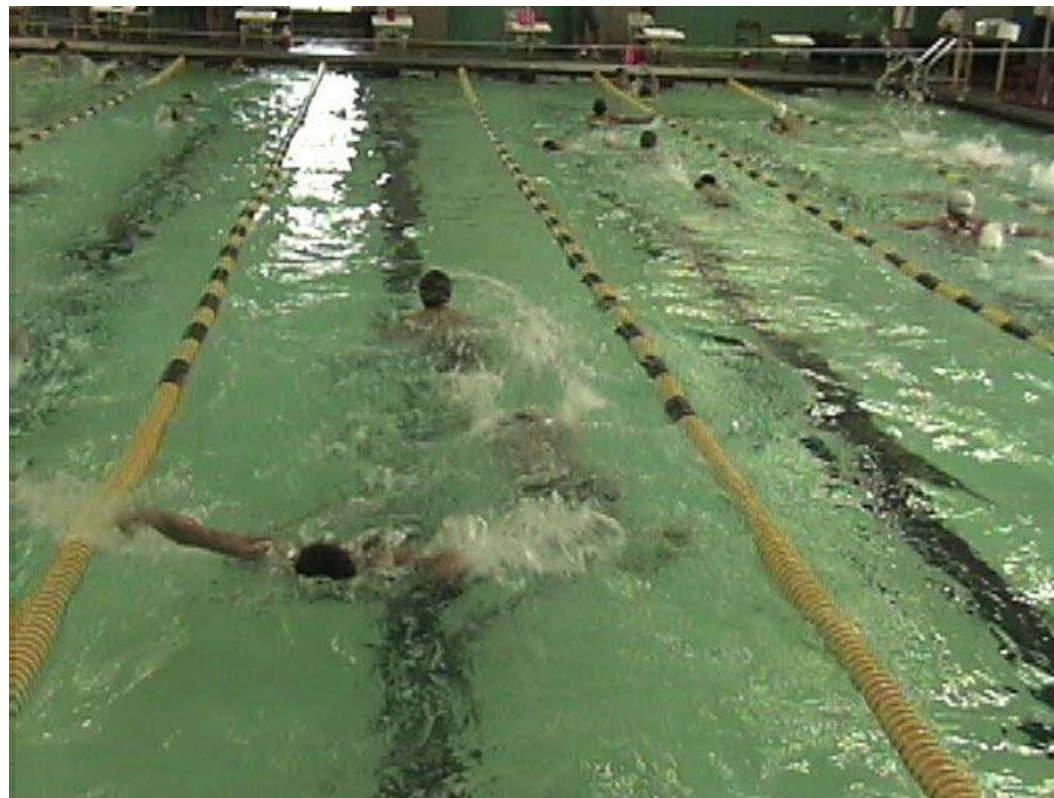
NUTRITION



Practice

Attendance

Focus



Performance

Intensity



Focus

What time is it?

NOW



HERE



Focus

NOWHERE





$$ST = (RT + UT + TT) + (CC \times SR)$$

Swim Time = Scoreboard

Reaction Time = How long it takes to get off the block

Underwater Time = Total amount of time spent underwater

Turn Time = Total amount of time spent turning

Cycle Count = Total number of stroke cycles you take
(Cycle = 1 complete stroke)

Stroke Rate = How fast you take your strokes
(cycles/minute or seconds/cycle)



The Fragility Of Performance

$$ST = (RT + UT + TT) + (CC \times SR)$$

.03 seconds per cycle change in stroke rate = ~1.8
seconds difference in a 100 time

1" change in distance travelled per stroke = ~1.5
seconds difference in a 100 time



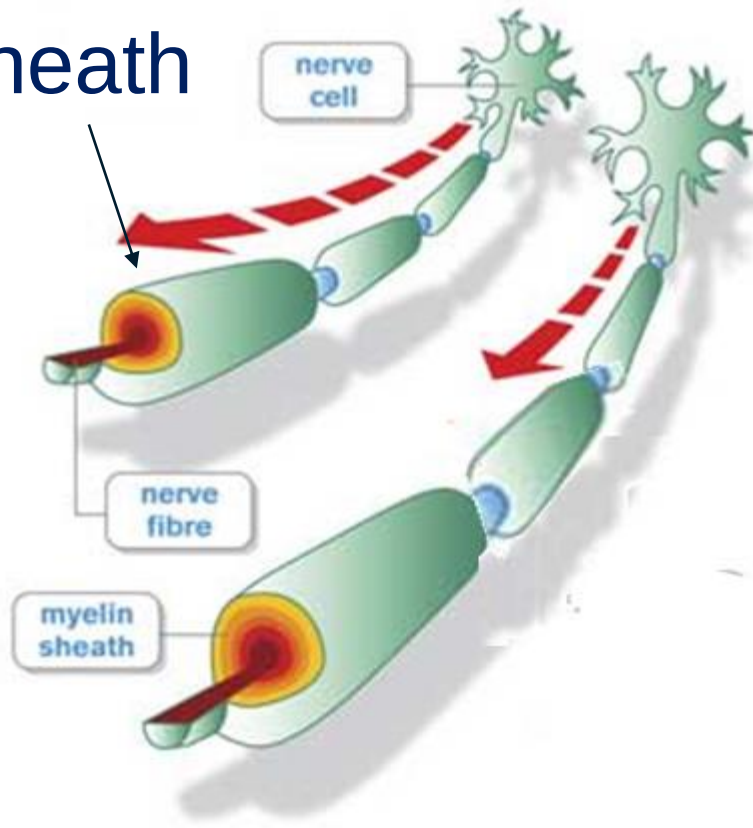
Challenge of Change



The best are comfortable being uncomfortable

“Magic” of the Myelin Sheath

Myelin Sheath





London 200 Fly

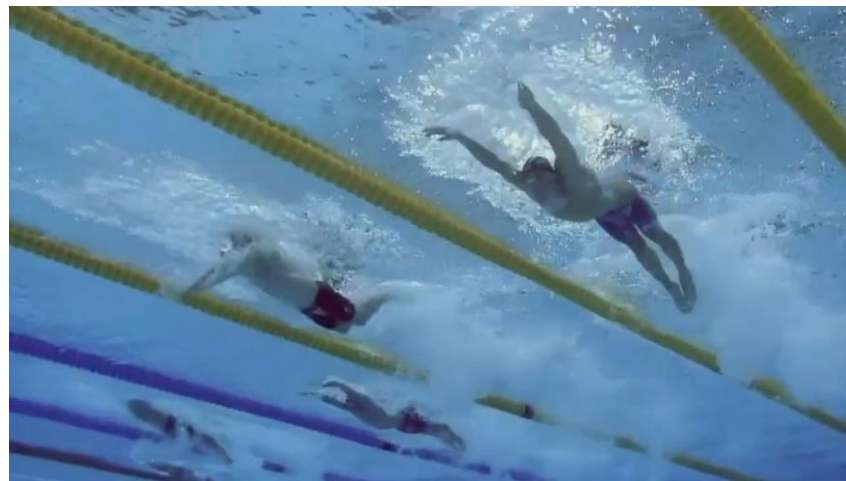
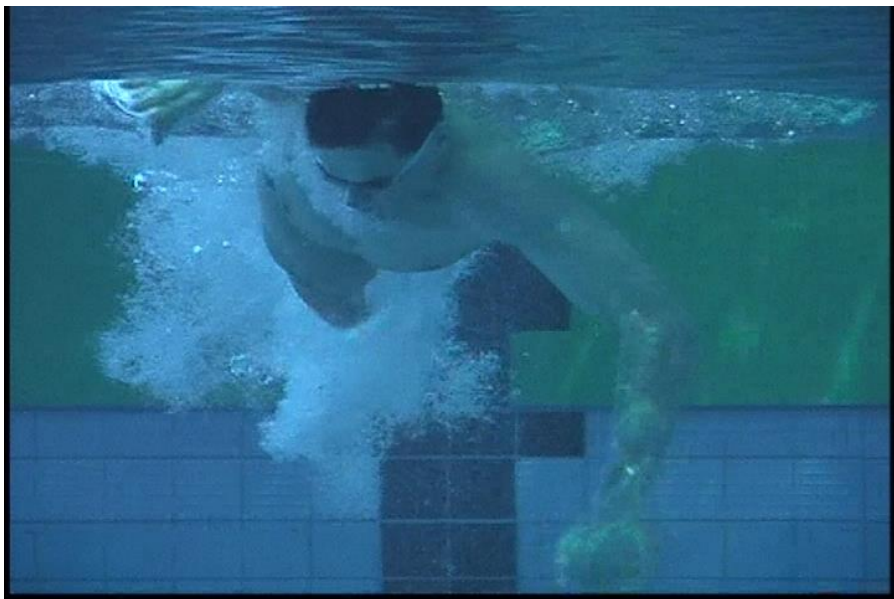


Michael Phelps, admitted that there were days when he glided into the wall at practice. *“And that came out at the moment I needed it the most,”* he said, adding: *“I’m not going to sit and make excuses. Those lazy finishes were decisions I made.”*



Partners







Goals = Motivation



**The 'Why' is as important
as the 'What'**





Success is a Journey

Start with an Outcome or Performance Goal:

“I am excited to have 3 Champs Cuts”

Answer 3 Questions to create Process Goals

What do I need to do better?

What do I need to start doing everyday that I am not doing now?

What do I need to stop doing everyday that I am doing now?





Growth Mindset

"She hates to fail but isn't afraid to..."

-Coach Bruce Gemmell



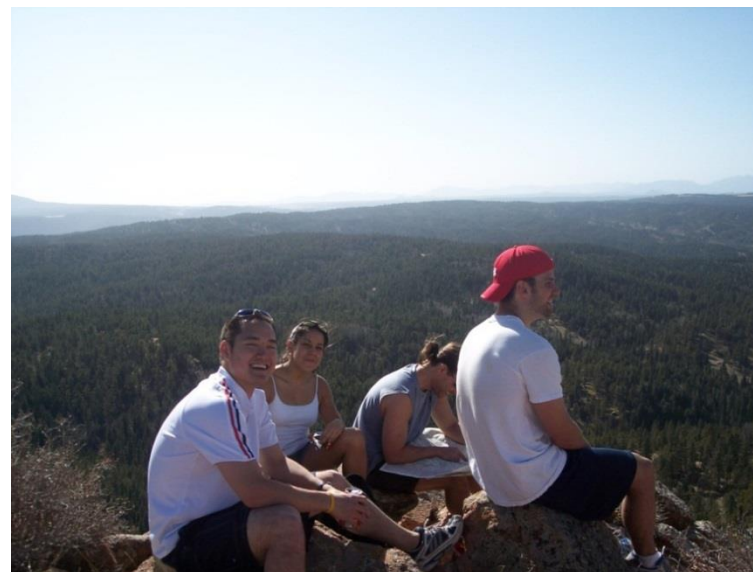


Lifestyle

CHOICES!

RECOVERY!

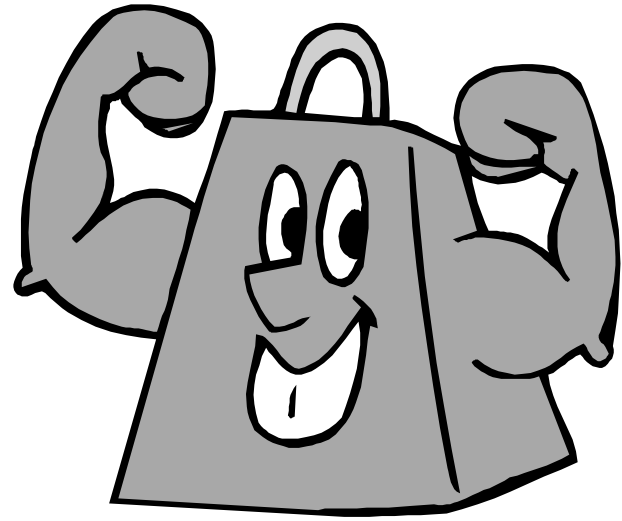
SUPPORT!





Nutrition

Food = Fuel



Fuel your body consistently to swim fast





Food First!

Nutrition Facts		
Serving Size 1/2 cup (51.0 g)		
Amount Per Serving		
Calories 237	Calories from Fat 82	
		% Daily Value*
Total Fat 9.1g		14%
Saturated Fat 3.6g		18%
Polyunsaturated Fat 1.2g		
Monounsaturated Fat 3.5g		
Cholesterol 1mg		0%
Sodium 26mg		1%
Total Carbohydrates 33.5g		11%
Dietary Fiber 4.2g		17%
Sugars 11.5g		
Protein 5.3g		
Vitamin A 0%	•	Vitamin C 2%
Calcium 6%	•	Iron 7%
Nutritional Units 5		
* Based on a 2000 calorie diet		

Supplement Facts			Amount Per Serving	% DV
Serving Size: 3 Level Scoops (99.9 g)			Folic Acid	200 mcg 50%
Servings Per Container: 15			Vitamin B12	3 mcg 50%
Amount Per Serving			Biotin	150 mcg 50%
Calories 370			Pantothenic Acid	5 mg 50%
Calories from Fat 45			Calcium	500 mg 50%
Total Fat 5 g	8%*		Iron	11.8 mg 85%
Saturated Fat 5 g	8%*		Phosphorous	580 mg 58%
Cholesterol 5 mg	10%*		Iodine	75 mcg 50%
Total Carbohydrate 46 g	13%		Magnesium	200 mg 50%
Dietary Fiber 5 g	36%*		Zinc	7.5 mg 50%
Sugars 3 g	†		Selenium	35 mcg 50%
Protein 40 g	80%		Copper	1 mg 50%
Vitamin A 2500 IU	50%		Manganese	1 mg 50%
Vitamin C 60 mg	100%		Chromium	60 mcg 50%
Vitamin D 200 IU	50%		Molybdenum	1.5 mcg 50%
Vitamin E 30 IU	100%		Sodium	10 mg 7%
Thiamin 0.75 mg	50%		Potassium	60 mg 18%
Riboflavin 0.85 mg	50%		L-Glutamine	2,000 mg †
Niacin 10 mg	50%		† Daily Value not established	
Vitamin B6 1 mg	50%		* Percent Daily Values are Based on a 2,000 Calorie Diet.	

Ingredients: CARBOHYDRATE BLEND (OAT FLOUR AND BARLEY FLOUR), PROTEIN BLEND (WHEY PROTEIN CONCENTRATE, CALCIUM CASEINATE, EGG ALBUMEN, SODIUM CASEINATE, AND WHEY PROTEIN ISOLATE), COCOA, L-GLUTAMINE, GUM ACACIA, NATURAL & ARTIFICIAL FLAVORS, VITAMIN MINERAL BLEND (DICALCIUM PHOSPHATE, MAGNESIUM OXIDE, ASCORBIC ACID, DL-ALPHA TOCOPHERYL ACETATE, NIACINAMIDE, ELECTROLYTIC IRON, ZINC OXIDE, COPPER GLUCONATE, D-CALCIUM PANTOTHENATE, MANGANESE SULFATE, RETINYL PALMITATE, PYRIDOXINE HYDROCHLORIDE, THIAMIN MONONITRATE, RIBOFLAVIN, CHROMIUM CHLORIDE, FOLIC ACID, BIOTIN, POTASSIUM IODIDE, SODIUM MOLYBDATE, SODIUM SELENITE, CYANOCOBALAMIN, AND CHOLECALCIFEROL), GUM BLEND (CELLULOSE GUM, XANTHAN GUM, AND CARRAGEENAN), SILICA, SALT, AND SUCRALOSE.

USADA

United States Anti-Doping Agency



Well Balanced Diet

Carbohydrates...50-60%

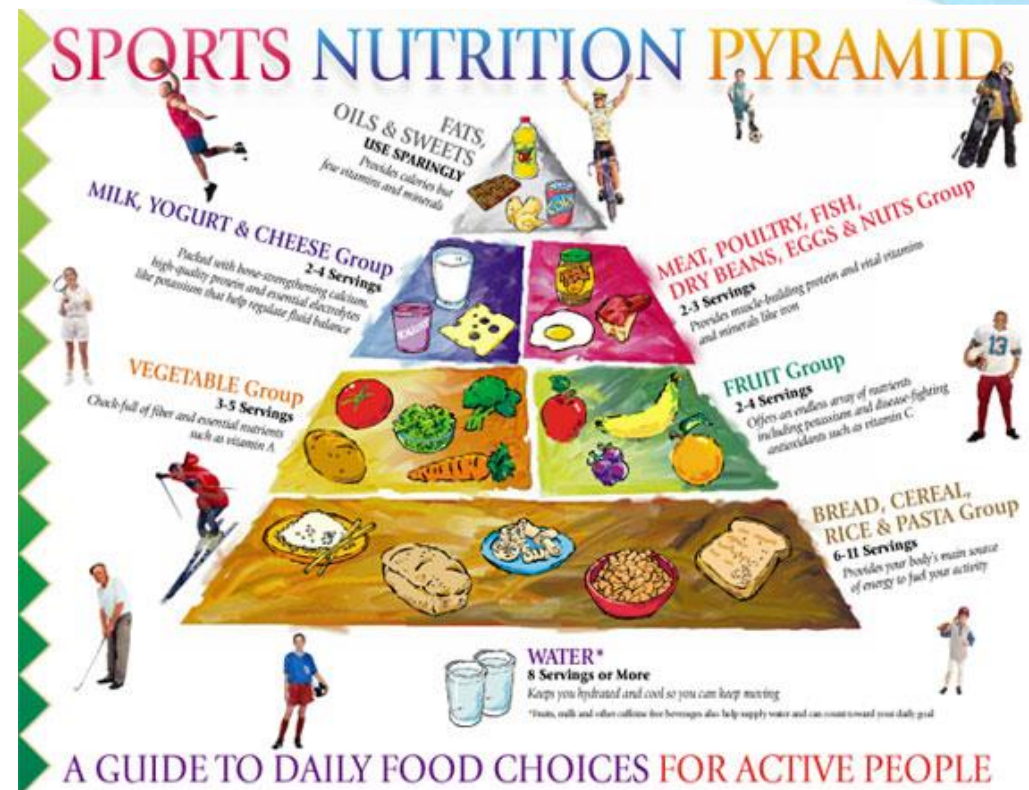
Protein.....15-25%

(Carbs:Protein = 2-4:1)

Fat≤25%

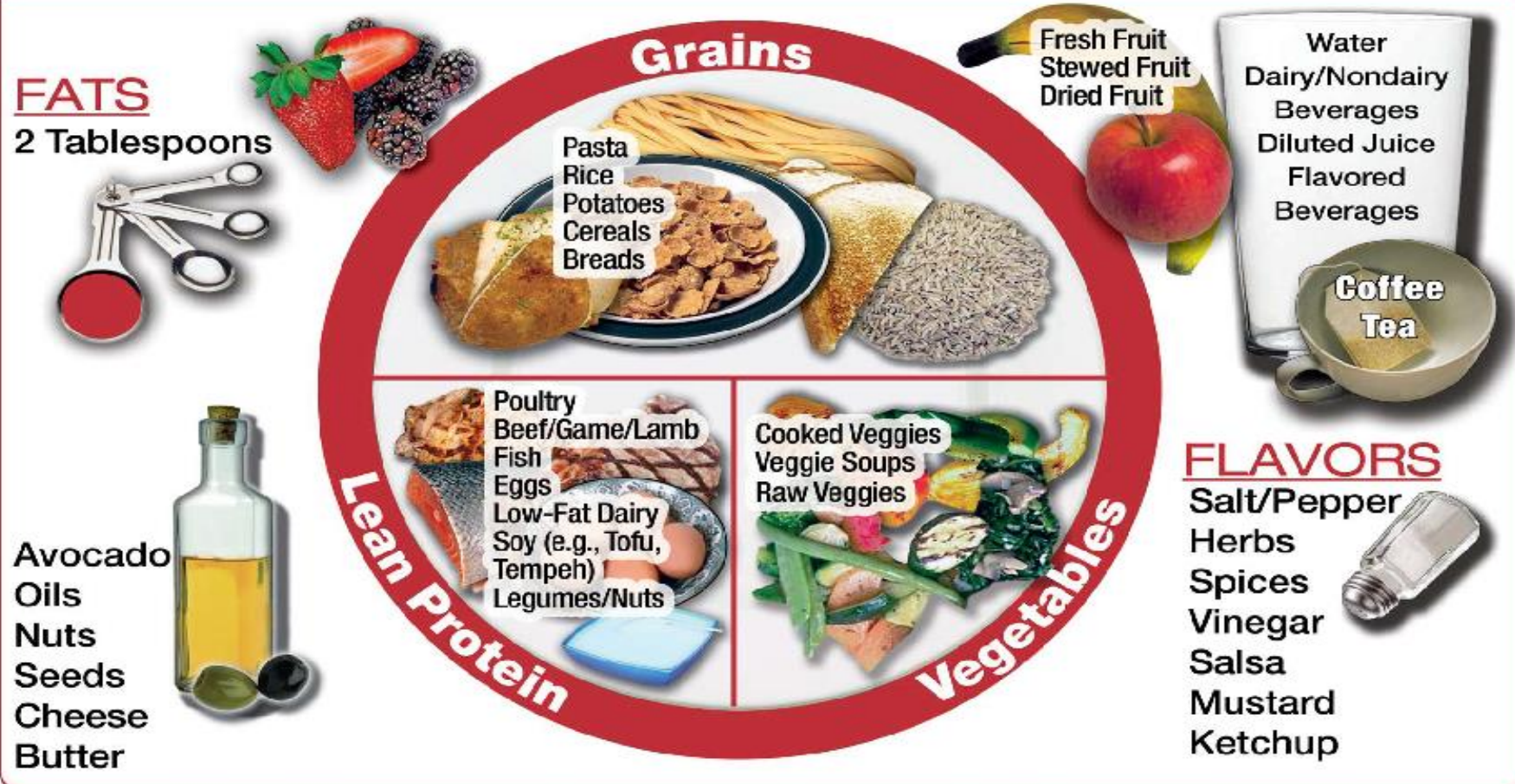
Carbs & Protein 1 Gram = 4 calories

Fat 1 Gram = 9! calories



ATHLETE'S PLATE

HARD TRAINING / RACE DAY:



The Athlete's Plates are a collaboration between the United States Olympic Committee Sport Dietitians and the University of Colorado (UCCS) Sport Nutrition Graduate Program.

For educational use only. Print and use front and back as 1 handout.



Recovery: What to Eat

- Chocolate milk
- Granola or breakfast bars
- Bagel with peanut butter
- Rest of your sports drinks
- Turkey sandwich
- Trail mix (nuts/dried fruit)
- Fresh fruit (apples, bananas, oranges, grapes)
- Rice & Beans
- Pita and hummus
- Homemade fruit smoothie
- Meal replacement shake
- Other “bars”
- Cooked pasta & protein
- Cheese Quesadilla



Nutrition Foundations

Eat real food – the fresher the better

Eat colorful foods (5 colors on your plate)
...including *recovery*

Don't skip meals & snack a lot
...including *recovery*

Drink early & often
...including *recovery*



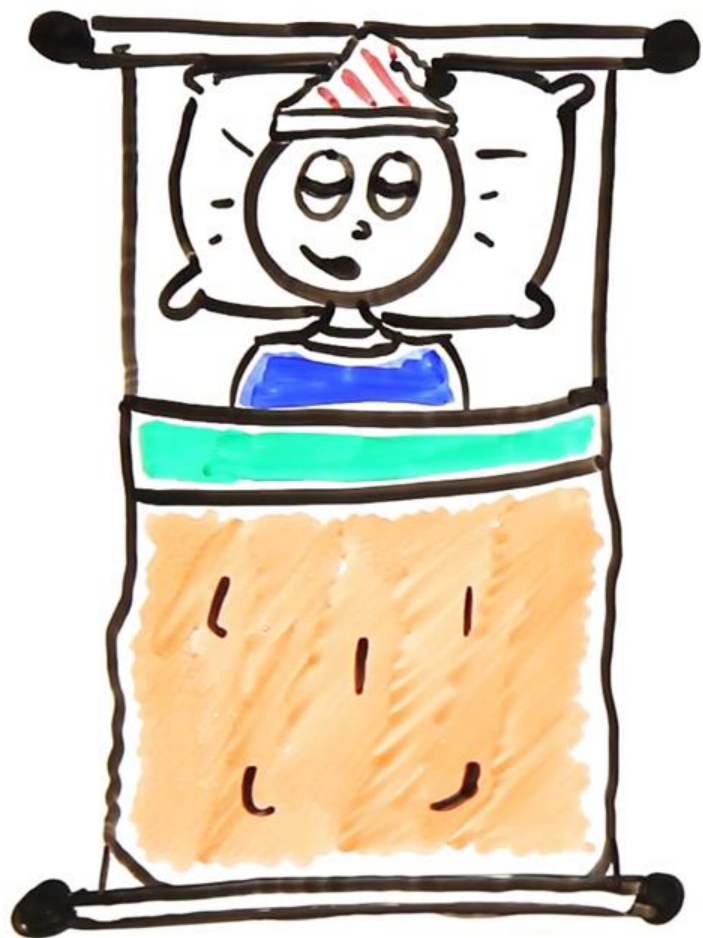
normal
sugar
level



The Best Performance Enhancer?



SLEEP!



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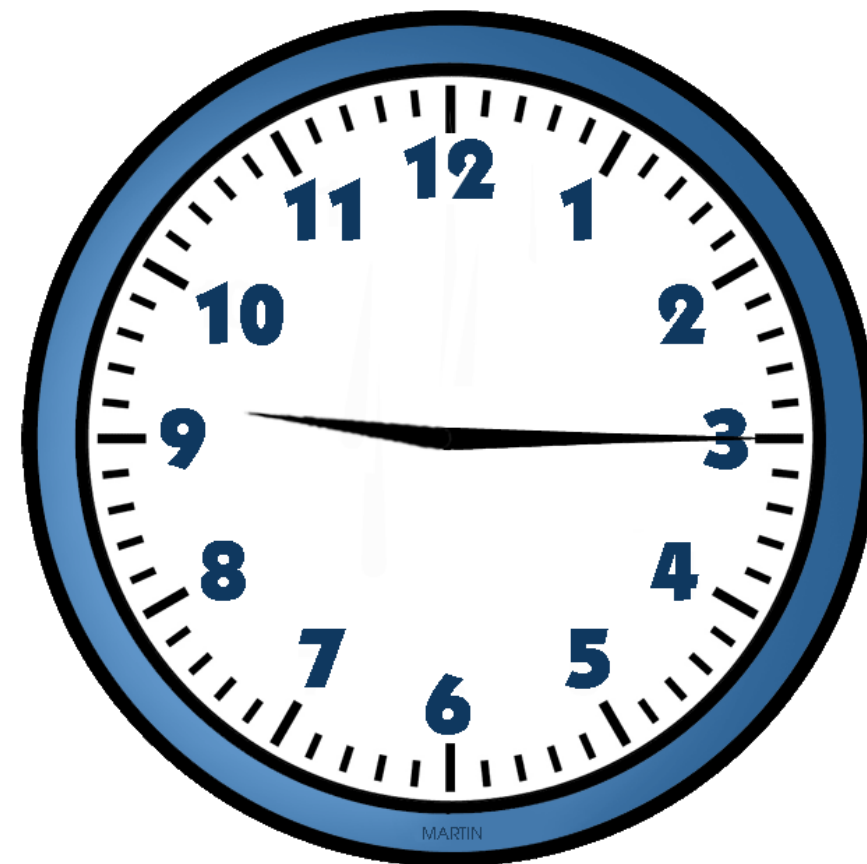


Why?

Physical & mental learning
happen during deep sleep

30 hours = -11%

Naps can help
<25 or >90 minutes

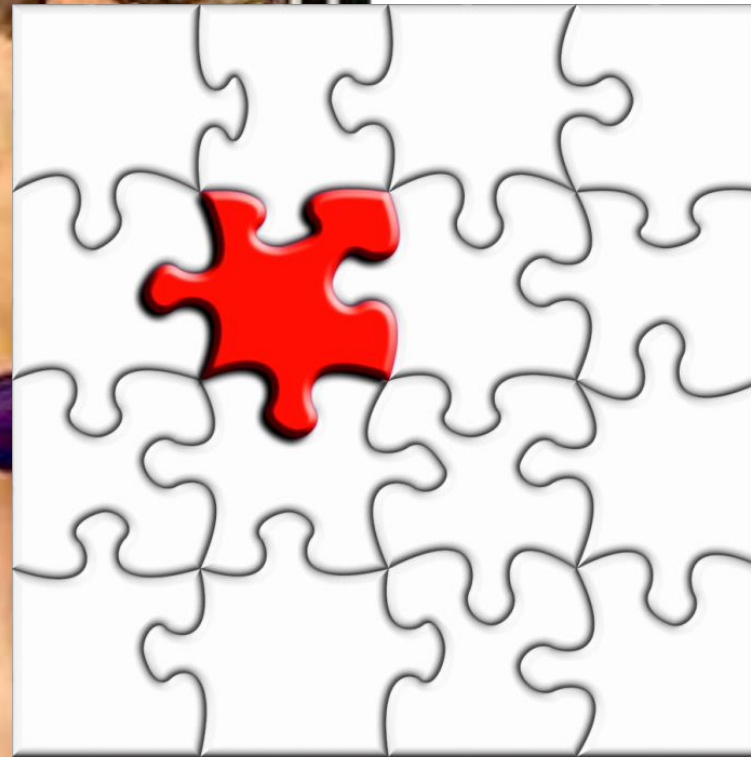


phillipmartin.com

**Make sleep a priority over electronics,
social media, entertainment**



Team Goals





Richard Quick – Olympic Coach





Enjoy the Journey!!!

