

Training – Various Thoughts

Mike Oram

Dear Matt & anyone else interested.

"Little and often" was something I was told by a wise old man when I was young (and fit). It is something I then applied to myself and my TBC training system.

As I have said on many occasions - you do 60/70 or more strokes per min - that's 3600 /4200 per hour. Some where around the 40,000 to 50,000+ strokes during a Channel swim. These are arm rotations with loaded pull every time you pull through the water. The same sort of calculations can be applied to the legs. Just by learning to use your leg kick will increase your speed (and keep the blood circulating). Any form of training that can prepare you for such an event must be of help. There is such a big difference between pool and long distance open water swimming that they require individual approaches - or if you do both - some form of compromise.

Heavy weight lifting is of little, if any, benefit when training for a long swim. Light and repetitive training is important and can be done any time you have spare time. Training the mind is a neglected part of the key to success. Focus, have faith in yourself , and finish the tasks. In other words do what improves your staying power and technique, but enjoy it so that your mind develops as well. Then push yourself a bit further. Anyone can follow a pre planned and ridged training pattern, it requires little or no thought. If you think about it and select your own system from all the advise you can find success is in your own hands - you set your own limits - it is then up to you to exceed them. That's training the mind.

This system can also be applied to life. Take time off to read the "friendship week" file. Best of luck (planned and calculated of course). Good impute from your other sites. If we carry on like this with all the training hints and plans we should be on 100% success rate next season.

Enjoy yourselves

Mike