

Microsoft



# Olympic Training Manual and Diaries

## Microsoft is passionate about helping people reach their potential.

That's why we've worked with the British Olympic Association to bring you this special version of the GB Team's training manual.

The training manual has a great deal to offer people at all levels of fitness. It describes ways of balancing exercise with the demands of everyday life so that you can set realistic goals and make measurable improvements over time.

It also looks after the inner athlete, with excellent advice on how to maintain motivation levels and avoid burn-out.

And for those who like to go that little bit further, there are two real-life training schedules.

- Follow the GB Olympic diving squad's workout programme for a superb combination of strength and cardio exercise
- Olympic pentathlete Kate Allenby (who won the bronze medal at the Sydney Olympics) shares her personal training schedule

Whatever your level of fitness and involvement in sport, these assets give you tips and advice from world-class trainers as well as showing you the level of commitment needed to compete at Olympic standard.

Microsoft and the British Olympic Association wish you every success in your training programme and realising your potential.

### **Carl Lewis, winner of nine Olympic gold medals**

"There are three keys to success. First, work out what you want to achieve. Second, work out the price associated with that achievement. Third, pay that price. Most people only get two out of three."

### **Vitaly Petro, coach of Olympic pole-vaulter Sergei Bubka**

"If not now, then when?"

"If not you, then who?"

### **John Naber, 100m backstroke gold medallist, 1976**

"In 1972 Mark Spitz won seven gold medals and broke seven world records. I was at home watching him and I thought, 'Wouldn't it be nice to be able to win a gold medal?'"

"At that time my personal best in the 100m backstroke was four seconds slower than the time I estimated would be needed to win the gold medal at the Montreal Olympics in 1976."

"It's a substantial chunk. But because it's a goal I can figure out how to attack it. I have four years to train –so it's only a second a year. That's still a substantial chunk."

"Swimmers train 10 or 11 months a year, so it's about a tenth of a second per month. We train six days a week, so it's only 1/300 of a second a day. We train 6-8am and 4-6pm, so it's about 1/1200 of a second per hour."

"Do you know how quick 1/1200 of a second is? When you blink, it actually takes your eyelids 5/1200 to close. For me it was a believable dream to stand on the poolside and say 'I'm going to improve that much.'"

"I couldn't believe that I could go four seconds quicker by the next Olympics, but I could believe that I could go 1/1200 second faster each session."

"So all of a sudden, I'm moving."

Sports psychology teaches competitive athletes mental strategies and skills to help them control their anxiety, maintain their motivation, improve their concentration and increase their confidence.

Sports psychology is not magic. Just like physical skills, mental skills have to be learned, which takes time and effort. Only you can decide whether the time and effort are worthwhile.

If you are training for a competition, it is vital to have a 'Competition plan'. This plan will specify how you are going to approach your performances and exactly what you are going to do. The plan should include 'Plan Bs' for anything that might go wrong, and maybe some 'Plan Cs' for some situations.

Rehearse your 'Competition plan' both physically and mentally as much as you can. When you rehearse it mentally, try to imagine that you are actually at the competition. Try to imagine how you will feel. Remember to rehearse the 'Plan Bs' as well as the 'Plan As'. By rehearsing your plan, you'll boost your confidence and be able to truly realise your potential.



Britain's Olympic athletes keep accurate diaries to record their training activities and physical condition. Every day, they complete the following four entries in their diaries:

**Training programme:**

What exact training was done (types of activity, location, length of session, results)

**Resting heart rate****Weight****Comments:**

Write down anything important that comes to mind

Every week, the athletes chart their weekly goals:

**Technical goals****Tactical goals****Fitness****Mental fitness****Lifestyle**

You can easily add these areas to your own diary. They give you simple tools to set and achieve goals over time, and they give you a clear idea of your improvement over time.

Competitive athletes have many other means of checking their progress after each training session, during competitions and over longer time frames.

Almost anyone use these principles to create exactly the right diary for recording your progress.

Perhaps the most important part of implementing a long-term training programme to realise your potential is balancing the different areas of your life. Time management tools can help you do this.

They can also help you impose discipline and stick to a plan that you have deliberately designed to be sustainable and balanced.

The first question to answer is exactly how you are spending your time during an average week. For simplicity, split the week between weekdays and weekends.

Something like this:

	Work	Travel	Eating	Social	Sport	Family	Sleep	Others	Total
Weekday	8	3	2			3	8		24
Weekend		2	3	3	1	5	8	2	24

Now figure out how would ideally like to spend your time:

	Work	Travel	Eatig	Social	Sport	Family	Sleep	Others	Total
Weekday									
Weekend									

## How to actually get to the gym

Even the world's most elite athletes find training hard. They all have excuses for not training: I'm too tired, I'm sure I can feel a twinge in my back. The two hours immediately before training are the most full of excuses.

Most top athletes train with a partner or in squads. This gives them an immediate advantage because other people are expecting them to turn up, it's a group activity that is spoilt if they are not there, and the camaraderie and support of the team is a constant help to motivation.

So find a training partner with a similar schedule and who is at a similar level of fitness. With two of you, it's much easier to actually get to the gym, and training with two people is a lot more fun than working on your own.

You can also hire a personal trainer. You're paying for their time, and it probably won't be cheap, so you're bound to turn up!

# 7 Balanced training creates a win-win situation

When you get your breath back after a training session, you feel great. The brain releases endorphins and you feel on top of the world.

If you have a balanced training schedule and you start to get fitter, you will also find that you have much greater self-esteem.

This creates a win-win situation. The more you train, the better you feel. The better you feel, the more likely you are to go training. You will also have more energy to put into the other areas in your life and will soon realise your full potential.

There's no doubt that regular exercise gives you more energy, improves concentration and so allows you to do more in your life. That's why, if you want something done, you should always ask a busy person.

When you build up your fitness and gain control in your life by imposing balance, you will have far greater self-esteem.

Along with the physical advantages of training, this means that you're bound to be a better teacher, banker, engineer, movie buff, parent and friend. You will simply have more of yourself to give to life.



## About diving

Diving requires a great deal of acrobatic skill. The dives themselves only last for a second or two, so the divers work at building explosive power. That's why there is so much focus on weights and sessions in the gym.

Injury prevention is important. Divers hit the water at very high speed and this creates a huge force that hits the body. Massage and regular work with a physiotherapist can help this.

## Weekly training schedule

### Pool time

Required (basic) dives: 3 hours. Voluntary (difficult) dives: 11 hours

### Dry-land training 10 hours

Cardio work and running machines. Core stability work. Gymnastics, plyometrics, trampolining, etc.

### Weight training

Two sessions per week using free weights and Olympic bars. Squats, clean and jerk and other explosive exercises. Divers squat their body weight - say 120Kg

Kate competes in modern pentathlon and won a bronze medal in Sydney Olympics. She will represent Great Britain in Athens alongside team-mate Georgina Harland.

Monday	Tuesday	Wednesday	Thurs	Fri	Sat
9.30 Running 50 mins aerobic	7.30 Running 45 mins aerobic	9.30 Running 60 mins threshold	9.15 Shooting	7.30 Running 45 mins recovery	9.30 Running Track session
9.15 Shooting	9.15 Shooting	11.00 Gym 60 mins weights and core stability	10.40 Swimming 90 mins lactate tolerance	9.15 Shooting	11.00 Gym 60 mins weights and core stability
11.00 Swimming 90 mins aerobic	10.40 Swimming 90 mins threshold	Hydrotherapy 30mins recovery		10.40 Swimming 90 mins speed work	Hydrotherapy 30mins recovery
<b>lunch</b>	<b>lunch</b>	<b>lunch</b>	<b>lunch</b>	<b>lunch</b>	<b>lunch</b>
4.30 Fencing lesson	1.30 Riding lesson 60 mins jumping	2.30 Fencing lesson	Drive to Weston-S-Mare Shooting session with coach	1.30 Riding lesson Flatwork	5.00 Shooting Dry fire
5.00 Fencing sparring 120 mins	5.00 Fencing sparring 120 mins	5.00 Shooting Dry fire	5.00 Fencing sparring 120 mins	3.30 Fencing lesson	
7.30 Massage recovery			7.30 Massage recovery		