

Rocky Road Trip 2014

by Mark Erickson

90% of SUCCESSFUL PEOPLE SET GOALS

90% of PEOPLE WHO FEEL THEY HAVE FAILED DID NOT SET GOALS



Sorry if you thought this was about nuts, chocolate and marshmallows! But this “Rocky road” might be better for you! So, let’s get ready for the Nationals in Queensland in 2014!

Yes, I know it is ages away... 9 months! But, here are a couple of hints to get you started with your preparation.

- **Step 1 – Goal setting**

Start planning. Yes it is possible! You don’t need to be an elite athlete – there are no qualifying times – so the event is open to everyone. [CLICK HERE](#) for the latest news from MSQ about the 2014 National Championships.

- **Step 2 – Get excited!**

Encourage your team mates to come on board too. Tell your coach that you’re keen to go to Rocky 2014 and see if you can make it a Club Trip.

- **Step 3 – Get committed**

Book accommodation and transportation

- **Step 4 – Training**

Talk to your coach to plan training sessions to assist you achieve your best at Rocky. Work out what events you wish to nominate for and goal times

- **Step 5 – Stay focused on training goals!**

Put up a poster of the Rocky National Flyer? Write up swimming goals and display them on your wall? Plan events to enter to test yourself.

- **Step 6 – Swim and train consistently.** Try your best in training.



Long Term Planning

Months	Goals/Plans
September 2013	Look at the MSQ website for information about the 2014 National Championships. From this, you can start thinking about events, Talk to your coach and plan your training. You can also start to Book accommodation and travel arrangements. Do you need to fundraise to help costs?
October 2013	Write up training goals. Include events and times you would like to achieve at Nationals. Display them on the wall? Put up a poster of Rockhampton as motivation? Put up a poster of a swimmer who inspires you or you aspire to be? Motivate and encourage swim mates!
November 2013	Commit to a training program to help you be consistent. Do your best to work hard to achieve your goals. Be positive and don't let "blockers" set you back (too much).
December 2013	Ensure there is balance in your life – so while you work towards your goals, don't forget to rest, play and enjoy Christmas!
January 2014	This is the time to start building your training – quality training sets. Don't give up if you have a minor setback, just re-adjust your goals and give it your best shot!
February 2014	Train hard – race preparation work. Perhaps even design a t-Shirt for members going to Rocky!
March 2014	You are almost there! You can do it! Confirm travel arrangements and plan your meals.
April 2014	Taper and travel to Rockhampton Nationals in Rocky 23 – 26 April 2014! National OWS, 27 April 2014 in Yeppoon.



Here's a swim program to get you started this September!

It is an aerobic medley program. Please feel free to modify the program, wear fins and apply rest. This program should be swum at 60 – 75% effort.

Levels	Level 1 (1.7 -1.8km)	Level 2 (2.5 – 2.6km)	Level 3 (3.3 – 3.5km)
Warm Up	4x 100m (50m Free, 50m Back) with 15 – 20 sec rest	4 x 150m (50m Free, 100m Back) with 10 - 15 sec rest	4 x 200m (100 Free, 100m Back)with 10 - 15 sec rest
Main	4 x 100m (50m Free, 50m Breast) with 20 sec rest 4 x 100m (75m Free, 25m Fly) with 20 sec rest 4 x 100m IM with 20 – 30 sec rest	4 x 150m (100m Free, 50m Breast) with 10 – 15 sec rest 4 x 150m (125m Free, 25m Fly) with 10 – 15 sec rest 6 x 100m IM with 20 sec rest	4 x 200m (100 Free, 100m Breast) with 10 – 15 sec rest 4 x 200m (100m Free, 100 Fly or 150m Free, 50m Fly) with 15 - 20 sec rest 4 x 200m IM with 30 sec rest
Cool down:	100 – 200m easy choice	100 – 200m easy slow swimming	100 – 300m easy swimming

See you in Rocky!

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