

2025-2026 Season Welcome

Competitive Squads

James Nock, Head Coach.

The New Head Coach

Introduction

- Competed to National Level as a child
- Level 3 Performance Coach
- Nearly 20 years teaching and coaching experience
- Started at a small club in the West Midlands
- Spent a year as Head Coach to a club in Queensland, Australia
- Hastings Seagull Assistant-Head Coach and later Head Coach 2010-2014
- Eastbourne SC Head of Performance 2017 - 2023 (Sussex ASA Top Club 2023)
- Sussex County Inter-county Lead Coach 2018-2023

A fresh start

Evolution > Revolution

- Phased approach to minimise disruption
- Won't hang around though
- Need swimmers and parents to get on board right away
- A **very** exciting time!

The plan

Levelling up

- Sessions for P1 and P2 to be **longer**
- A **solid** annual plan
- **Intentional** about Open Meets
- **Knowledge** increase
- Culture shift

The plan

New Timetable

			Performance 1	Performance 2	Development	Youth	Masters	Stamina	Stroke 2	Stroke 1
Monday										
Freedom	19:00	20:00						1	1	
Freedom	20:00	21:00			1	1	1			
Tuesday										
Bedes	06:00	07:30	1.5	1.5						
Bedes	19:20	21:00			1.5	1.5				
Bedes	19:20	21:30	2	2						
Wednesday										
Bedes	06:00	07:30	1.5	1.5			1.5			
Ringmer	18:30	20:00			1.5					
Ringmer	18:30	20:30	2	2						
Thursday										
Bedes	19:20	21:00						1.5	1.5	
Bedes	19:20	21:30	2							
Friday										
Bedes	19:20	21:00	1.5	1.5	1.5	1.5				
Saturday										
Bedes	06:00	08:15	2.25	2.25	1.25		1.25			
Bedes	08:15	09:15						1	1	1
Total Available			12.75	10.75	6.75	4	3.75	3.5	3.5	1

Begins on Monday 29th September

The plan

A science-based approach



BRITISH SWIMMING TRAINING CLASSIFICATION

Description and Training Intensity Measurements

Training Zones	Name	Description	HR (bpm)	LA ⁴ (mM)	RPE
Zone 1	A1	Aerobic Low Intensity Base conditioning and technical training; warm-up and warm-down <i>Predominantly Fat Metabolism; largely slow-twitch fiber recruitment</i>	>50	< 2	<9
	A2	Aerobic Maintenance/ Development Base aerobic training <i>Improves cardio-respiratory system; enhances Lactate Removal</i>	40 - 50	2 - 4	10 - 12
Zone 2	AT	Anaerobic Threshold Maximal Lactate Steady State where Lactate production = Lactate removal <i>Optimal intensity for development of aerobic capacity</i>	20 - 30	3 - 6	14 - 15
Zone 3	VO ₂	Aerobic Overload High intensity work at approximately VO _{2max} This type of training includes Heart Rate and Vcrit sets <i>Improves VO_{2max} and aerobic power</i>	5 - 20	6 - 12	17 - 19
Zone 4	LP	Lactate Production Training intensity results in the maximal speed of lactate build up This type of training includes Race Pace training <i>Enhances rate of glycolytic energy production</i>	5 - 15	8 - 15	17 - 19
	LT	Lactate Tolerance High intensity work with medium rest to improve buffering <i>Developing the ability to tolerate lactate/ acidity in the muscle</i>	0 - 10	12 - 20	19 - 20
Zone 5	Speed	Sprinting – ATP-PC High intensity, short duration, long rest repeats <i>Designed to improve alactic energy production (ATP-PC), neuromuscular coordination and fast-twitch muscle fiber recruitment</i>	N/A	N/A	N/A

The plan

The background

- We can't train hard every session
- We can't always feel fast
- We know when we want to be fast...
 - Counties
 - Regionals
 - Nationals
 - British Championships
 - etc.

The plan

The how

!/? So how do we get there?

- Planned cycles of work
- “Swim through” Open Meets and Galas
- “Targeted” Open Meets
- By being **intentional** about what we are doing

💡 Not forgetting, hidden training:

- Rest ^{zzz}
- Hydration 💧
- Nutrition 🥗
- Screen time 📱

The plan

What's a cycle, does it have something to do with Bikes?

“An interval during which a recurring sequence of events occurs”

- A day is cycles of hours
- A week is cycles of days
- A month is cycles of weeks

Our cycles will last 6-8 weeks each, depending on the competition calendar.

The plan

What does that mean though?

- Every “Cycle” starts off easy
- Gradually builds
- Is hard in the middle
- Taper’s off
- Race day (targeted meet) 🏊‍♂️

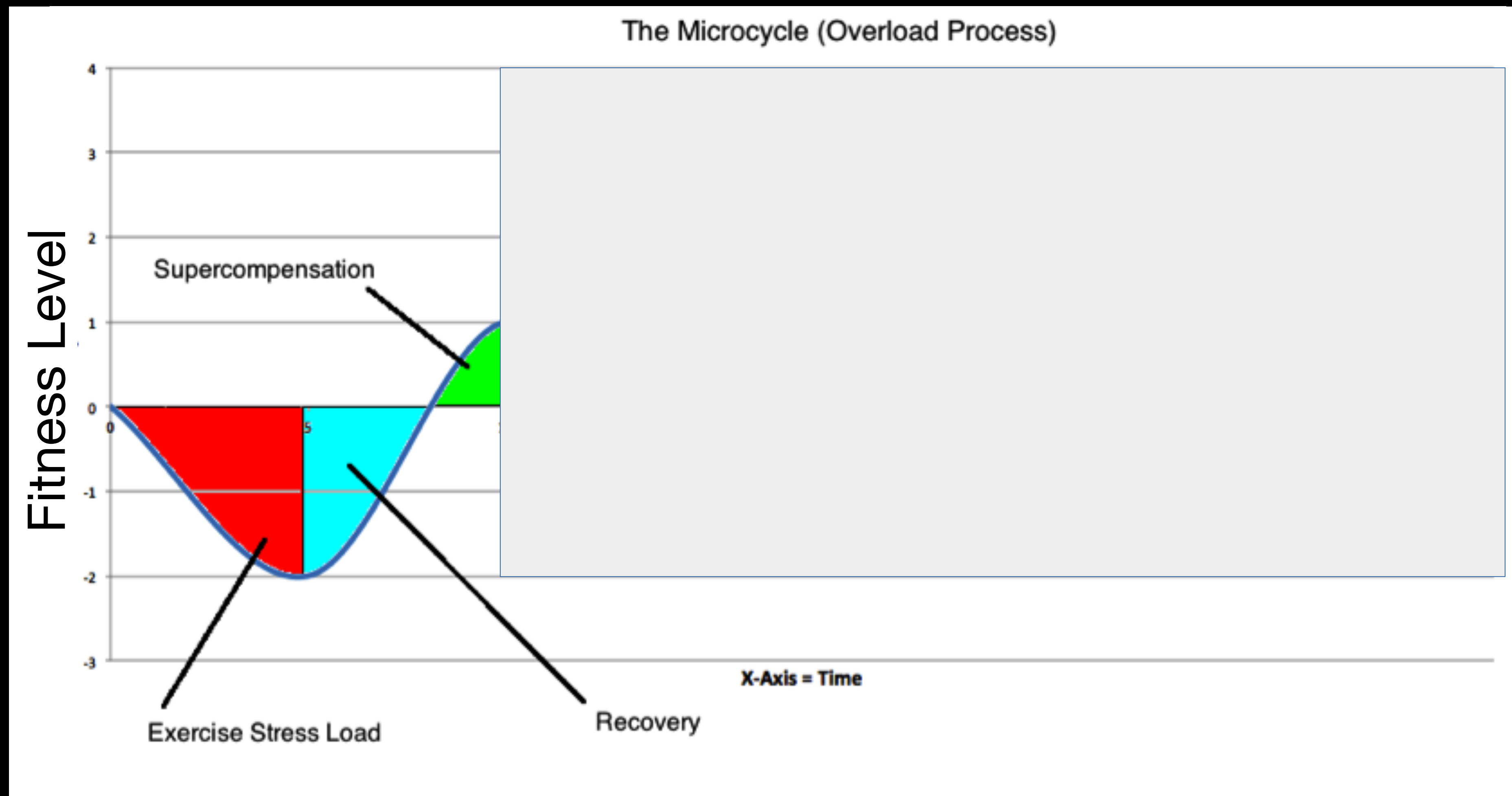
The plan

Week	Start Date	End Date	Main Focus				Secondary Focus	Notes	Easy ↓ Hard ↓ Easy
1	01/09/2025	07/09/2025	6 A2		1 LP/T		Turns & Distance Off Walls	Club Champs Session 5 & Masters Champs	
2	08/09/2025	14/09/2025	5 A2	1 A3		1 LP/T	Kick	Brighton Ken Deeley	
3	15/09/2025	21/09/2025	4 A2	2 A3		1 LP/T	Turns & Distance Off Walls	Club Champs Session 6	
4	22/09/2025	28/09/2025	3 A2	2 A3	1 VO ₂ MAX	1 LP/T	Pull	Eastbourne Open Meet	
5	29/09/2025	05/10/2025	3 A2	2 A3	1 Speed	1 LP/T	Turns & Distance Off Walls	Inter-county team championships	
6	06/10/2025	12/10/2025	3 A2	1 A3	2 Speed	1 LP/T	Relay takeovers	Arena League Round 1	
7	13/10/2025	19/10/2025	2 Speed	4 A2		1 LP/T / Comp	Starts/Finishes/Relay takeovers	Winter Counties	Easy

Saturday mornings are now key sessions for P1 and P2

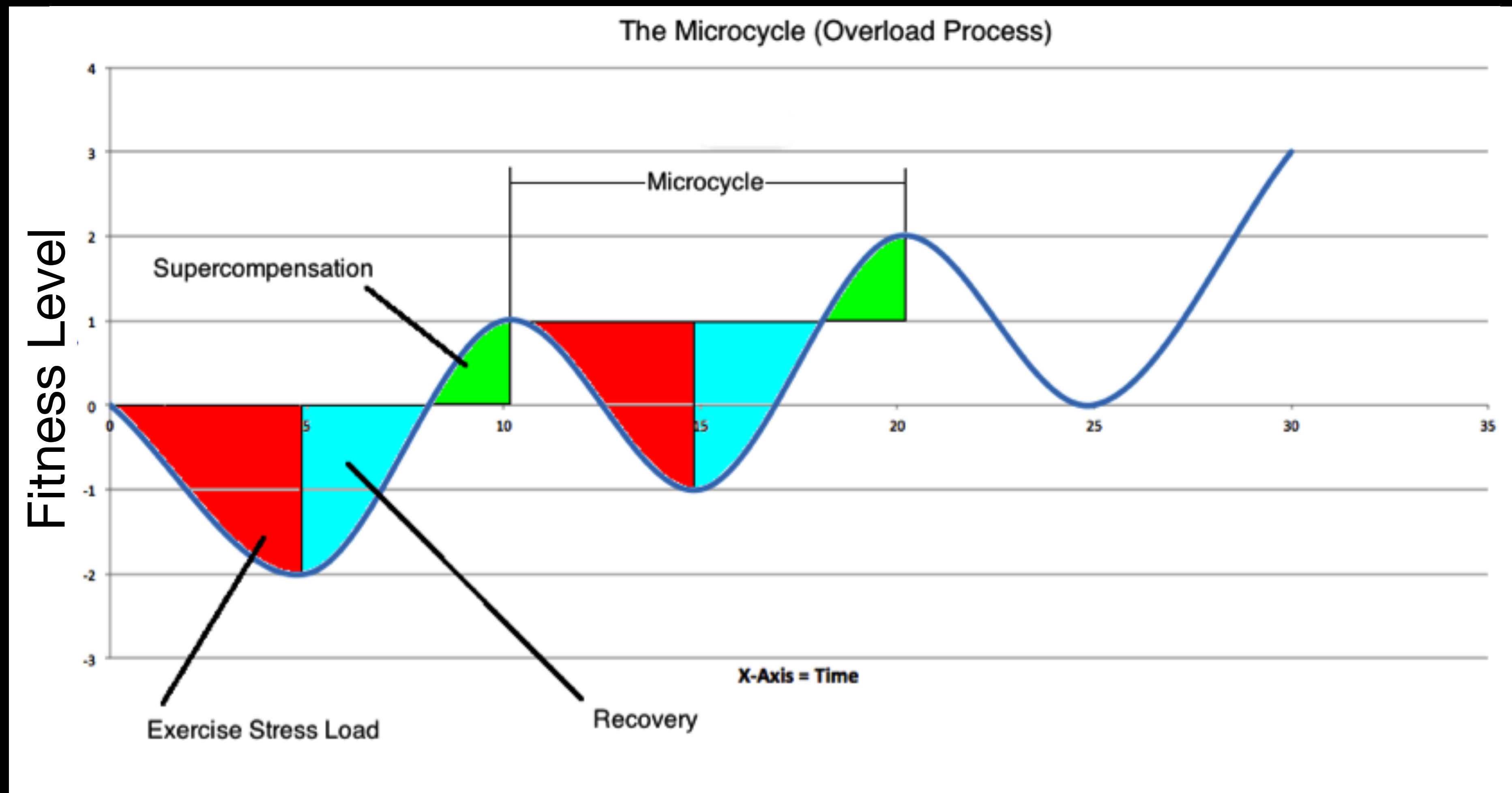
The plan

Why will that work?



The plan

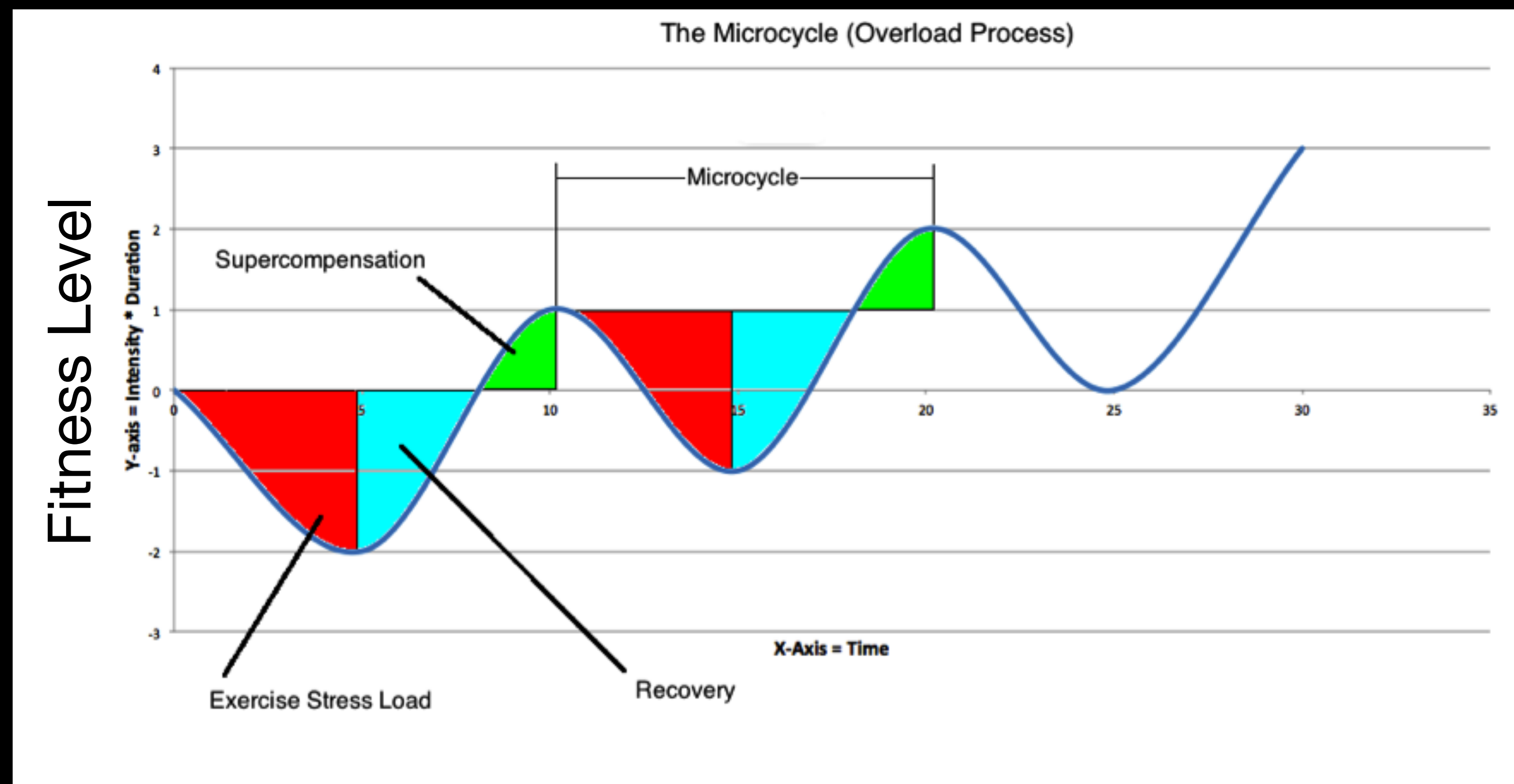
Why will that work?



But why do I have to do more or less?

I'm glad you asked...

- Fitness Level
 - Injury
 - Illness
 - Time out
- Exercise stress load
 - Load capacity
- Maturity
- etc.



Remember

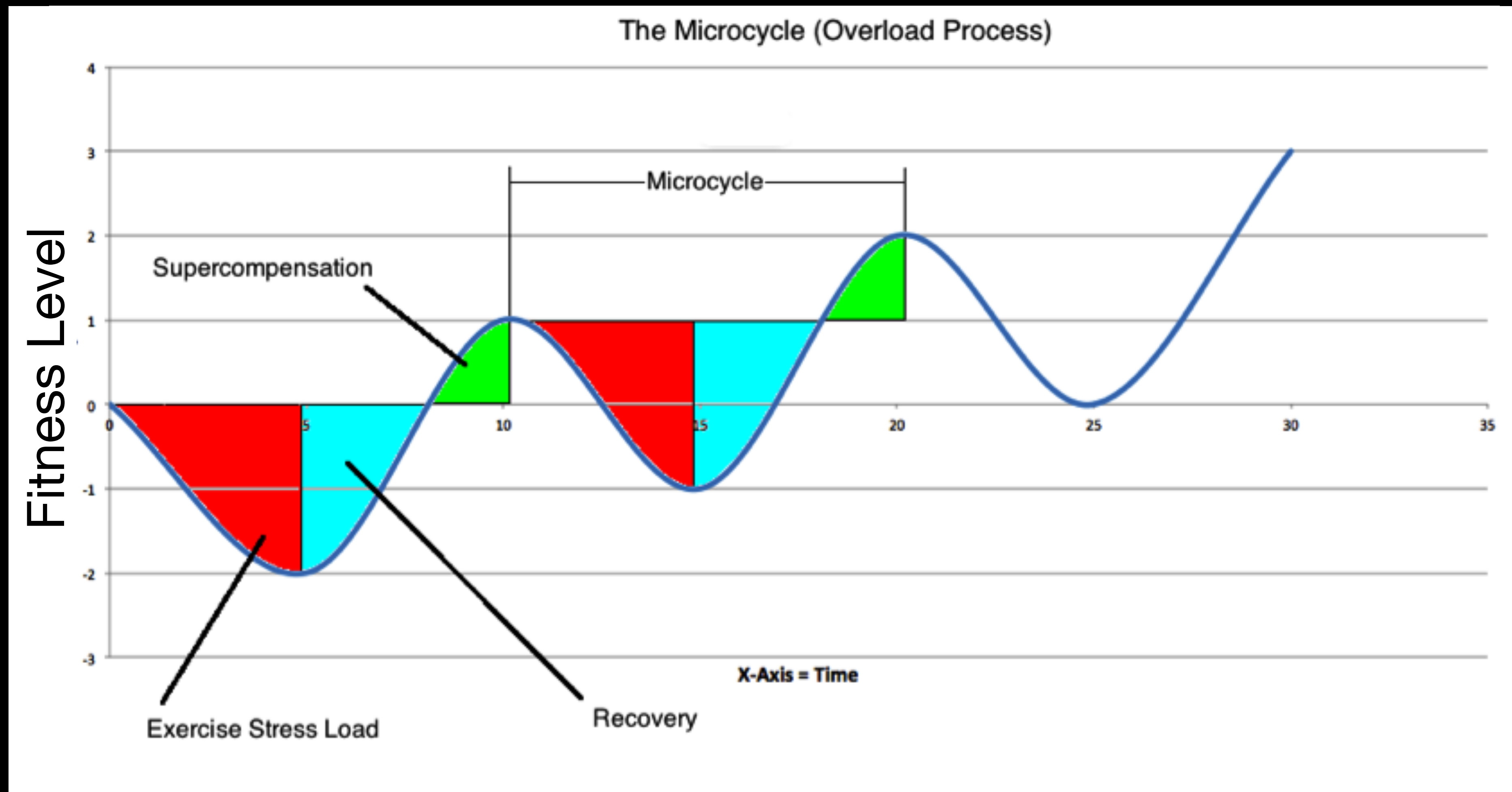
Hidden Training

Rest 

Hydration 

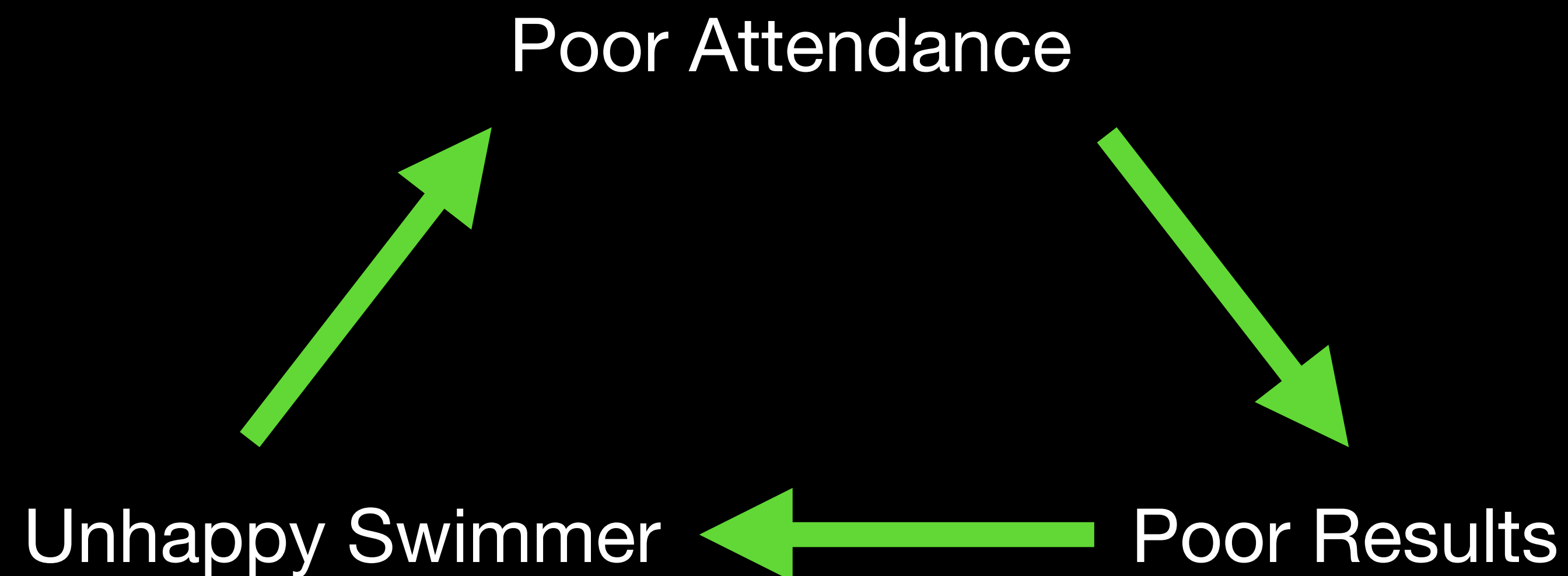
Nutrition 

Screen time 



The Poor Attendance Paradigm

Don't fall into this loop...



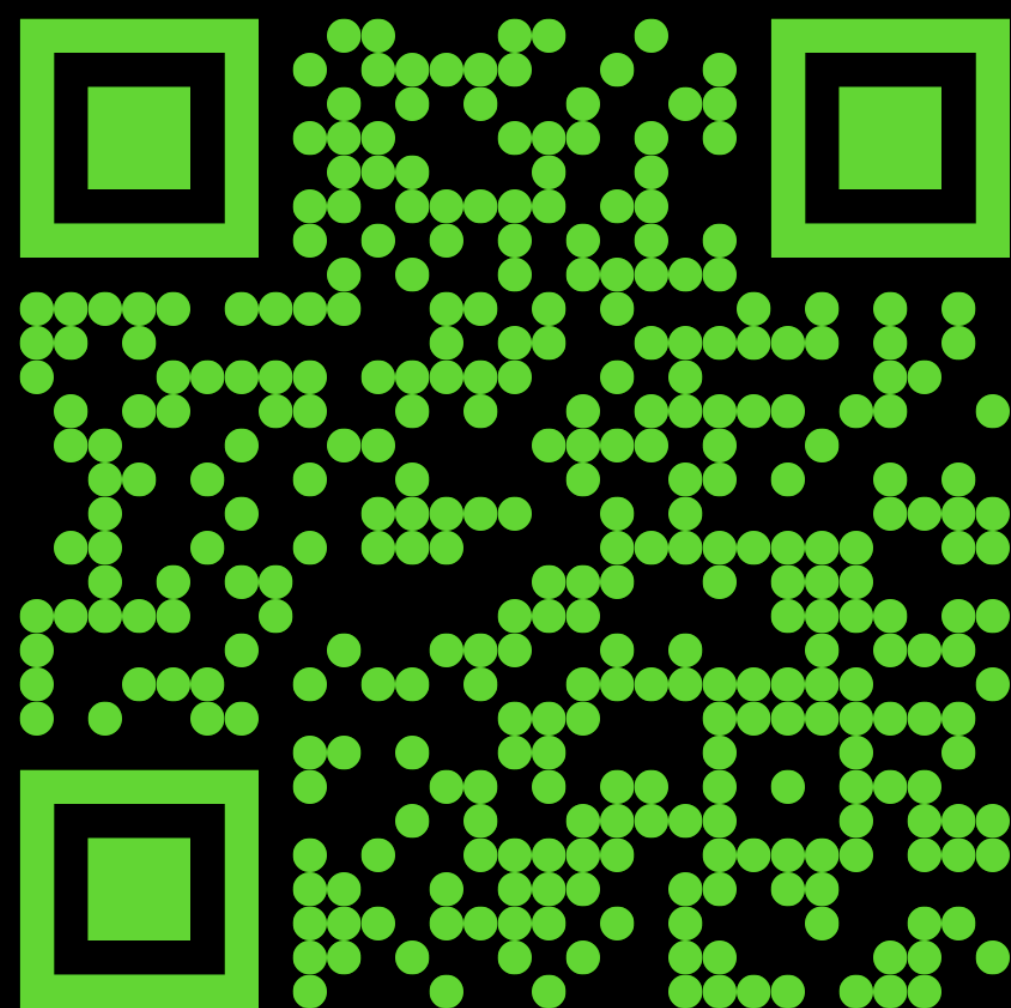
Help us on our journey



Let's do this!
Swim like you mean it

Thank you.

Any Questions?



Our Website

www.sussexswimming.org

www.swimmingresults.org



iOS and Android