



Special Olympics
Aquatics Training Camp

Exercises and Stretches

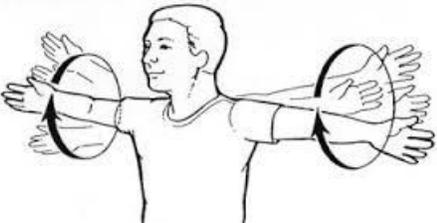
Let me win.
But if I cannot win,
let me be brave
in the attempt.
- Special Olympics athlete oath

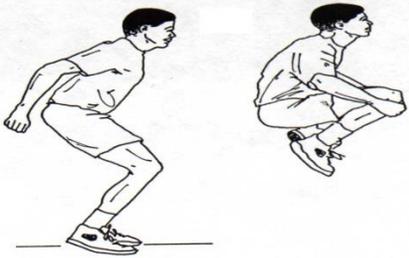
Table Of Contents

- Dynamic Warm
Up.....3
- Strengthening
Circuit..... 5
 - ◆ Weeks 1-2..... 5
 - ◆ Weeks 2-3 7
 - ◆ Weeks 3-4..... 9
- Cool Down
Stretches..... 11
- Mental Training Tips and Goal Sheets.....14

Warm Up

These warm up exercises will raise your heart rate and loosen up your muscles. You can perform these exercises before a swim meet, before a swim practice and before a work out.

Warm Up	Key Points
Running	<ul style="list-style-type: none">• Run on spot making full jogging motions.• Do this for 2 minutes.
Side Shuffle 	<ul style="list-style-type: none">• Gallop facing one side of room• Jump laterally switching sides• 12 shuffles with two sets
Arm Swings 	<ul style="list-style-type: none">• Keep arms straight• Do this for 30 seconds
Jumping jacks 	<ul style="list-style-type: none">• Skipping- get knees to 90 degrees• Do 20 jumping jacks.

<p>Tuck jumps</p> 	<ul style="list-style-type: none"> • Jump up and try to grab your knees in the air • Focus on explosive power, as if you were leaving the starting block • Do 5 high tuck jumps
<p>Arm Swings</p> 	<ul style="list-style-type: none"> • There are 4 variations you should do for arm swings: • 1) One Arm Forward (30 seconds each arm) • 2) One Arm Backwards (30 seconds each arm) • 3) Both Arms Forward (30 seconds total) • 4) Both Arms Opposite Directions (30 seconds total)
<p>Lateral Legs Swings</p> 	<ul style="list-style-type: none"> • Face the wall with feet shoulder width apart and hands placed firmly on the wall • Swing your legs in front of you, as far to the left as you can and as far to the right as you can
<p>Front/Back Leg Swings</p> 	<ul style="list-style-type: none"> • Put one hand on the wall • Swing legs as far forwards and backwards as you can • Keep the chest up tall, do not hinge at the hips

	<p style="text-align: center;">Triceps Dip:</p> <ul style="list-style-type: none"> • Hands on the bench • Fingers face towards you • Knees bent • Narrow elbows • Bend and straighten elbows • Don't move the hips 	
<p style="text-align: center;"><small>QuickTime™ and a decompressor are needed to see this picture.</small></p>	<p style="text-align: center;">Alphabet Balance:</p> <ul style="list-style-type: none"> • Stand on 1 leg • Place the other leg in front • Draw the alphabet with your ankle <p>Harder Variation: Close your eyes</p>	<p style="text-align: center;">45 seconds</p> <p style="text-align: center;">3 sets</p>

How many reps can you do on the 3rd set? The goal of this workout is to push yourself to perform when you are tired. Record the number of reps you achieve on the 3rd set in the table below to track your results!

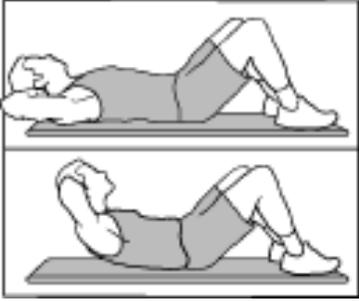
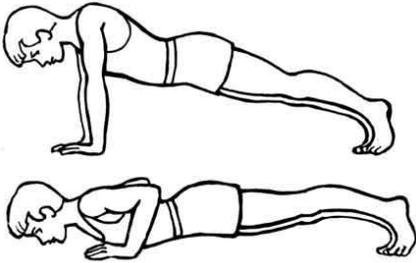
	PLANKS (Seconds)	PUSH-UPS	LEG RAISE	BICYCLES	TRICEP DIPS	ALPHABET BALANCE (Seconds)
1 st Workout						
2 nd Workout						
3 rd Workout						
4 th Workout						
5 th Workout						
6 th Workout						
7 th Workout						
8 th Workout						

GOAL:

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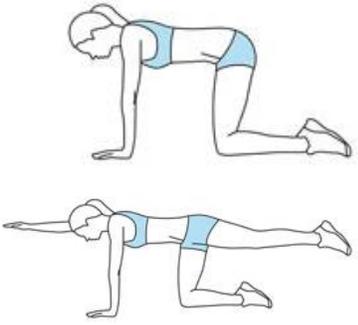
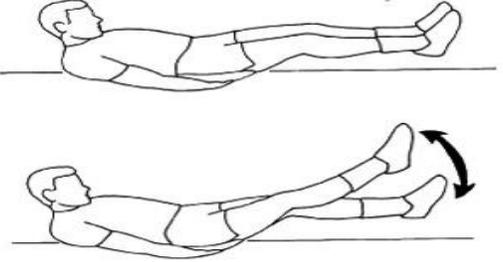
Week 2-3

You will need: A clock or timer, a thera-band, a weight and you may use a mat if you wish.
 You will do 3 sets of 6 exercises, doing each of the exercises for 45 seconds, 15 second break

Physical Representation	Description of Exercise	Repetitions and sets
	<p>Supermans:</p> <ul style="list-style-type: none"> • Lie flat on stomach • Lift arms and legs up off floor • Hold for 10 seconds then lower • Gaze 45 degrees to the floor 	<p>45 seconds</p> <p>3 sets</p>
	<p>Crunches:</p> <ul style="list-style-type: none"> • Lie on your back with knees bent • Feet placed flat on the floor • Curl up and shoulders come off the floor • Lower and repeat 	<p>45 seconds</p> <p>3 sets</p>
	<p>Triceps push-ups :</p> <ul style="list-style-type: none"> • Hands shoulder-width apart • Lower until chest almost touches the floor • Keep elbows in by your side • Push up • Repeat 	<p>45 seconds</p> <p>3 sets</p>
	<p>Aussies:</p> <ul style="list-style-type: none"> • Knees bent • Feet up off the floor • Keep eyes on hands • Twist to each side • Keep feet up! 	<p>45 seconds</p> <p>3 sets</p>

Week 3-4

You will need: A clock or timer, a wall, and you may use a mat if you wish. You will do 3 sets of 6 exercises, doing each of the exercises for 45 seconds, taking a 15 second break between each exercise. You will take a 60 second break after the last exercise.

Physical Representation	Description of Exercise	Repetitions and sets
	<p style="text-align: center;">Bird Dog:</p> <ul style="list-style-type: none"> • On hands and knees • Look at an angle of 45 degrees to the floor • Straighten <u>left leg</u> behind • <u>Right arm</u> forward • Keep hips and shoulders square • Flat back • Hold for five seconds. • Switch: • Straighten <u>right leg</u> behind • <u>Left arm</u> forward 	<p>45 seconds</p> <p>3 sets</p>
	<p style="text-align: center;">Flutter Kick:</p> <ul style="list-style-type: none"> • Sit on hands • Head and legs up • Raise, then lower right leg • Switch: raise, then lower left leg • Knees slightly bent and feet up <p>Easier variation: Flutter legs in a more vertical position</p>	<p>45 seconds</p> <p>3 sets</p>
	<p style="text-align: center;">Triangle Push Ups:</p> <ul style="list-style-type: none"> • Hands together in triangle shape • Lower until chest touches hands • Push up • Repeat • Make sure your back is straight (No rounded or sagging backs) 	<p>45 seconds</p> <p>3 sets</p>
	<p style="text-align: center;">Bicycles:</p> <ul style="list-style-type: none"> • Fingers behind ears • Legs in the air • Pull <u>right knee</u> to <u>left elbow</u> • Straighten right leg (keep in the air!) • Pull <u>left knee</u> to <u>right elbow</u> • Straighten left leg (keep in the air!) • Alternate sides • Repeat 	<p>45 seconds</p> <p>3 sets</p>

	<p style="text-align: center;">Wall Sits:</p> <ul style="list-style-type: none"> • Back flat against wall • Feet shoulder width apart • Feet flat on floor away with toes facing forward • Slowly slide your back down the wall until in sitting position • Knees directly above ankles • Keep your back flat against the wall. 	<p>30 -45 seconds</p> <p>3 sets</p>
<p>QuickTime™ and a decompressor are needed to see this picture.</p>	<p style="text-align: center;">Agility:</p> <ul style="list-style-type: none"> • On the whistle run forwards • On the next whistle run backwards • Repeat this pattern • Change up the pace of the whistle 	<p>45 seconds</p> <p>3 sets</p>

How many reps can you do on the 3rd set? The goal of this workout is to push yourself to perform when you are tired. Record the number of reps you achieve on the 3rd set in the table below to track your results!

	BIRD DOG	FLUTTER KICK	TRIANGLE PUSH UPS	BICYCLES	WALL SITS	AGILITY
1 st Workout						
2 nd Workout						
3 rd Workout						
4 th Workout						
5 th Workout						
6 th Workout						
7 th Workout						
8 th Workout						

GOAL:

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Stretches/Cool Downs

These stretches will improve your flexibility. Focus on the shoulder, hamstring, and hip flexor stretches. They are to be done after your workout. Hold each stretch for **30 seconds**. Relax for 10-15 seconds between each stretch.

Shoulder Stretches	
	<p>Assisted Reverse Shoulder</p> <ul style="list-style-type: none">• Stand upright with your back towards a table or bench and place your hands on the edge of the table or bench• Keep your arms straight and slowly lower your entire body
	<p>Reaching-up Shoulder Stretch</p> <ul style="list-style-type: none">• Place one hand behind your back and then reach up between your shoulder blades
	<p>Bent Arm Shoulder Stretch</p> <ul style="list-style-type: none">• Stand upright and place one arm across your body• Bend your arm at 90 degrees and pull your elbow towards your opposite shoulder
	<p>Elbow-out Rotator Stretch</p> <ul style="list-style-type: none">• Stand with your hand behind the middle of your back and your elbow pointing out• Reach over with your other hand and <u>gently</u> pull your elbow forward



Reverse Shoulder Stretch

- Stand upright and clasp your hands together behind your back
- Slowly lift your hands upward
- Do not lean forwards as you lift your hands. If you find that you are leaning forward, do not lift your hands as high

Back/Core Stretches



Kneeling Reach Forward Stretch

- Kneel on the ground and reach forward with your hands
- Let your head fall forward and push your buttocks towards your feet
- You should feel this stretch in your upper back



Standing Lean Back Side Stretch

- Stand upright with your feet shoulder width apart and place one hand on your buttock
- Look up and slowly lean backwards at the waist
- Reach over with your opposite hand and rotate at the waist



Standing Lean Back Stomach

- Stand upright with your feet shoulder width apart and place your hands on your buttocks for support
- Look upwards and slowly lean backwards at the waist

Lower body Stretches



Calf Lowers

- Stand on a raised object or step
- Put the toes of one foot on the edge of the step and keep your leg straight
- Let your heel drop towards the ground



Laying Down Quad Stretch

- Sit on the ground, bend one knee and place that foot next to your buttocks
- Slowly lean backwards until you feel a stretch



Wall Push

- Place your hands on a wall at about shoulder-height. Keep your hands shoulder-width apart. Lean against the wall while facing toward it
- Scoot your right foot back as far as it can reach without straining it
- Place your right heel on the ground
- Keep your right leg straight
- Hold this position. Then switch legs and repeat



Butterfly Stretch

- Sit up tall on the floor
- Bend your knees and relax your calves against the floor
- Press the soles of your feet together
- Hold your feet so that they remain touching. For a deeper stretch, press down on your knees



Body Twist Stretch

- Sit on the floor
- Bend your left leg, and place your left foot flat on the ground
- Straighten your right leg
- Cross your left foot over your right leg
- Take your right elbow and press it diagonally against the outside of your left leg
- Push against your leg, and twist your torso
- Hold this position. Then switch sides



Hamstring Stretch

- One leg is straight
- The other leg is bent
- Flex the foot of the front leg
- Lean forward at the hip and reach for your toes
- Switch sides and hold for 30 seconds on each side



Hip Flexor Stretch

- Front leg bent at 90 degrees
- Back leg is bent and the knee is on the floor
- Propel body forward
- Place hands on knee

Mental Training/Goal Setting

Use this sheet to set your long and short-term goals.

Long Term Goal:

Event:

Goal Time:

Swim meet:

Write down three strategies you will implement to achieve your goal time:

1.

2.

3.

Short Term Goal:

Event:

Goal Time:

Swim Meet:

Write down three strategies you will implement to achieve your goal time:

1.

2.

3.

Stress Management

Stress is healthy in competition. If you are not stressed before a competition, you will have less pressure to perform and may not perform to your best. However, if you are too stressed, you may start doubting yourself and be overcome by emotion. The goal of any elite athlete should be to discover the stress level at which they perform the best.

After every race, self evaluate your performance. If your race was successful, reflect on your mood before the race. Experiment with your stress levels before races to determine at which stress you have your optimal performance.

What is your optimal stress performance level?

1 2 3 4 5 6 7 8 9 10

There are two questions you need to ask every time you feel stressed. 1) Will this affect my race? and 2) Can I do anything about it?

The stress matrix will help calm you down when you are feeling overwhelmed.

Stress Matrix

		Can you do anything about it?	
		Yes	No
Will it affect your race?	Yes	<p>Example: Your swim cap breaks as you try to put it on.</p> <p>How to handle the stress: Do what you can. If you cannot fix the stress, accept that your problem will not be fixed. Focus on your training and do the best you can to prepare.</p>	<p>Example: The timing system fails and the meet is held up as you wait behind the blocks.</p> <p>How to handle the stress: Chances are, everybody will be in the same situation. Because the stress is out of your control, you should not stress.</p>
	No	<p>Example: Your family was expecting you to call them before your race</p> <p>How to handle the stress: You will have to temporarily ignore these stresses. They will not affect your race and focusing on them will not help you.</p>	<p>Example: Bad traffic on your way to the swim meet</p> <p>How to handle the stress: There is nothing you can do, however it will not directly affect your ability to perform. Focus on your training and do the best you can to prepare.</p>

Race Day Strategy Planning Page