

# Getting Started

## Overview

1. Review the calendar to determine the type of workout for any given day
2. Review the strength and conditioning documents to see your workouts for May and June
3. Watch all videos prior to exercising \*Click the name of the exercise to view the YouTube link\*
4. Consult with your coach to determine Artistic Swimming specific workouts
5. Get started on your program!



## Performance Tips

### Nutrition

Prior to a workout, make sure you have a healthy snack or nutritious meal. This ensures you will have the energy to complete your workouts. Following a workout, make sure you refuel your body with a snack as soon as possible. This helps your body recover from your hard training days. **Examples:** Yogurt with fruit and granola, hummus and pita bread.

### Typical Training Day Example

Breakfast

Workout

Snack

Lunch

Workout

Dinner

### Sleep

This is one of the most crucial aspects to recovery! The ideal amount is 8 hours, but even better is 9-10 hours for training athletes. The best way to ensure you get a good nights sleep is to create a bedtime routine! To optimize your sleep, do not use electronics one hour before bed, try to sleep in a slightly cooler environment, go to bed close to the same time, and make sure your room is as dark as possible!

### Bedtime Routine



Electronics Off!



Colder Room



Dark Room

### Hydration

It's important to keep hydrated throughout the day and especially during your workouts! Looking at the chart below, your urine should be within the first 3 shades. If you drop below the red line, you need to drink more water!

	If your urine matches these colors, you are drinking enough fluids
	Drink more water to get the ideal color in Shade 1 and 2.
	Dehydrated
	You may suffer from cramps and heat-related problems
	Health risk! Drink more water.
	Health risk! Drink more water.
	Health risk! Drink more water.
	Health risk! Drink more water.

# Household Items & Working Out



Squat

Add a backpack and textbooks to make your



+



Rows

Try your bent over rows with a bucket and rocks or



+



Lunges

Lunges can be made harder by adding a grocery bag and water bottles



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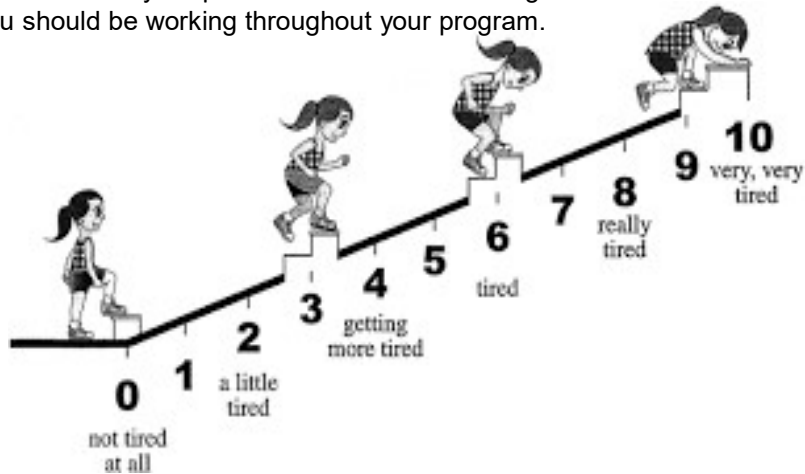


You can always mix and match

## How Hard Am I Working? RPE Outline

### Rating of Perceived Exertion (RPE) Scale.

This indicates your perceived effort. There are guidelines on how hard you should be working throughout your program.



## Useful Apps

- Map my run:** Tracks your route, distance, and pace while exercising.
- Tabata:** An interval timer for your circuit workouts. Use this to set your warm up, sets, work, rest, and cool down timers.

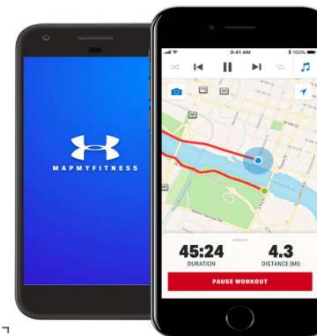


PHOTO: MARIYULIN