



أحد مدربي مدرسة الموهوبين في (Tim Thorben) كوتش تم  
المانيا والتي هي نواة تأهيل السباحين للمستوي الأولمبي  
وبطولات أوروبا

# أسئلة وأجوبة لمدرسين دوليين واولمبيين من أوروبا



**Q1. What are the causes that make you reach that level?**

**WHAT YOU DID OR YOUR THOUGHTS**

ANS.1: In my point of view, it is passion and love for the sport of swimming and the work with young human beings. Love what you do, and you will do it good!

**Q2. What are the things that each Olympian must have to reach that level?**

ANS.2: To make it to an Olympic swimmer you need a lot of talent on the one hand. Talent in swimming means for me to have good physiological predispositions and a feeling for the water and how to move in it. On the other hand, you must be willing to work very much and enjoy practice and competitions.

**Q3. How many swim units and gym units and the mileage that you suggest for the age groups like 12 under, 13 to 16 years old, and 17 and up?**

ANS.3: For the age of 12 and under the volume of training is not important. They have to develop techniques and feelings for the water. From 13-16 it depends on the distances you are focused on. For swimmers who are aiming at 50-200 it is enough to have one swimming session per day (6 per week) with 4km and at least 4 dryland session per week. If they are focusing on 400-1500, they can do more or longer sessions.

In the age of 17 short- and mid-distance swimmers can do 9 session per week with a volume of 40-50km per week and 3 gym sessions with weights. Distance swimmers should do 10 sessions with up to 60-70km per week.

**Q4. What are most reasons and things that make the swimmers drop off and quit swimming early before they complete growing?**

ANS.4: in Germany most swimmers quit because of monotony in practice. Other points are long-lasting injuries, competitive anxiety, missing perspective and the focus on education.



**Q5. What is your favorite swimsuit that you love to do as a coach for your swimmers?**

ANS.5: One of my favorite sets is the so called „Grant Hackett Set “. 40\*50 with increasing intensity and decreasing rest. I love it. You can find it on the Internet.

**Q6. for swimmers? What most things that you don't like it in your coach?**

**For a coach: What things do you hate about one of your swimmers or in general?**

ANS.6: Swimmers who are not passionate.

**Q7. Are there specific Gym workouts for sprinters. I'm a swimmer. Distance swimmers.?**

ANS.7: You cannot say that in general. Each swimmer is different. I would say that sprinters and breaststrokes should spend more time in the gym.

**Q8. What are the best 3 water drills for sprinters, IM, distances, swimmers?**

ANS.8: Sculling is the allrounder under the drills. Everyone needs it.

**Q9. What is your advice to new or young coaches to be great coaches in future?**

ANS.9:

1. Love what you do
2. be brave and try something new or different
3. observe and learn from your swimmers

**Q10. FOR SWIMMERS, WHAT WAS THE MOST CHALLENGING SWIM UNIT YOU EVER HAD BEFORE, that you can't forget it?**

ANS.10: back in the days, when I was a swimmer: 40\*100m 1:15 best average.