

Coaching Philosophy & Performance Foundations for High Performance Swimming



Ben Titley

Coaching History



1994-1996...Teaching / Learning

1996-2003...Loughborough University Coaching, but outside the box (facility, office)

BSc in Physical Education, Sports Science & Recreational Management

MSc in Sports Science

2003-2012...British Swimming (Loughborough)

2012-2022...Swimming Canada (Toronto)

2022-...RFEN (Sant Cugat / CAR)



Coaching Achievements



- 5x Olympic National Team Coach (2x Head Coach, 2 different countries)
- 11x World LC National Team Coach (5x Head Coach, 3 different countries)
- 500+ National Records (Senior / Junior / Relay) inc. multiple WR (male & female)
- 300+ International Medals
- 2021 Olympic Games – 11 athletes, qualified in Butterfly, Backstroke, Breaststroke, Freestyle & IM...in 50/100/200/400/800/1500m events

Last 7 years (2016-2023)

22 Olympic Medals

41 World LC Medals

29 World Junior Medals



High Performance Environment / Culture



Coach Led

Athlete Focused

Integrated Support



High Standards & Expectations
Challenging & Supportive
Respectful & Professional
Team Culture with Individual Focus



Philosophy in Developing Success



TRAINING

V

TEACHING

V

COACHING

Where are your strengths?

Where do you want to be?

Peter Principle?

Successful Coaching



Care

Passion

Treat them all FAIRLY, but don't treat them all the SAME

Understand how they 'LEARN' best (V.A.R.K)

Learn what interests them & maximise 'CONNECTION' (2021 Olympics)

Where are they in their MATURATION (Growing? Sleep? Life pressures?)

Remember they likely don't think the same way used to! (Penny & Liam)



Guidelines for Performance Success



Big or Small...need to be FAST...ability to produce power!

Technique & Skill & Underwater (like learning a language...easier earlier...persist)

Helps to have great 'seniors' to 'chase'...Change mindset of what is 'Normal'

Set High Standards of Behavior, Performance and Expectations

Support through the journey (16-21yr of age is a challenge for anyone...athletes +)

International Racing / Travel...make it fun

Challenge them, but love them too!



High Performance Foundations



Technique (individual differences but constant themes?)

Underwater / Skills (similarities to language!...better to start early)

Ability to Produce Power – break down into less variable focus

Set Standards and have expectations (High!)

COACH (Can be a part-time job...but with full-time passion)



This applies to early career and early season!

The Importance of SPEED



Sean Kelly discussion in the 2000's...

Question – are the best athletes in the World naturally fast? In other sports? YES

Speed can be relative

POWERFUL / DYNAMIC / IN-SHAPE



...then WHY do we push them away from the Sport? (required events, focus)

...Do we tell an athlete they can't swim the 400 unless they do the 10k?

The Importance of SPEED



QUIZ?!

Speed needed for Elite Womens 200 Free?

Speed needed for Elite Mens 10k?



Examples of Speed Importance



2021 World Rankings – Women’s 200 Freestyle, Top 10 Ranked athletes

100 Free Ave time...52.8

50 Free Ave time...24.8



2022 World Championships – Men’s 10k Open Water Event

1500 Free Ave time...14.45

400 Free Ave time...3.47

Conclusions for Younger athlete Success



Fundamentals...Technique / Skill / Underwater / Ability to Produce Power

Recovery...sleep, sessions off, days off, mental as much as physical. Let them Grow!

Aerobic Development done with the correct technique or broken down to components

Team Element – make it fun (use competition), keep them in the sport

Give them skills that will help them in life - STANDARDS / EXPECTATIONS

- Manners / Respect
- Time Keeping
- Overcoming Adversity
- Travel / Language / Different Cultures
- Life-Long Friends





Questions?

Sporsmal?



13.5

Gracias!