The Journey of Duncan Scott- "Starting from the Bottom"

Alloa ASC   **FIRST**   **UofS**

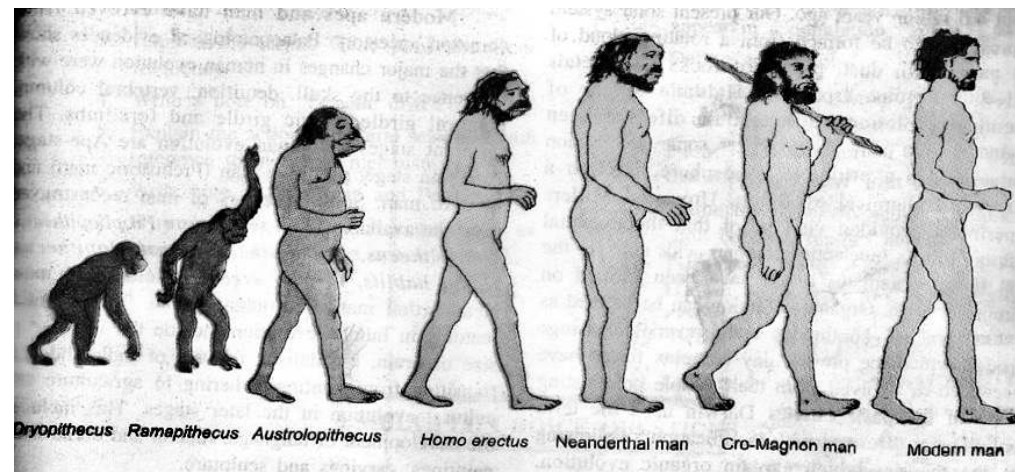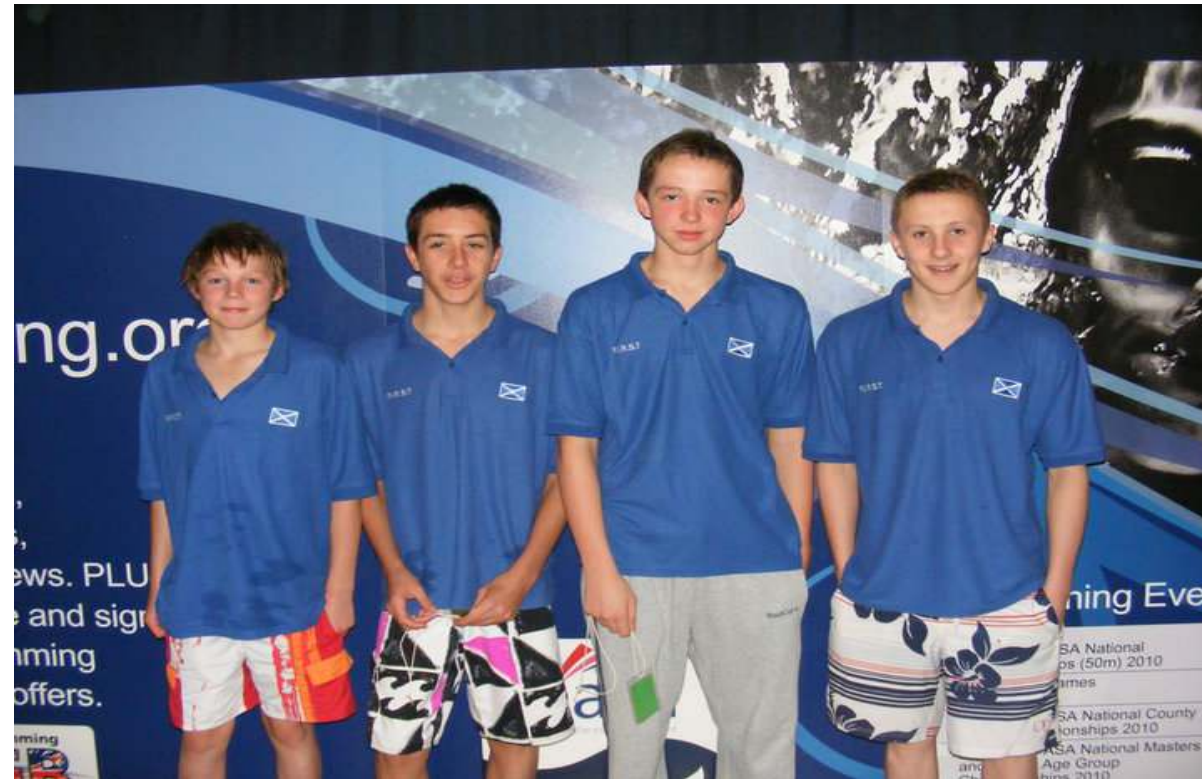2004   2007   2014   2018

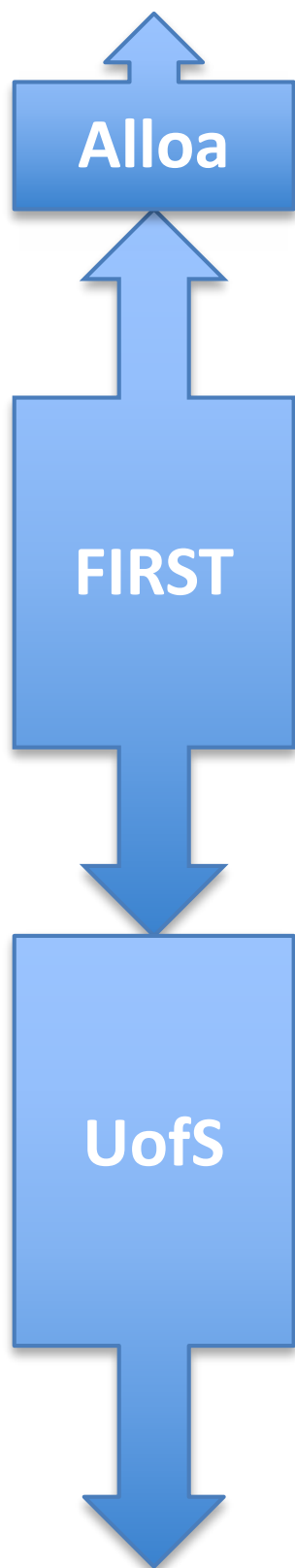2004   2008   2015

St Johns ⟶ **Strathallan School** ⟶ **University of Stirling**

Dryopithecus   Ramapithecus   Austrolopithecus   Homo erectus   Neanderthal man   Cro-Magnon man   Modern man

Duncan Scott: Time Progressions + End of Year Ranking

		100Free		200Free		200IM	
Year	Age(31st Dec)						
2007	10yrs	1'12.33	11	2'39.71	21	2'56.39	8
2008	11yrs	1'07.05	9	N/A		2'49.00	25
2009	12yrs	1'05.16	43	2'24.28	86	2'44.00	65
2010	13yrs	1'01.15	43	2'13.96	64	2'32.17	51
2011	14yrs	59.26	81	2'07.03	50	2'23.53	45
2012	15yrs	55.75	31	1'58.65	5	2'09.80	1
2013	16yrs	51.58	2	1'51.12	1	2'03.73	1
2014	17yrs	49.67	1	1'49.66	1	2'01.57	1
2015	18yrs	49.19	1	1'48.25	1	2'02.81	2
2016	Open	48.01	1	1'47.28	4	1'59.88	4
2017	Open	47.90	1	1'45.16	1	1'58.44	3
2018	Open	48.02	1	1'45.34	1	1'57.86	2

Alloa

FIRST

UofS
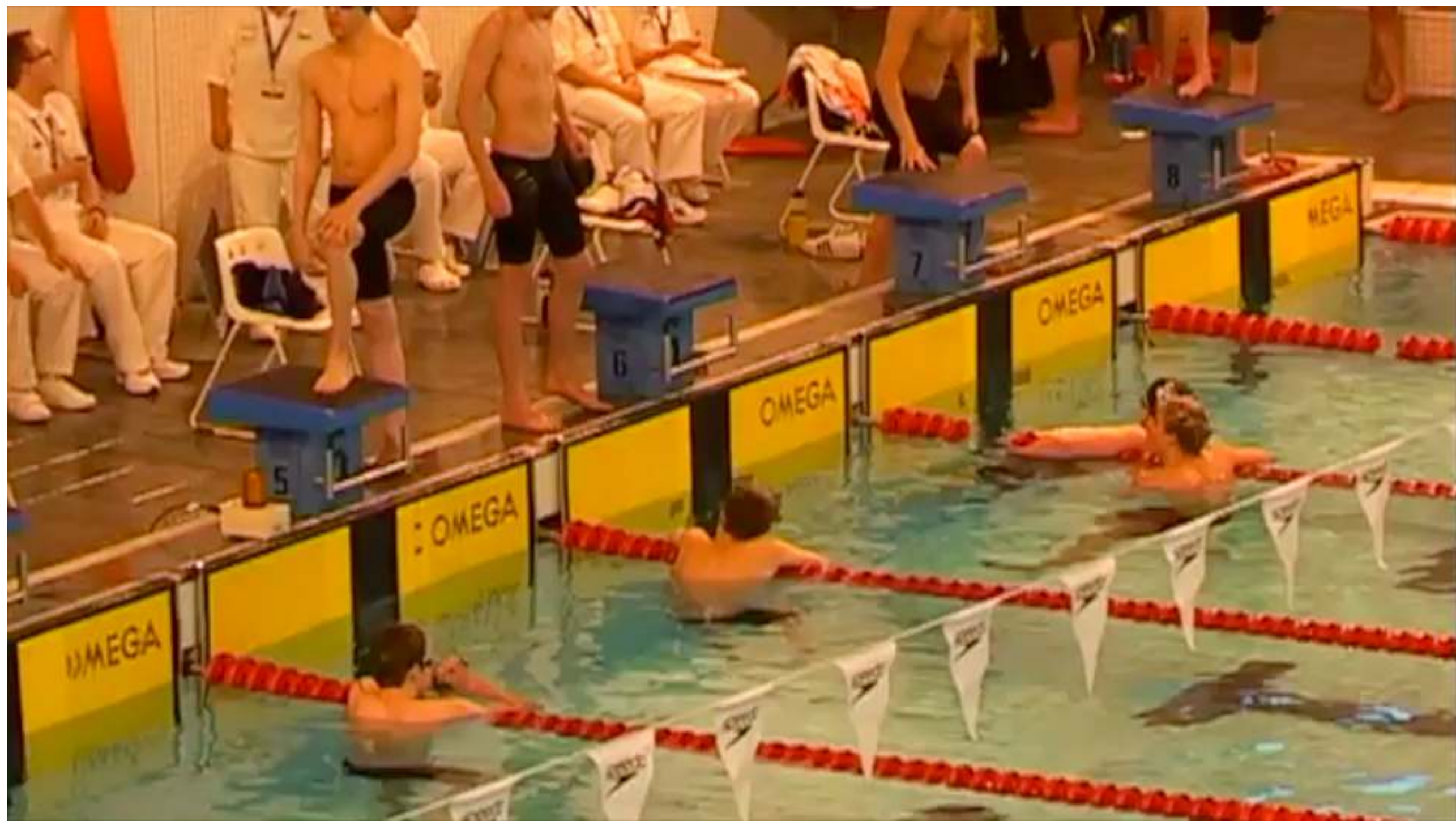
Semi-autonomous Athlete
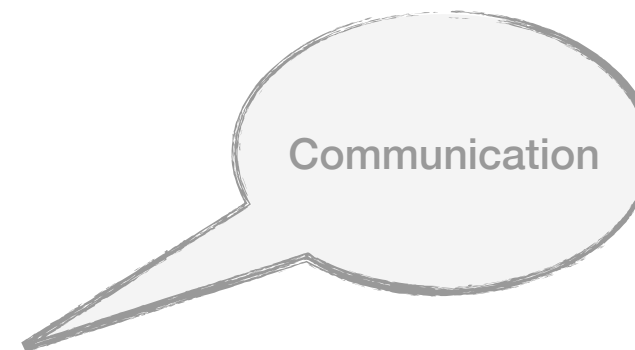
Concise, accurate and appropriate…

SEASON		
2018-19		
CYCLE 1		
MESO 1 MICRO 11		
WEEKLY EMPHASIS		
DS- AEC + Test		
CMc- Regen'		
RM- AEC + Test		
CB- AEC/ANC		
GC- AEC		
AW- AEC/ANC		
CL- AEC/ANC		
MH- AEC/ANC		
Days to Trials-	155	
Notes:-		
*RM/DS- Test Tue Pm		

A.M.

Date	12-Nov-18		13-Nov-18		14-Nov-18		15-Nov-18		16-Nov-18		17-Nov-18		18-Nov-18	
Day	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Duncan				3.0		5.0		4.0	AEC(Rec)	5.0	TBC	6.0		
Craig	Travel(London)			3.0		5.0		4.0	AEC(Rec)	4.0	AEC1- Long	5.0		
Ross	Skill/AEC(Rec)	5.0		3.0		5.0		4.0			TBC	6.0		
Craig			Technique- Speed	2.0	Kick(Dec)/AEC(Res)	4.0	Speed- Race Skills	3.0			ANC	4.0		
George			Reel/Video	3.0		5.0		4.0			AEC1- Long	6.0		
Aimee	Skill/AEC(Rec)	5.0		3.0		5.0		4.0	AEC(Rec)	4.0	ANC	5.0		
Callum				3.0		5.0		4.0		5.0		6.0		
Maj				3.0		5.0		4.0		5.0		6.0		
Land	S+C				S+C		Yoga		S+C					

P.M

	Duncan	AEC(Rec)	4.8	Test!!	4.0		AEC2 or 3	6.0		5.0		
	Craig	Travel(Glasgow)		AEC(Rec)	5.0		AEC2[0.5]	5.0		5.0		
	Ross	Speed-Stroke	4.0	Test!!	4.5		AEC2 or 3	6.0		5.0		
	Craig	Aec(Rec)	3.0	Skill/AEC(Rec)	4.2			4.0	Kick(Pw)/AEC(Res)	4.0		
	George		4.0		4.2			5.0		5.0		
	Aimee	Speed-Stroke	4.0	AEC2	6.0		AEC2	6.0		5.0		
	Callum	AEC(Rec)	4.0	Skill/AEC(Rec)	5.0			5.0		5.0		
	Maj				5.0			5.0		5.0		

Weekly Volume

Weekly Volume	
Duncan	42.8
Craig	36.0
Ross	42.5
Craig	28.2
George	40.2
Aimee	47.0
Callum	42.0
Maj	38.0

BUCs- Well Done!!

Overall	2
Women	3
Men	1
BUCs League Pts	2 1 2

Semi-autonomous Athlete

Communication

Education

Developing knowledge base + self awareness…

		SKILL/ASPECT	your comments	SCORE 1-10	
		Swimmer Duncan Scott			
		Event 200Free		date	
SKILLS	Starts	Position on block	I need better flexibility for this.	4	
		Drive	Shocking reaction	4	
		Entry (distance, position)	horendous	5	
		Streamlining		5	
		UW kick	good, need to keep arms still	7	
		B/O (distance, transition to swimming)	sometimes rate too high	5	5.0
	Turns	S in		4	
		rotation	learnt to pre submerge	7	
		position on wall		3	
		Power off wall		3	
		Streamlining		4	
		B/O		5	
		Turns fatigue		5	4.4
	Finish	Sm in			
SWIM		1st 25 (pace)	first 15 getting better. But dropping to 25	5	
		1st 50 (pace, SR, DPS)		6	
		2nd 50	Need Some Balls	4	5.0
		3rd 50		6	
		4th 50		9	7.5
		Technique	Ive put an 8, dunno why it comes up with a date.	08-Jan	
Physiology		AEC	Everytime, What do these Mean?!	N/a	
		AEP		N/a	
		ANC		N/a	
		ANP		N/a	
Non - Swimming		Mental toughness - Racing		7	
		Mental toughness - training		9	
		Nutrition - general		6	
		Nutrition - pool side		7	
		Flexibility		4	
		Strength		3	
		Power		3	
		Body composition		4	
		Injury rate		8	
		Illness rate		3	
		Sleep (quantity & quality)		7	5.5
Performane Lifestyle		Education		4	
		Future Planning		6	
		Finances		6	
		Integrating swimming and lifestyle		7	
Racing		warm-up		6	
		supplementation	don't take any	N/a	
		Race plan analysis		7	
		Recovery		8	7.0
			AVERAGE	5.5	

2014-15	Development areas for phase 1 (Sept - Dec) of 2015-16 season	1 Commit the first half of the race
		2 Improve on Land
		3 Try majorly to prevent illness

SWIMMER REVIEW 2017-18

Name:	Duncan Scott			DATE:	11/09/17
Events:	100/200 freestyle				

Please put in a number from 1-10 using the scale on the right to reflect where you feel you are currently for each aspect/skills and provide comments for each. BE HONEST with yourself!! A report will generate automatically on the tab to the right.

	SKILL/ASPECT		PLEASE PROVIDE YOUR COMMENTS:	SCORE 1-10	AVERAGE
SKILLS	Starts	Position on block	hip sits high on left side, flexibility and strength being worked on with shanks and JT.	6	
		Entry	a lot better than this time last year however can be inconsistent. Ankles improved from last year.	7	
		UW	flick at the bottom of my kick has improved and the depth is good as well. Just looking to get more through the hips	8	
	Turns	Approach	good. On 100 can get a bit stabby meaning speed isnt brought into the wall. 200 is good.	7	
		Plant	good but if I want to start executing kicks coming off on my side should it change?	7	
		UW	starting to get a a plan together for 200. 4, 3 big 1 small off of the walls. 100 is good with 8.	7	7.0
	Free Swim	Technique Relaxed	good. Can get lazy on easier sessions. A lot different to my fast stroke.... That bad?	8	
		Technique Fatigued	my right elbow drops. JT thinks through lack of strengh in shoulders...working in it.	8	
		Technique Under Pressure	good, Same as when its not..almost. Can shorten up slightly at the front of mys troke, more on the 200.	9	
	Finish	Awareness	my head position when breathing on free makes me think im further infron my people/not as far behind than I am...something which is being worked on.	8	
		Execution	good. Getting better and better at the straight arm with effectivness.	8	8.2

SWIM	Training	Preparation- (pre-pool/nutrition/rest)	Good, Pre pool getting better with exercises from JT. Was in a good habit of going to bed early before commies but I have been struggeling since.	6	
		Application- (attention to detail/concentration)	Very good.	9	
		Understanding- (what/why/how?)	good, understanding more and more about the Jan model eaach year.	7	
		Honesty- (appropriate effort/feedback)	Good, honest to all the coaching staff and myself.	5	
		Evaluation- (rational reflection)	good. Any issues ill speak up. Got better at getting on with sets even when on my worst day.	8	7.8
	Racing	Preparation- (pre-pool/nutrition/rest)	good. Any issues ill speak up. Got better at getting on with sets even when on my worst day.	8	
		Plan- (fixed/adaptable/achievable)	good	8	
		Execution/Craft- (as planned/responsive)	good, needs work on the 200 freestyle.	7	
		Recovery- (s/d/nutrition)	swim downs have improved, nutrion....need to get into a habit of having something straight away	6	
		Evaluation- (where/when?)	good.	8	7.4

PHYSICAL ELEMENTS	physical competencies	Movement Competency	okay, getting better with my countermovemnt jumps improving.	7	
		Strength	getting better but will improve over neet couple of years.	6	
		Power	same as strengh.	6	
		Mobility + Flexibility	a lot more consistent in having good mesurements	7	
		Body Composition	Good. Consistent throughout the year on the skinfolds.	8	6.8
	Illness/injury rate	Injury rate	n/a	9	
		Illness rate	getting better, helped through improved sleep hours and nutrition.	7	8.0

(Hover on the squares with the red triangles in top right corner below to see further questions)

OUTSIDE TRAINING	Compliance	Compliance	was good before commies but afterwards has been awful.	4	4.0
	Life-planning	Education	Uni all going well, part time programme getting sorted just now thanks to brown and david bond.	8	
		Positive Distractions	Uni done for year until sept. PS4, netflixs and ive just ordered a chanter as I used to play.	10	
		Sport plan	don't understand	7	
		Finance	fine just now.	7	
		Future Planning	looking to be involved in the sport for the next sort of 10 years.	7	7.8
	Recovery	Sleeping quality and quantity	quality good, quanity not so good after commies. In a bad habit of going to bed late. Looking to alter.	7	
		Knowledge and application of supplements	don't take any. I have knowledge but don't feel I need to. Should I take BCAA's, for big sessions and gym?	8	
		Daily nutrition	improved a lot over recent months. Still need work on food for recovery straight after session.	6	
		Knowledge of how you can optimise recovery	good just lazy at executing.	7	
		Lifestyle to support training	good.	8	7.2

	OVERALL AVERAGE SCORE:	7.4

2017-18	Development areas for phase 1 (Sept - Dec) of 2017-18 season	Get into habit of bring food to bigger sessions and focus on recovery after sessions.
		habit for earlier nights needs to occur.
		in final phase, more race pace 100 freestyle.

Swimmer feedback Report:

Name: Duncan Scott

Date: May-18

Skills : Starts and Turns · Skills: free swim & finish · Training · Racing · Physical competencies · Illness and injury rate · Compliance · Life Planning · Recovery

Legend:
- Sep-17
- Jan-18
- May-18

1-10 Scale :
(1= Poor,10= Excellent)

To think about:

-What are you your scores now?

-How are you going to improve them?

Small positive changes in your daily routine, could make a BIG difference!!!

Areas that I want to develop:

Get into habit of bring food to bigger sessions and focus on recovery after sessions.

habit for earlier nights needs to occur.

in final phase, more race pace 200 freeestyle.

Semi-autonomous Athlete

Communication

Education

Experiences

Not one is ever bad…

2014年度ナショナル強化選手合宿　　　男子自由形中・長距離グループ

2014/12/16(Tue)　Am8:30～11:00　　　　　　　　　　　suzuka

	Distance	Number	Set	Cycle	Rest	Notes	System	Distance	Time Required
1 W-up	600 ×	1		12:00		100FR(STA50 Zipper50) 200IMK&S 100BA(D-am50 Swim50)	A1	600	0:12:00
						100BT(Scull～finish50 3k1s50) 100BR(2dolphin1BRK50 3k1s50)		0	0:00:00
2 Swim	200 ×	3		2:20		FR PadFinSwim	EN2	600	0:07:00
3 Kick	150 ×	4		2:15		FR/IM-O SMOOTH Fin	EN1	600	0:09:00
	100 ×	4		1:30/₁₆₀		※IMX　HARD N.B Fin	EN2	400	0:06:00
	100 ×	2		1:40		FR MAX N.B.Fin	AN1	200	0:03:20
4 Pull	150 ×	4		2:10		FR/IM-O STROKE	EN1	600	0:08:40
	100 ×	4		1:30/₁₀₀		※IMX　HARD	EN2	400	0:06:00
	100 ×	2		1:30・		FR MAX	EN3	200	0:03:00
5 Loosen	100 ×	1		5:00			A1	100	0:05:00
6 Swim	100 ×	4		1:30		IM　set Des	EN1	1200	0:18:00
	200 ×	2	×3	2:50		IM　set Des	EN1	1200	0:17:00
	400 ×	1		5:20		IM　set Des	EN1'	1200	0:16:00
		1		1:00		rest			0:03:00
7 Swim	100 ×	4		1:30		FR HARD	EN2	400	0:06:00
8 Swim	50 ×	4		1:10		IM-O MAX/E	AN3	200	0:04:40
9 Down	300 ×	1		10:00			A1	300	0:10:00
						※①25FLY50BA25BR　②25BA50BR25FR			
						③25BR50FR25FLY　④25FR50FLY25BA		8200	2:14:40

Semi-autonomous Athlete

Communication

Education

Belief

Experiences
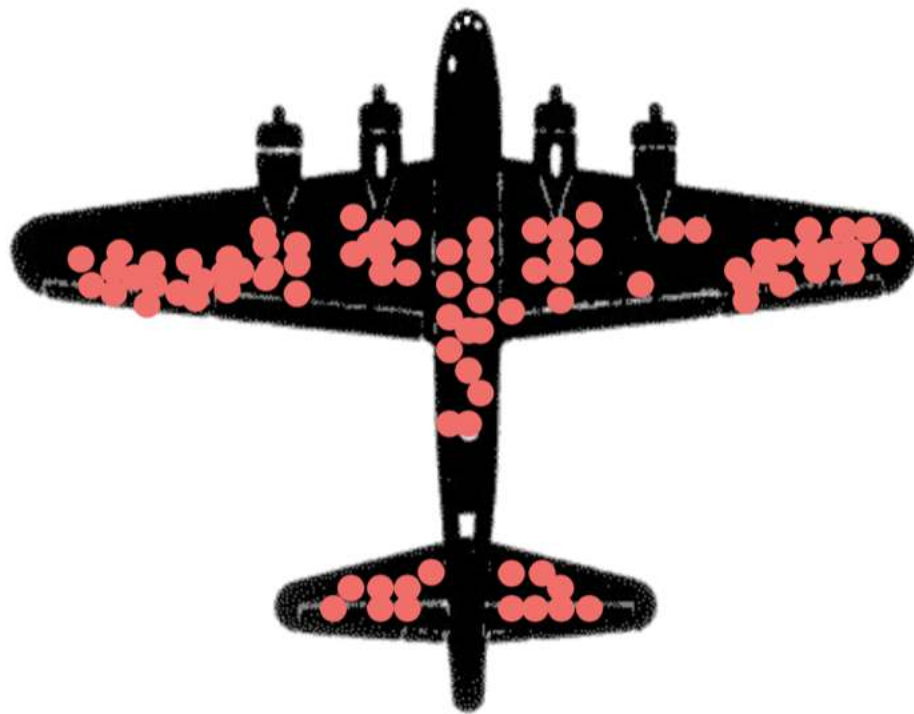
Trust in the process, philosophy and environment…

Semi-autonomous Athlete

Communication

Rational

Education
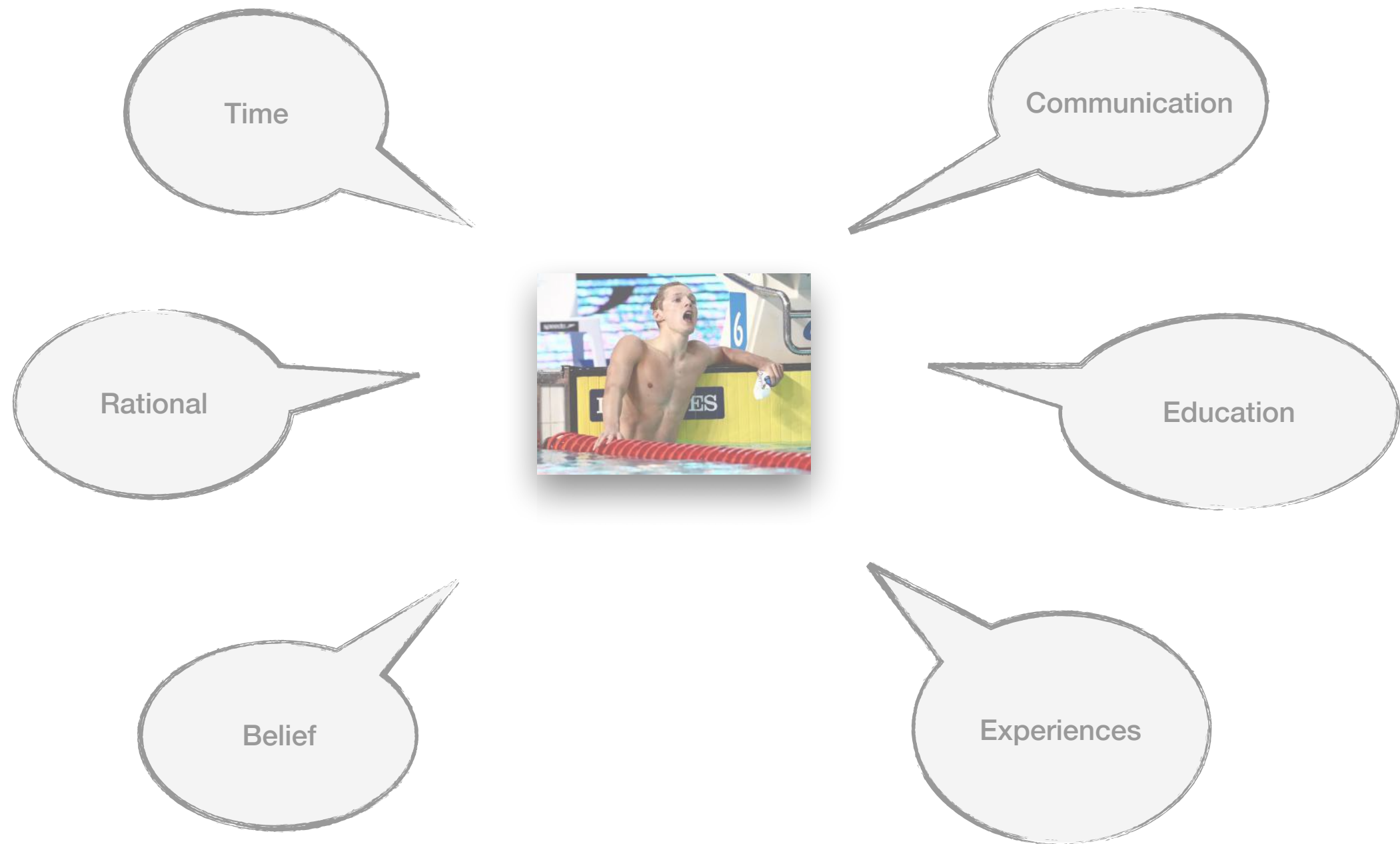
Time

Experiences
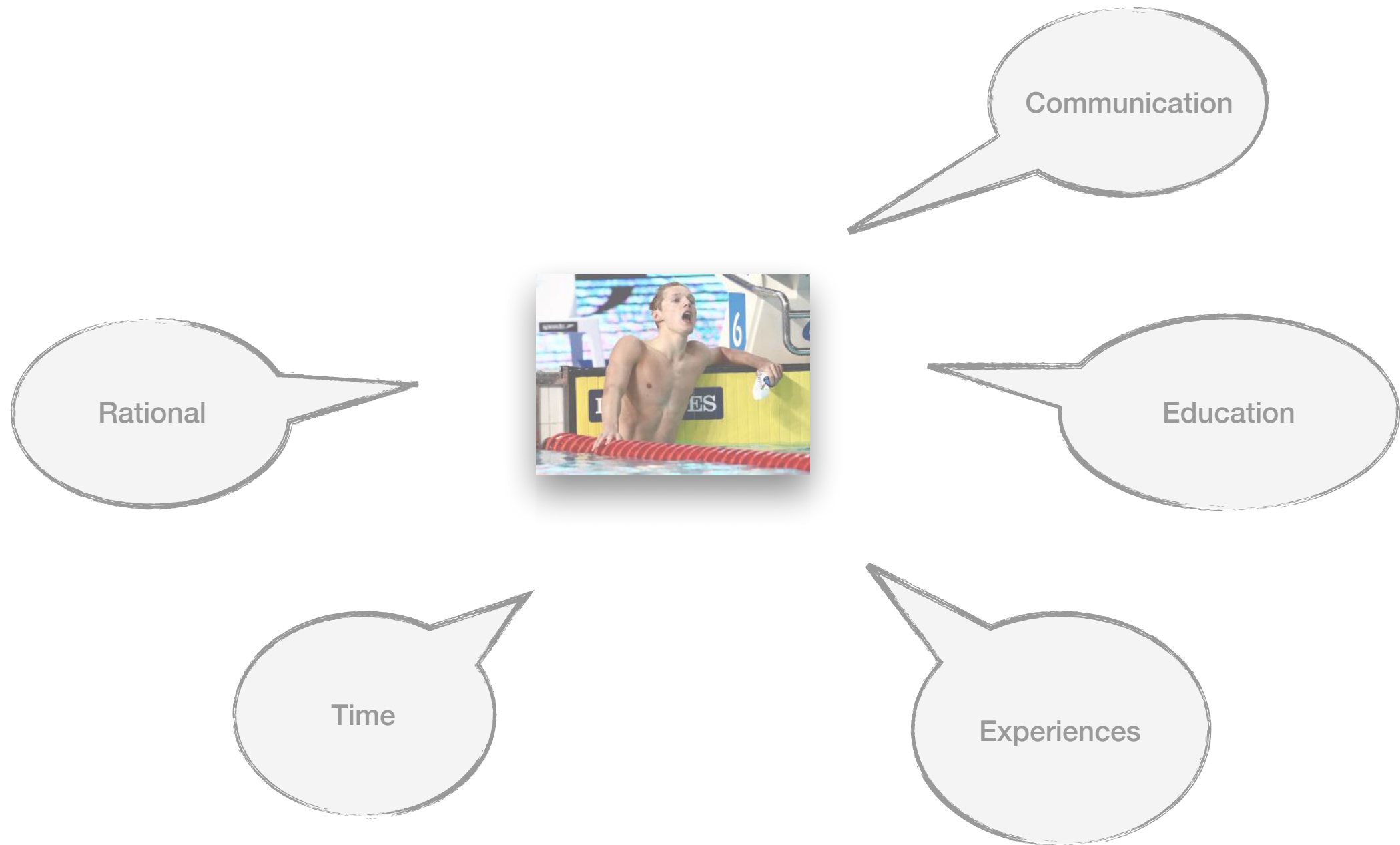
Keep emotions out of evaluation…

The pattern seemed clear

Many of the airplanes were riddled with gunfire all over the wings and fuselage. But they were **not being hit in the cockpit or tail.**
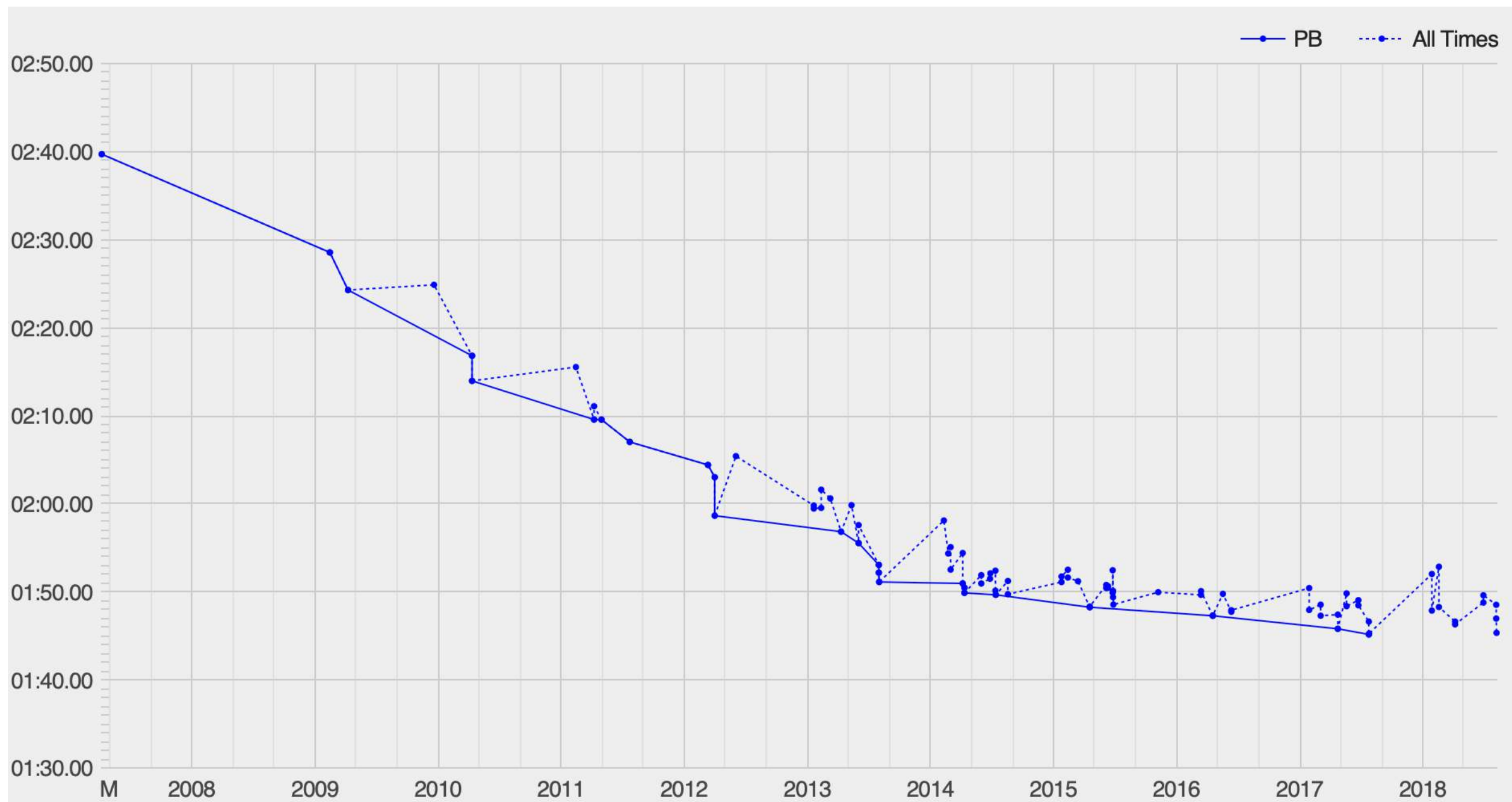
Semi-autonomous Athlete

Patient, progressive, sustainable improvements…

Performance Graph- 200Free

European Championships Cycle

Date	Wk	Wk#	Event	Phase									Notes	
16/04/2018	16	35		Holiday					0	1				
23/04/2018	17	36		Regeneration					21	2			Slight illness!!	
30/04/2018	18	37		AEC	1	1			44.3	3			Test!!	90/1.42
07/05/2018	19	38	National Camp L'borough(9-12th)	AEC/AEP		1	1	2	54.5	3			National Camp-Lough'	
14/05/2018	20	39		AEC/AEP		1	1		59.6	3				
21/05/2018	21	40	CoG LC(25-27th)	Regeneration		1			44.8	3			24.0/26.0/29.0Fl/Bk/Br	
28/05/2018	22	41		Regeneration					44.7	3				
04/06/2018	23	42	Mare Nostrum, Canet LC(9/10th)	AEC/ANP		1		6	53.9	1			Test!! 49.6Fr/53.7Fl/64.0Bk/58.4Bk	84.5/1.47
11/06/2018	24	43	Mare Nostrum, Barca LC(13/14th)	AEC/ANP		1		6	41.5	1			1'49.1Fr/2'03IM/2'01Fly(LC)	
18/06/2018	25	44		Regeneration					40.8	2				
25/06/2018	26	45	Setti Coli, Rome- LC(28th-2nd))/Scottish Nat'- LC(28th-1st)	AEC/ANP		1		6	45.2	1			49.6/1'48.8Fr/2'02.5IM(LC)	
02/07/2018	27	46		AEC	1				57.7	2				
09/07/2018	28	47		AEC/AEP	0.5	1			52.6	2				
16/07/2018	29	48	Canadian Pan Pac Trials, Edmonton(18th-22nd)	AEC/ANP	2			2	43.2	2				
23/07/2018	30	49	British Summer Meet, Sheffield(24-29th)	Taper		1		1	36.6	2				
30/07/2018	31	50	Holding Camp,Stiri(30th-2nd) European Championships(3-9th)	Taper --> Race	0.5			0.5	24	N/A			48.22/1'45.37/1'58.5(LC)	
06/08/2018	32	52		Race				11	25	N/A				
13/08/2018	33	52		Holiday	12	25.5	2.5	3.5	6.5	1970.9	0			
20/08/2018	34	1		Holiday			4	80	39.4	0			50 Training Weeks	

SEASON 2017-18

CYCLE 2	
MESO 1 MICRO 13	
WEEKLY EMPHASIS	
CB- Regen'	
DS- AEC/ANP	
MW- Taper	
CW- AEC/ANP	
CMc- AEC/ANP	
SMc- Race	
Days to Euros- 19	

Notes:-

Training Schedule

Date		16-Jul-18 MONDAY		17-Jul-18 TUESDAY		18-Jul-18 WEDNESDAY		19-Jul-18 THURSDAY		20-Jul-18 FRIDAY		21-Jul-18 SATURDAY		22-Jul-18 SUNDAY	
A.M.	Calum	Skill/AEC(Rec)	3.0			Kick(Dec)	3.0	Skill/Speed	2.5			AEC 1- Long	3.0		
	Duncan	Skill/AEC(Rec)	5.0	AEC 3	5.0	AEC(Rec)	5.1	AEC 3	5.0			AEC 1- Long	5.0		
	Martyn	🚑		AEC(Rec)	3.2	AEC(Rec)	3.2	ANC[0.5]	3.0			AEC 1- Long	3.0		
	Cassie	Skill/AEC(Rec)	4.0			AEC (Rec)	0.3	Skill/Speed	4.0			AEC 1- Long	4.0		
	Craig	Skill/AEC(Rec)	6.0			Kick(Dec)/AEC(Rec)	4.0	AEC 3	5.0			AEC 1- Long	4.0		
	Scott	Skill/AEC(Rec)	3.0			Skill	2.0	100Fr(Ht)		100Fly(Ht)		50Fr(Ht)			
	Land	S+C				S+C				S+C					
P.M.	Calum	Speed	3.0	AEC 1				Speed							
	Duncan	Speed/AEC(Res)	5.0	ANP				ANP							
	Martyn	Skill/Speed	2.5	AEC 2[0.5]				ANP[0.5]					Paddle	1.0		
	Cassie	Speed	3.0	AEC 2				ANP							
	Craig	Speed/AEC(Res)	6.0	AEC 1				ANP							
	Scott	HVO	3.0	AEC 1				100Fr(F)		100Fly(F)		50Fr(F)			
	Land														

Steven Tigg:
12x50 'Last 4 200RP' r20
8x50 'Last 4 200RP' r10

Steven Tigg:
50/50/100 r5
100/50/50 r5
100Fly Finz

Weekly Totals

CB	24.3
DS	43.2
MW	26.0
	0.0
CW	27.3
CMc	40.0
SMc	12.0

Thank you...

UNIVERSITY *of* STIRLING