



The Development of Daniel Jervis


canterbury


cymru | wales

Gold Coast
2018

Presentation

1. Background - The Program,
2. Who is Daniel Jervis “ The Person “
3. Who is Daniel Jervis “The athlete”
4. Strengths and weaknesses
5. The Early Years Before Swansea
6. When he joined How, Why, What happened
7. The first 2 years - Club swimmer to European Junior Champion
8. Challenges after 2014
9. 2014 - 2018
10. 2018 - 2020

Background

Head Coach Swim
Swansea 2007 - 2016

150 Swimmers in program

3 LC/ 5 SC Sessions per week



EYOF - 2011/2012/

EJ - 2013/2014/2016

Commie Games 2 athletes 2014

Not part of the Swim
Wales program or
British Swimming ITC

No Support Services -
Sports Science / S&C

Club Changed name and Brand 2014



CITY OF SWANSEA
AQUATIC CLUB

Part Employed by Swim Wales
2014 - 2016 after 2014 success

EJ Pool and OW 2015/2016

Support Services added
to HP Athletes in club

2016 - I left Role as Head
Coach Swansea Aquatics



2016 - Accepted role as Lead
Coach Swim Wales National
High Performance Centre

Who is Daniel Jervis?

The Person

- Religious up bringing
- Family very important - Doesn't like being away from home for long periods of time
- Honest
- Extremely Proud Welshman
- Very Naive in terms of life and the sport
- Never raced outside of Wales
- Very Polite - Always said thank you after sessions - still does this today



The Athlete

- Willingness to do anything I asked
- Very Serious
- Tough
- Desire to be the best
- Highly Competitive
- Passion - Welsh
- Honest effort everyday
- Never missed - Ever!!

Know the Person as well as the Athlete

What were his Strengths & Weaknesses?

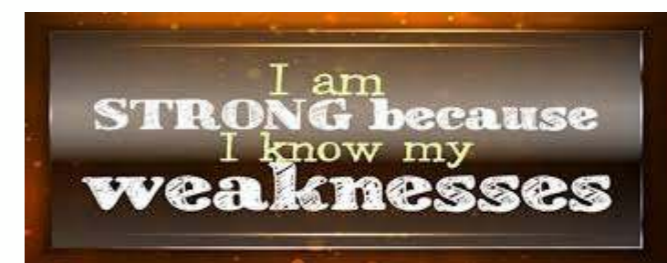
Strengths

- Very Coachable - Picked up new Skills, Wanted to learn, Enthusiasm, Passion for swimming.
- Technical ability - SL / Body Position
- Feel for the water
- I.M Background
- Willingness to learn
- Work Ethic
- Not been coached - Full time - So much to develop
- Passion for swimming



Weaknesses

- Very Naive - Life and Swimming
- No Understanding of the big picture - Favourite meet was West Wales - It still is !!!!
- Turns and Underwater Skills
- Belief in Own Potential
- Very Limited Race Experience Not been coached - Full time - So much to develop
- Passion for swimming



The Early Years before Swansea....

- Nexus Valley - Chris Wheller
- Neath SC - Neil Golding
- Neath SC - Mike Spittel
- 6 lane 25m Pool - Neath Leisure Centre.
- 6 X 1-1.5hr sessions per week
- Low Weekly Volume 25-30k
- Technique Orientated Program
- IM Based
- Focus was DPS / SL / Body Position
- Very Limited Pre,Post pool or Land work
- Leg Kick was good.
- Not Fast - but strong, continuous



What happened when Dan Joined?

- Identified talent - watched at local meets.
- Dan had discussion with his Home Program Coach
- Moved full time
- Parent / Athlete meeting
- Expectations set out
- Day 1 - Talked about Long Term (2020)
Shorter term goals(EJ) (Commie Games)



**Have a Plan, Protocol for when
local athletes want to move**

WE TALKED ABOUT DAN'S LONG TERM POTENTIAL FROM DAY 1

A swimmer wearing a blue cap and goggles is celebrating in a pool, with arms raised in triumph. The swimmer is smiling and looking towards the camera. The background shows a yellow lane divider and a red lane line. A yellow sign with the number 4 is visible on the left.

The first 2 Years.....

**Club Swimmer to European Junior and
Commonwealth Medalist**

Key Progression 400 Freestyle

3 Months before joining - 4.32.36

9/5/12 – 4.20.51

18/7/12 – 4.13.78

19/05/13 – 4.04.70

30/7/13 – 3.56.45 - National Youth Championships

10/4/14 – 3.56.43 - British Gas Championship

9/7/14 – 3.55.69 – Euro Junior Heats

9/7/14 – 3.52.80 – Euro Junior Final

24/7/14 – 3.52.44 – Commonwealth Games 2014

Key Progression 1500 Free

**2 Months before joining 17.52.16
(17 /12/2011)**

27/05/13 – 15.49.81

3/8/13 – 15.45.19

15/4/14 – 15.16.66(15.52.62 Heats) Trials

10/7/14 – 15.07.14 – Euro Juniors Gold

28/7/14 – 15.06.60 – Commie Games Heat

29/07/14 – 14.55.33 – Commie Games Final

Feb 2012 - July 2012

The 1st 6 Months

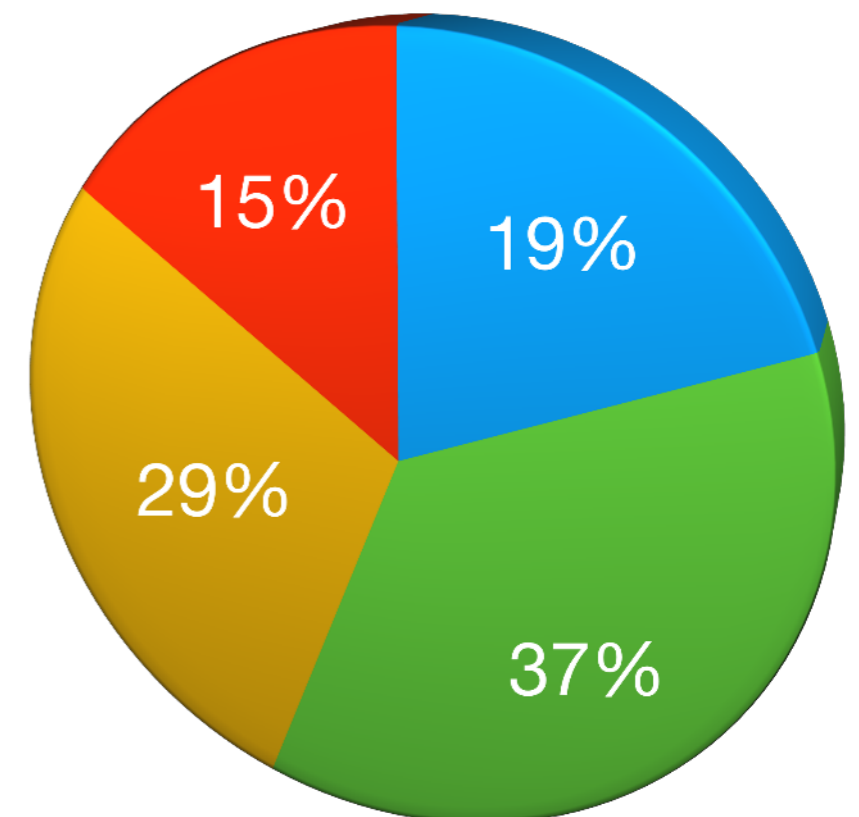
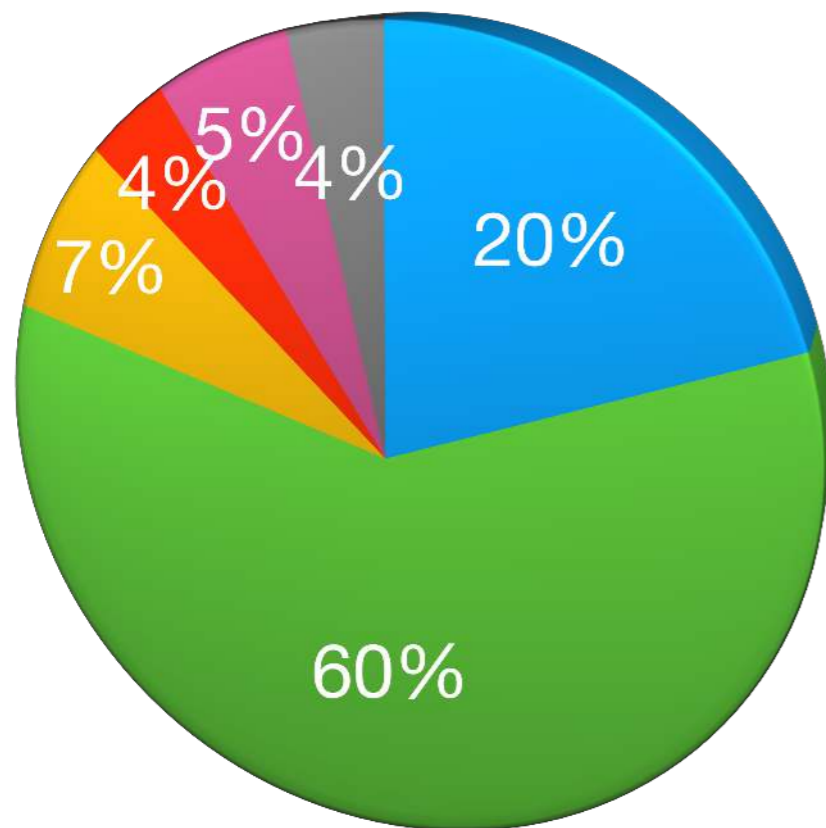
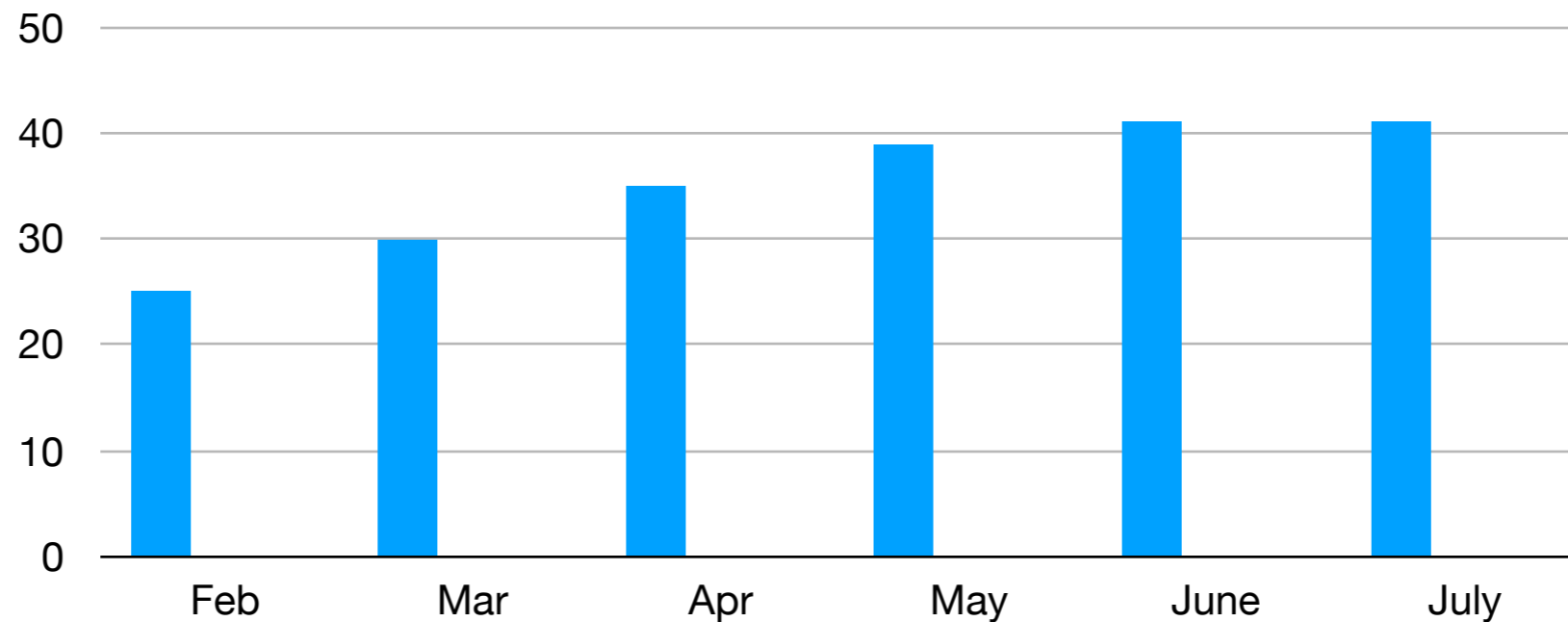
- Increased Volume to 45k - Progressive
- Increased frequency of training to 8 sessions
- Introduce a 4 week training block - 3 weeks progressive / 1 week adaptation
- Continued development of his strengths
- Introduction to SR, Pacing, Race Tactics
- Introduction to a basic gym program
- Education for Dan and his parents - Nutrition / Meets outside Wales / World Class behaviours

Week Balance

Feb 2012 - July 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM - LAND	Pre Pool	Pre Pool	OFF	Pre Pool	Pre Pool	Pre Pool
AM - POOL	Main Set Hrt Rate Set	OFF	OFF	Main Set A1-A2 Recovery High Skill Quality Kick Set		Main Set Race Pace
Session Volume	5k			5K		5k
S&C	N/A	N/A	N/A	N/A		Strength Circuit
PM - LAND	Pre Pool 4.30pm	Pre Pool - 4.30	Pre Pool - 4.30	Pre Pool - 4.30	Pre Pool 4.30	
S&C						
PM = POOL	Main Set Aerobic Development I.M (2K)	Main Set Speed Dev + Speed Kick	Main Set Hrt Rate - 1.5K Increase distance through season - 24 - 30x 100 @ 10- 20bbm Quality Kick after Hrt Rate into skill based recovery	Main Set Over Distance Aerobic Development	Main Set Aerobic Development Preparation Set for Saturday am Aerobic Set to include desc 50's to RP	
Session Volume	5K	4K	6K	5K	5k	
Notes	AM Session - Soft Hrt Rate Use 150M for the 10 - 20bbm Work. Desc to this using 100's upto 300's. come in and out of Hrt Rate Zone - 15 - 20mins in 10 - 20bbm	Speed Dev Main Set using short distance to start then increase through season to LP and LT Monitor Fatigue levels for Wednesday session !!!	25- 40mins in 10 - 20 bbm			Broken swims using 50's and 100's between 800 - 1200
Daily Volume	10K	4	6K	10k	5k	5k
Weekly Volume	10K	14K	20K	30k	35k	40k

Week Data Feb -July 2012



2012 - 2013 Key Focus points

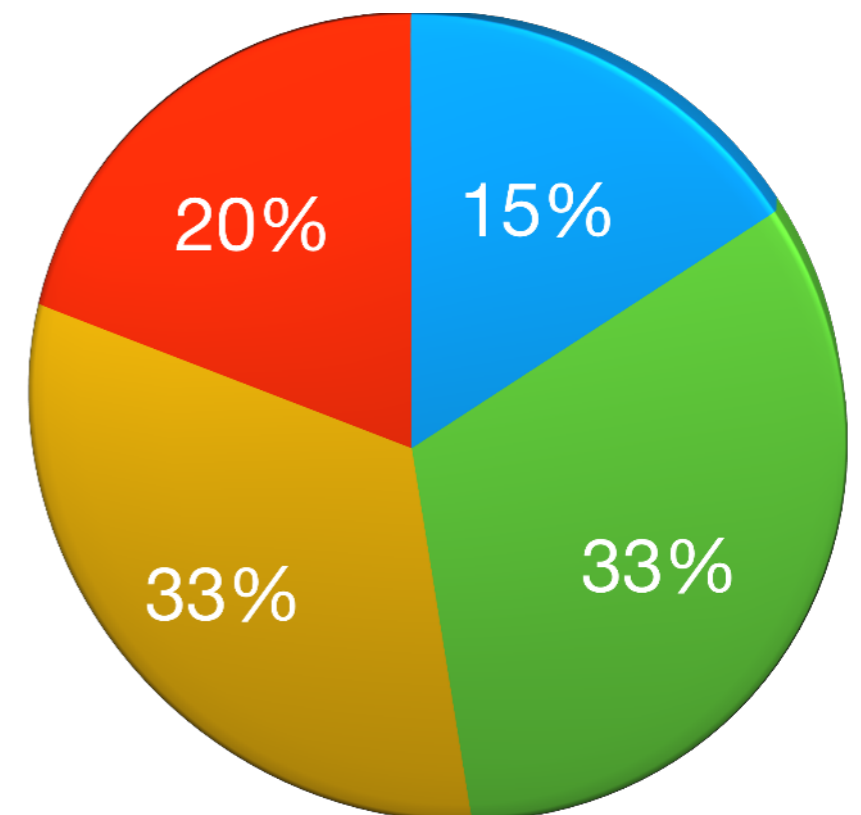
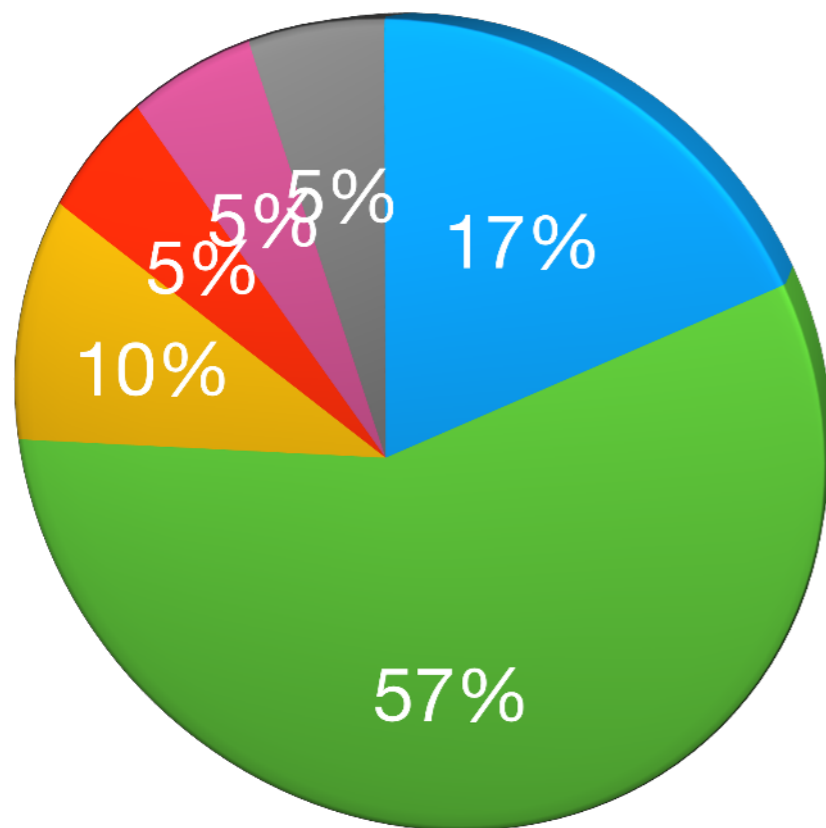
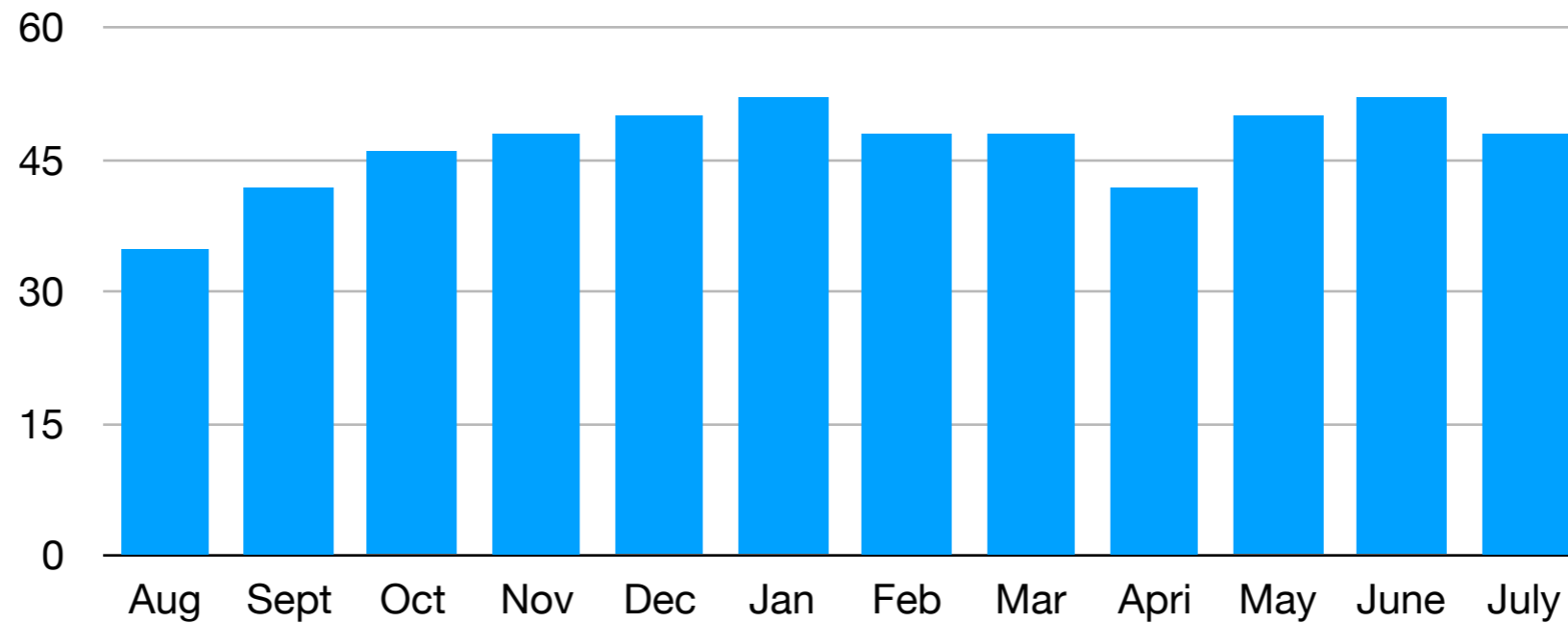
- Increase volume to ave 48k
- Continued development of Leg Kick - Make Faster
- Exposure to high level competition - More meets in England
- Introduce more physiological training program - VO2 Max / Anaerobic
- Introduction to Open Water - Dan Hated it !! (First GB Experience)
LEN OW Cup - Turkey - Wont be returning to OW
- Started to look at Dan's Weaknesses - But still focused more on his strengths

Weekly Balance

Aug 2012 - July 2013

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM - LAND	Pre Pool	Pre Pool	OFF	Pre Pool	Pre Pool	Pre Pool
AM - POOL	Main Set Hrt Rate Set	OFF	Main Set Aerobic Development Over Distance		Skill Based Warm up include a pre set of speed start development Main Set - Quality Kick	High Skill based Warmup with Speed Dev starts and Turns . Pre set to include Desc 100's and RP Desc 50's Main Set - Race Pace
Session Volume	6k		6k		6k	5k
S&C	N/A	N/A	N/A	N/A		Strength Circuit
PM - LAND	Pre Pool 4.30pm	Pre Pool - 4.30	Pre Pool - 4.30	Pre Pool - 4.30	Pre Pool 4.30	
S&C						
PM = POOL	Main Set Aerobic Development I.M (2K)	Main Set - Speed Dev + Speed Kick	Skills based Warmup with Speed Dev Turns descending pre set using 50's and 100's Main Set Hrt Rate - 1.5K Increase distance through season - 24 - 30x 100 @ 10-20bbm Quality Kick after Hrt Rate into skill based recovery	Skills based warmup, including a speed dev Turns and descing pre set - Monitor SC/SR for fatigue Main Set - Threshold - Free / I.M	High Skill Based Warm up including speed Dev Turns Main Set Aerobic Development Preparation Set for Saturday am Aerobic Set to include desc 50's to RP	
Session Volume	6k	5k	6K	6K	6k	
Notes	AM Session - Soft Hrt Rate Use 150M for the 10 - 20bbm Work. Desc to this using 100's upto 300's. come in and out of Hrt Rate Zone - 15 - 20mins in 10 - 20bbm	Speed Dev Main Set using short distance to start then increase through season to LP and LT Monitor Fatigue levels for Wednesday session !!!	25- 40mins in 10 - 20 bbm			Broken swims using 50's and 100's between 800 - 1200
Daily Volume	12k	5k	12k	6K	12	5k
Weekly Volume	12k	17k	29k	35K	47k	52k

Week Data 2012 - 2013



2013 - 2014 Key Focus points

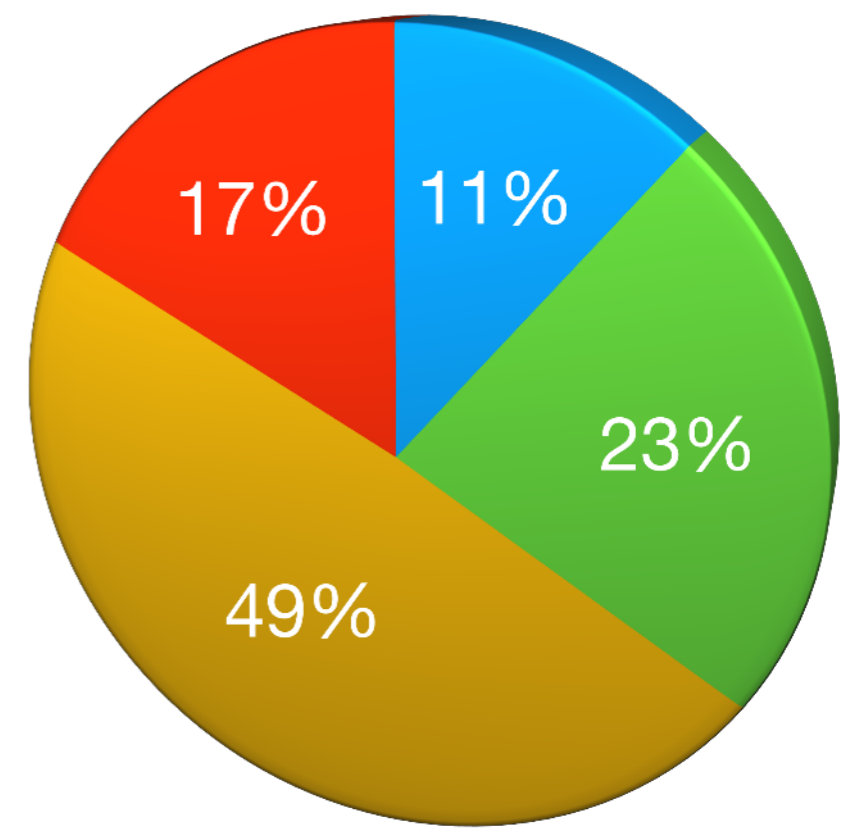
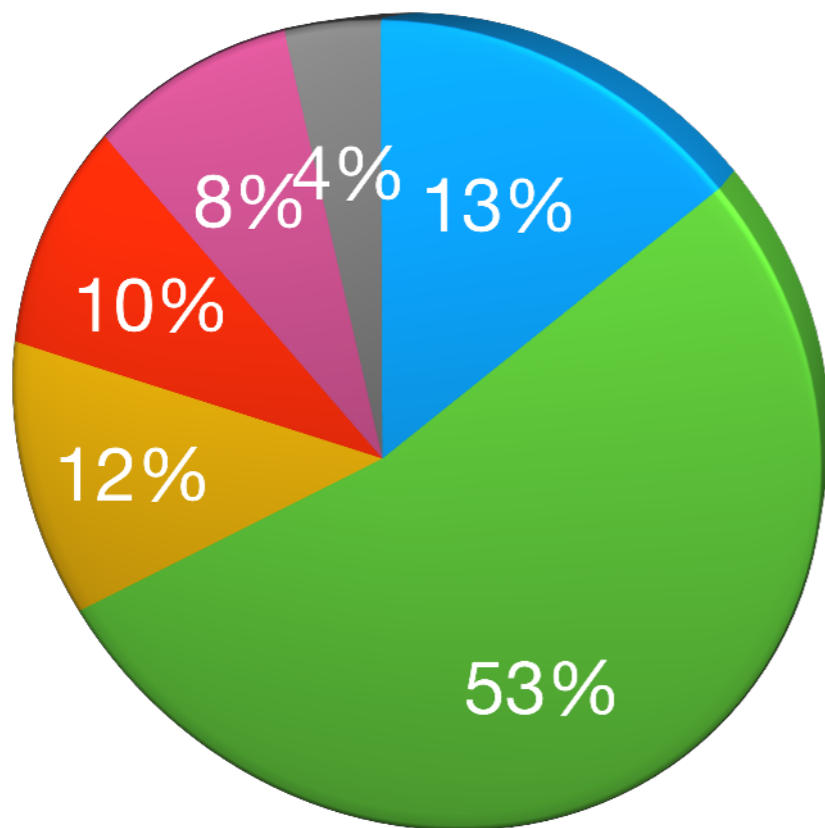
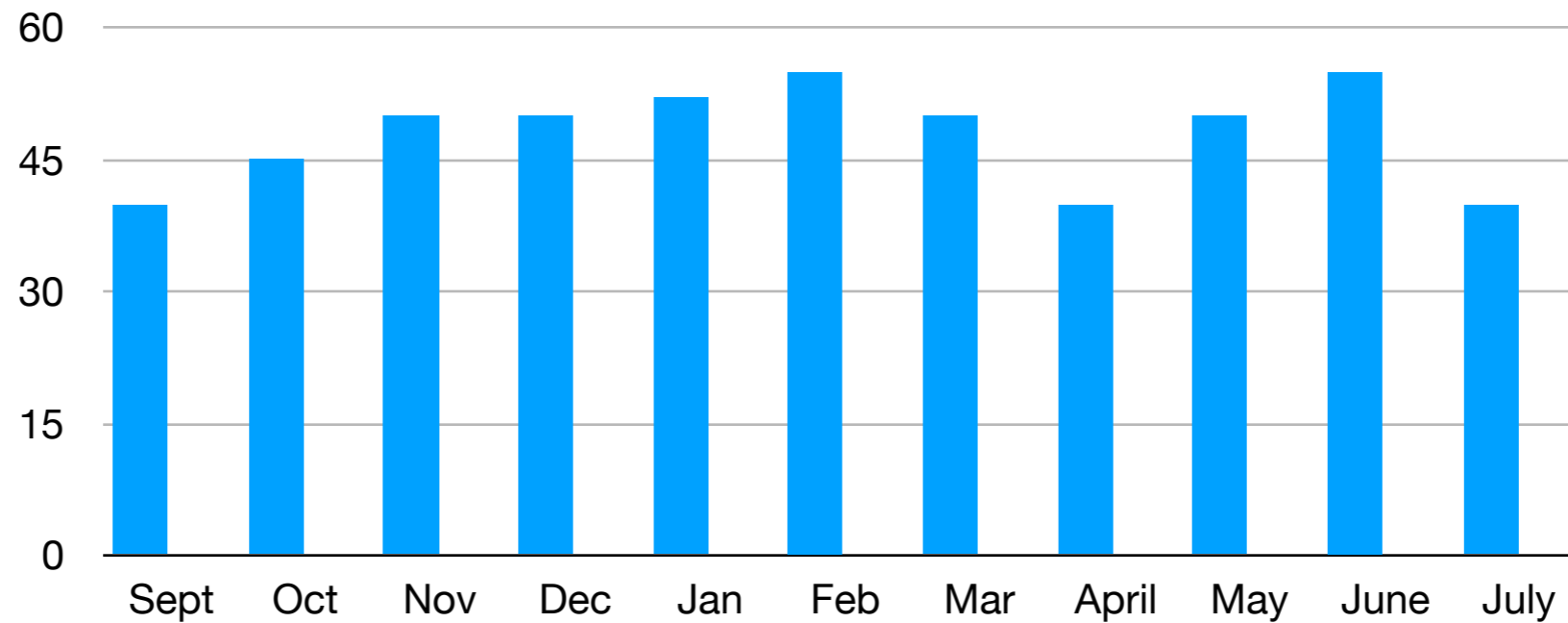
- Increase Volume to ave 50-55k Per Week
- Identify that 1500 was going to be main focus
- He was showing ability to hold pace on very low turn around time, and very low lactate levels
- Introduced a step test every 4 weeks, Sept - Dec 5 x 1000 - Dec onwards 5 x 400
- Season target was to qualify for European Juniors

Weekly Balance

Aug 2013 - July 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM - LAND	Pre Pool	Pre Pool	OFF	Pre Pool	Pre Pool	Pre Pool
AM - POOL	High Skills Based Warm up to include a Pre set of Speed Starts and Desc to 20bbm Main Set Combination - Vo2 / Race Pace	Aerobic Maintance and Skill Dvelopment	Skill Based Warmup - Include a pre set of turning skills Main Set - Aerobic Development Over Distance		Skill Based Warm up include a pre set of speed start development Main Set - Quality Kick	High Skill based Warmup with Speed Dev starts and Turns . Pre set to include Desc 100's and RP Desc 50's Main Set - Race Pace 400 Pace
Session Volume	6.5k	5k	6k		6k	5k
S&C	N/A	N/A	N/A	N/A		Strength Circuit
PM - LAND	Pre Pool 4.30pm	Pre Pool - 4.30	Pre Pool - 4.30	Pre Pool - 4.30	Pre Pool 4.30	
S&C						
PM = POOL	High Skill Based set in Warmup - Including Speed Dev Starts with monitored SR/SC Main Set Aerobic Development I.M (2K)	Skills Specific Warmup to include Speed Dead Starts - High Skill Focus. IM Based. Main Set - Speed Dev + Speed Kick	Skills based Warmup with Speed Dev Turns descending pre set using 50's and 100's Main Set Vo2 Max - 2K Increase distance through season - 24 - 30x 100 @ 10-20bbm Quality Kick after Hrt Rate into skill based recovery	Skills based warmup, including a speed dev Turns and descing pre set - Monitor SC/SR for fatigue Main Set - Threshold - Free / I.M	High Skill Based Warm up including speed Dev Turns Main Set Aerobic Development Preparation Set for Saturday am Aerobic Set to include desc 50's to RP	
Session Volume	6.5k	5k	6.5k	7k	6k	
Notes	AM Session - Soft Hrt Rate Use 150M for the 10 - 20bbm Work. Desc to this using 100's upto 300's. come in and out of Hrt Rate Zone - 15 - 20mins in 10 - 20bbm	Speed Dev Main Set using short distance to start then increase through season to LP and LT Monitor Fatigue levels for Wednesday session !!!	25- 40mins in 10 - 20 bbm			Broken swims using 50's and 100's between 800 - 1200
Daily Volume	13k	10k	12.5k	7k	12k	5k
Weekly Volume	13k	23k	35.5k	42.5k	54.5k	59k

Week Data 2013 -2014



Progressions 2013 - 2014

400 Freestyle

- 400 Freestyle - 4.04.7(Summer 2013)
- 400 Free 3.56.43(British Champs)
- 400 Free - 3.55.69 EJ Heats
- 400 Free - 3.52.80 EJ Final
- 400 Free - 3.52.44 Commonwealth Heats



1500 Freestyle

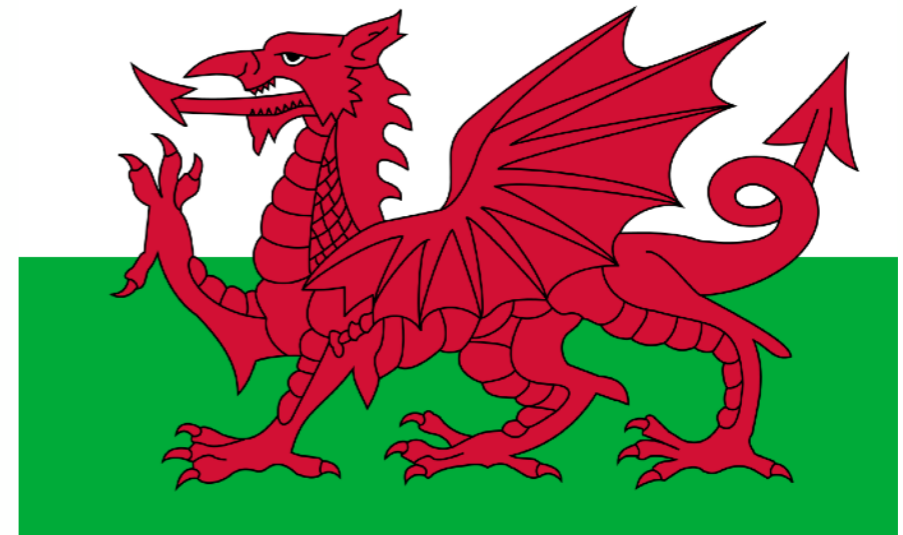
- 1500 Free - 15.49.81
- 1500 Free -15.16.66(Trials Final)
- 1500 Free - 15.0714 EJ Final(Gold)
- 1500 Free - 15.06.60 Commonwealth Heat
- 1500 Free - 14.55.33 - Commonwealth Final (Bronze)



Club swimmer to International Medalist

How ??

- We Identified a potential talent -
A Late developer?
- Never Give up on these type of athletes
- He had potential from day 1!!
- Develop the **person** as well as the athlete
- Build a relationship with the athlete
- Progressive planning - Layer opportunities, planning.
- Sell a dream - if you believe they have what it takes
- Belief that this can be done in club environment



European Juniors to Commie Games 3 Weeks - What did we do ?

- Double Taper??
- Planning - After EJ Final 5 days of 7k sessions - aerobic - Dave Heathcock Managed at EJ'S
- Mirror his EJ Taper - Exactly!!
- EJ Gold - Key part to medal in Glasgow - On a high !!
- Passion for representing Wales



Challenges 2014 - 2016

- Additional Pressure
- Outside the program influences - Funding, Sponsorship deal
- We changed too much in the program
- I changed role to be part employed by Swim Wales - Stretched too thin
- Higher Expectations on Dan, myself, the program - Looking back this came from me
- New experience for both athlete and coach - All of a sudden having an athlete that could compete on World Stage. **Are you ready for that - Do you have the coaching tools!!**

2014 - 2016 Program

Program Changes

- Focus was changed to FES - Get out faster - Why? People told me he couldn't compete unless he was out faster.
- Tried to increase volume to quickly - 80k - Not progressive
- Moved away from what we had done in the past.
- Too much too soon!!

Disappointment

- Missed Olympics 2016.
- Didn't execute the race plan we knew worked for Dan .
- I had been questioning my future in the sport before 2016 - Had I shown this to athletes??
- We both lost our way after missing Olympic Team 2016 - Huge disappointment
- Ready to walk away from sport
- How did we get it back - We used the **TEAM** around us - Hayley and coaching/Support team in Swansea

What did I learn ?

Not all that is new is good, not all that is old is bad !!

Remember what got you to this point

Layer Opportunities - not all at once

Use the TEAM you have to help rebuild

2017 - 2018

- Changed back to what we knew worked - Focused on our own race model and distance swimming thought process
- All training based around his race model - Train for the demands of Dan's race
- Development of turning speed into the wall - Commonwealth Games 2018 - 1500 improved by the turning speed, swimming speed was slower than previous best
- 60-65k a week
- Increased the amount of Swim Wales Support services - Nutrition / Performance Lifestyle. Develop the fine details !!
- Developed a World Class Team / World Class training Environment
- Short rest training program - All training zones
- Key Sets at Race Pace based around distance he can get to at 1500 Pace - Progressive.
- E.G - 1500 Race Pace Set as Dive 500 @FEP on 5.15 / 10 x 100 @ 65 @ Race Pace - Holding SC / SR / Turning Times(5 - 15) - Best 14.42.

Commonwealth Games 2014 & 2018



Whats Next?

- Stick to what we know - Layer a few new things that have been planned
- Continue to build A World Class Environment and TEAM to support the athletes
- Increase volume over next 12months(70k) - However **Every** meter will be for something - no garbage yardage!!
- Increase the amount of AT, Lower his Threshold pace time and Lactate levels @ AT
- Always train for DAN'S - demands in the race - Follow his Race Model



Thank You

Any Questions ??