

# Strategies used to produce II medalist in Paralympics

Ingi Þór Einarsson



# Coaching career

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- Assistant coach from 1990 – 1993
- Full time junior head coach from 1993 – 1997
- Head coach from 1997 – 2004
- National team head coach for Paralympic team from 2004 – 2012

## Games success

- 1996      2 medals at para
- 2000      3 medals at para      4<sup>th</sup> place at Olympics
- 2004      2 medals at para      3 swimmers at the Olympics
- 2008      0 medals at para



## Coaching II swimmers

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- **1996 – 2000**
- They are disabled and are swimming a minor program
- Swimming with junior groups
- **2000 - 2006**
- Looks physically like all other swimmers
- Can do the same as all other swimmers
- But less weight training
- **KISS**
- [spot the disabled.avi](#)



# Medal candidates for London

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October 2008

- S11 swimmer -> was 8<sup>th</sup> in Beijing
- S4 swimmer -> young but promising
- S14 swimmer -> young unstable and S14 not in
- Detailed program lined up



# The shorter story's

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## S4 swimmer

- Worked hard in 2008 - 2009 up to EC but was classified as something else than S4

## S11 swimmer

- Worked hard in 2009 got medal at EC
- Was on target summer of 2010-finalist at the worlds
- Lost his way late 2010 (sick, school ...)
- Called it a day late 2011



# What we betted on

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# Swimmer

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- IQ <70
- Special school all his life
- Lives with his father and 2 siblings
- Loves racing
- 1 – 0
- Is coachable









# Framework – People we need

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- Head coach
- Father
- Club coach -> Russian coach
- Medical staff
  - Medical Doctor
  - Psychologist
  - Physiotherapist
- GS NPC Iceland



# Backward planning

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He will have a chance in 200 free

1:59 is going to be needed for medals in London 2012

=> summer 2012 = 2:01      IPC

=> summer 2011 = 2:04      EC medal

=> summer 2010 = 2:08      WC finals

=> Autumn 2009 = 2:15      EC

Best time in early 2009 = 2:24

World best was 2:02,5 at that time



# Training volume plan

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- 2007-2008                      800 km/year
- 2008 – 2009                    1150 km/year
- 2009 – 2010                    1300 km/year
- 2010 – 2011                    1450 km/year
- 2011 – 2012                    1500 km/year



# General plan for 2009

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Get the swimmer settled in AB club with a good coach

Get attendance up

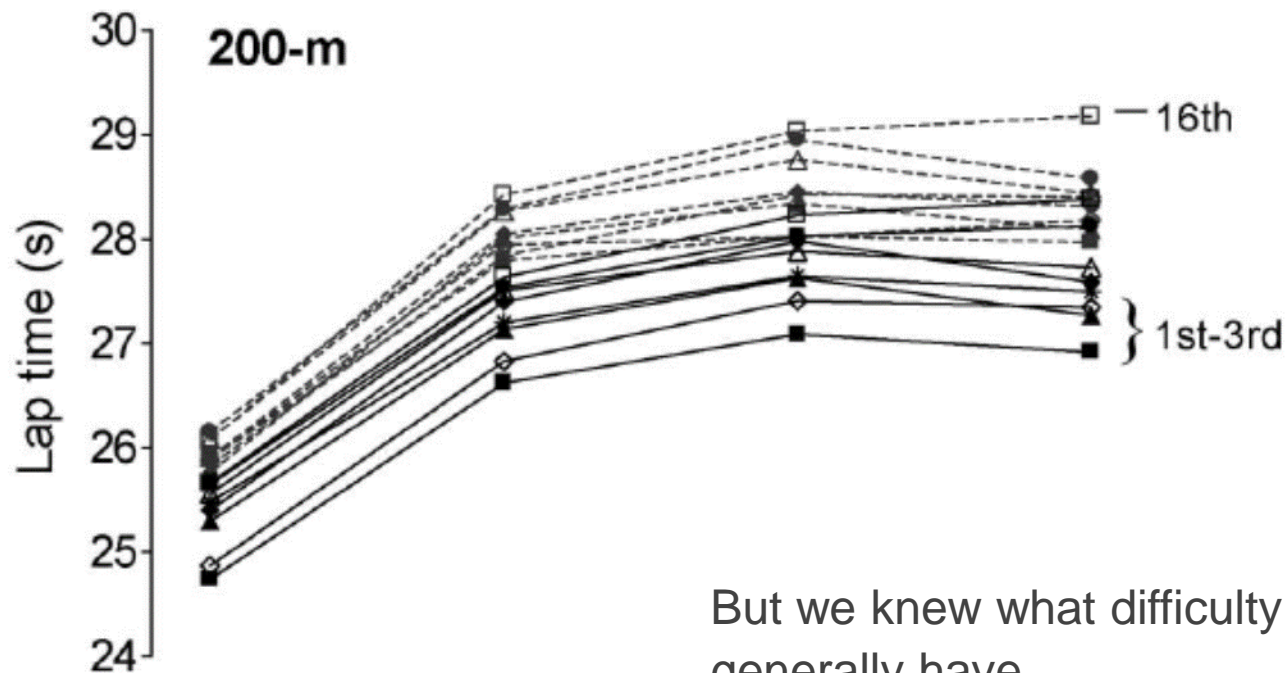
Build good mileages base

Be consistent in racing, especially pacing and stroke rate

Make everything in to a closed skill

Every one knew and still know how AB swimmers pace 200

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But we knew what difficulty S14 generally have





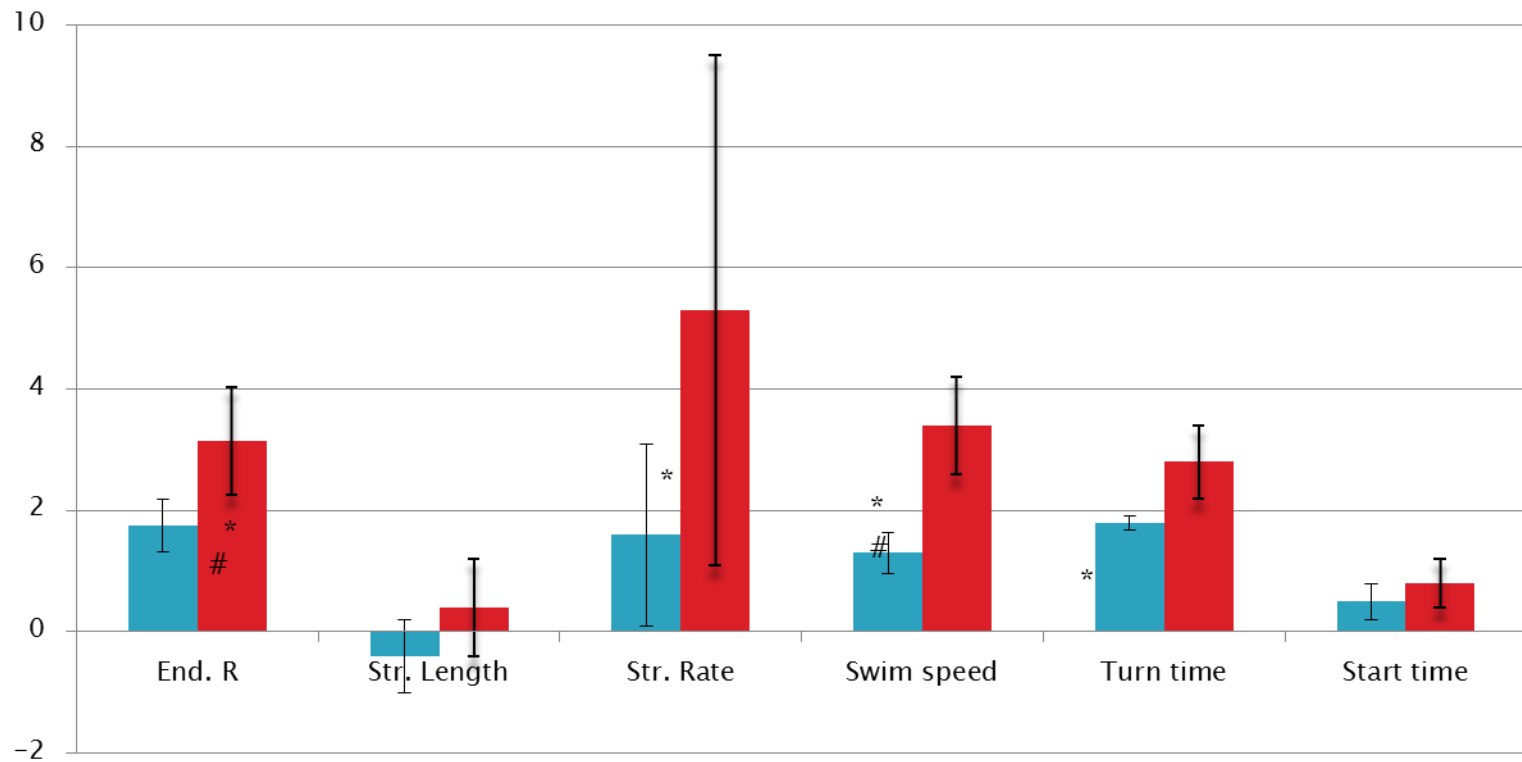
# Knowledge about II swimmers

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- Have difficulty to peak at the right time
- Either swim hard or easy
- Are often highly influenced by the competitors
- Are much better in closed skill tasks than open skills
- Have difficulty perceiving their own effort



## Weak points for the II swimmers





# 2009

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Feb Malmö

- 2:21

Mars Sheffield

- 2:19

August INAS Europe

- 2:16

Oktober IPC EC

- 2:16

Plan was 2:15



# Lessons learned in 2009

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- Educate the father
- Physiotherapist activated
  - Big increase in volume of training
- Russian coach worked well
- Need much more work on Pacing and stroke rate
- Stroke counting introduced
- We can do this



# General plan for 2010

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- Get in to the finals of the worlds
- Build more strength and muscles
- Build more aerobic base
- Stroke counting and efficiency
- PACING
- Work on race tactics
  
- Start working on “mental” things
- Involve the media





# 2010

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January

RIG

- 2:16

WC was disaster

Bad swimming

Bad behavior

May

Berlin

- 2:10

Liked to race 4-5 times every  
day Not 3 times over 7 days

July

WC Holland

- 2:13

Plan was 2:08

Stroke rate and pacing way off

Way to many new things, he  
could not cope



## Men's 200 m Freestyle S14

Rank	Name	NPC	Birth	Time
1	Pepper, Daniel	GBR	1989	2:02.18
2	Fox, Daniel	AUS	1991	2:03.20
3	Procter, Ben	GBR	1990	2:03.65
4	Groenewald, Craig Frederick	RSA	1979	2:05.20
5	Evers, Marc	NED	1991	2:06.53
6	Shuto, Takashi	JPN	1986	2:07.21
7	Miyazaki, Satoru	JPN	1992	2:07.45
8	Rahier, Adam	CAN	1988	2:08.14
9	Rodgie, Craig	GBR	1989	2:09.05
10	Tsugawa, Takuya	JPN	1992	2:09.15
11	Wright, Challis	RSA	1991	2:09.95
12	Sverrisson, Jon Margeir	ISL	1992	2:10.20
13	Vera Moran, Alberto Jesus	VEN	1990	2:10.26
14	Donachie, Patrick	AUS	1983	2:10.37
15	Tanaka, Yasuhiro	JPN	1989	2:10.76
16	Heath, Michael	CAN	1989	2:11.85
17	Takayanagi, Haruki	JPN	1991	2:12.26
18	Lee, Tsun Sang	HKG	1992	2:12.36



# General plan for 2011

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- Get medal at IPC EC
- Work on core and muscle balance
- Fine tune stroke rate (stroke count)
- Work on attitude in competitions specially towards teammates
- Start planning for London (mentally)
  - Media practice
  - Informing media



# 2011

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Mars Sheffield

- 2:08

May Berlin

- 2:05

July IPC EC

- 2:07

Plan was 2:04

IPC EC

Swam perfectly  
planned race!

But we had trained him  
to much in stroke  
counting, he – we  
forgot the main thing

# Men's 200 m Freestyle S14

Rank	Name	NPC	Birth	Time
1	Cho, Wonsang	KOR	1992	2:00.75
2	Fox, Daniel	AUS	1991	2:00.83
3	Pepper, Daniel	GBR	1989	2:01.27
4	Evers, Marc	NED	1991	2:01.42
5	Procter, Ben	GBR	1990	2:02.22
6	Sverrisson, Jon Margeir	ISL	1992	2:03.84
7	Groenewald, Craig Frederick	RSA	1979	2:04.07
8	Rodgie, Craig	GBR	1989	2:04.77
9	Kilduff, Mitchell	AUS	1996	2:05.30
10	Kim, Hyunjun	KOR	1997	2:05.31
11	Miyazaki, Satoru	JPN	1992	2:06.25
12	Vandeput, Yannick	BEL	1994	2:07.20
13	Tsugawa, Takuya	JPN	1992	2:07.26
14	Rahier, Adam	CAN	1988	2:07.91
15	Wright, Challis	RSA	1991	2:09.13
16	Jung, Yangmook	KOR	1988	2:09.17
17	Lee, Tsun Sang	HKG	1992	2:09.25
18	Parker, Jacob	GBR	1995	2:09.35
19	Zawadzki, Andrew	GBR	1993	2:09.47
20	Heath, Michael	CAN	1989	2:09.70
21	Vera Moran, Alberto Jesus	VEN	1990	2:10.13
22	Chen, Minghui	CHN	1990	2:10.15







# General plan for 2012

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Get a medal in London

Work hard on mental aspect

Really work with the media

RACE PACING AND PLANNING

Be a leader -> learn to win

## Make racing in London a closed skill



## 2012 plan in front of JMS

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Mars                  Sheffield

- 2:06

May                    Berlin

- 2:01

August                London

- 1:59

- [https://www.youtube.com/watch?v=WpK2r\\_nM\\_v0&t=338s](https://www.youtube.com/watch?v=WpK2r_nM_v0&t=338s)



Nr. 1

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# Lessons learned in London

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We forgot to prepare Russian coach

28% watched 200 free on live TV

Leap forward in:

- Public interests
- Sponsor money
- Media interest

Disability clubs had waiting list after the games