

Personalized Needs and Organizational Strategies of High-Level Swimming Training Based on Physical Fitness Training

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Abstract: With the development of human beings, the level of world swimming competition is continuously improving, the competition in sports is becoming more and fiercer, and the level of swimming training in various countries is also continuously improving. The training experience of high-level swimmers in the world shows that the training content and process of athletes in different periods and different regions follow some common training principles. At present, according to the training situation of swimmers in the world, there is still a lack of training according to individual characteristics in training guiding ideology, training contents, training methods and load arrangement. Modern physical training has the development trend of orienting the load content, programming the training for many years, individualizing the load measurement, improving the training efficiency and effectively controlling the number and intensity of competitions. Based on the definition of individualized training, this paper analyzes the individualized requirements of physical training, training load, training method and training process.

1. Introduction

There are great differences in the duration, energy supply characteristics, technical characteristics and exertion methods of various events in competitive swimming. There are great differences in the duration, energy supply characteristics, technical characteristics and exertion methods of various events in competitive swimming [1]. Therefore, the training contents, methods and arrangements of athletes in different events have their own characteristics. With the development of human beings, the world swimming competition level is continuously improving, and the competition in sports is becoming more and fiercer. The swimming training level in various countries is also continuously improving. There are great differences in the duration, energy supply characteristics, technical characteristics, force application methods and other aspects of competitive swimming [2]. At present, the training situation of swimmers in various countries in the world shows that there is still a lack of training for individual characteristics in terms of training guiding ideology, training contents, training methods and load arrangement, and the lack of personalized training is bound to hinder the improvement of competitive ability [3]. Individualized training for high-level swimmers is bound to be affected by various factors. Modern sports training has the development trend of orienting the load content, programming the training for many years, individualizing the load measurement, devoting to improving the training efficiency and effectively controlling the number of competitions and the intensity of competitions [4]. This prompts us to implement goal control according to the competition goals and specific training tasks of different athletes at different stages, and determine the load content [5]. It is necessary to personalize high-level swimming training, and it can also be consistent with the development of swimming training. This article will analyze the individual needs and organizational strategies of high-level swimming training based on athletes' physical training.

2. Factors Affecting Personalization of High-Level Swimming Training

2.1 Process Factor

In the personalized process of high-level swimming training, it is first necessary to fully understand the individual differences among athletes, strengthen analysis and research on the development regularity of swimming training, respect and attach importance to the leading role of coaches in training, and create a favorable environment for personalized training of high-level swimming. Athletes are the main body of the training process, and each athlete is an independent individual with different physical and mental qualities, project abilities, load-bearing abilities, etc. These factors undoubtedly add difficulty to the implementation of personalized training, and even restrict the implementation of personalized training to a certain extent. The important task of sports training is to sum up the universal and common laws from the special training practice, and to rise to theory [6]. This research process is reflecting the cognitive process from individual to general, from individual to overall, from particularity to universality. The difference in demand in swimming training, as well as the difference in athletes' characteristics and physical fitness, all show that in high-level swimming training, it is necessary to establish a targeted individual model according to athletes' own characteristics and training needs, which can further analyze the personalized training content of athletes and promote the high level of swimming competition. After years of hard and boring training, athletes may suffer from varying degrees of physical and psychological fatigue and boredom, which easily leads to stylization of training and failure to achieve effective training. Therefore, personalized training must be carried out for athletes to find a breakthrough to improve their competitive level. There are certain deviations between athletes' skills and ideal movements, so the purpose of technical training is to make athletes closer to ideal movements and narrow the differences, and at the same time athletes should maintain their own style and characteristics.

2.2 Environmental Factor

Since sports training is a special educational process from a certain angle, the principle of teaching students in accordance with their aptitude can be used as the pedagogical basis for personalized training theory. In the process of sports training practice, due to the various and complicated interrelations between the training subjects and between the subjects and the objects, the general rules show various forms in guiding the individual training practice of athletes. Personalized characteristics of excellent athletes in swimming training are common, which are divided into skills and tactics with different levels, postures and distances. In the same distance, athletes with the same level adopt the same posture, and their skills will also have certain differences [7]. The sports training science foundation of personalized training is the principle of treating training differently, the principle of competitive needs, the principle of effective control, the principle of suitable load, etc., of which the most important is the principle of treating training differently. In high-level swimming training, coaches are one of the main reasons for athletes to form their technical and tactical styles. In training, the main communication object of athletes is coaches, whose vision and hearing will be influenced by coaches. The evaluation, guidance and feedback of coaches on athletes' skills are the main reliance of athletes' training.

3. Personalized Organization Strategy for High Level Swimming Training

Nowadays, with the rapid development of sports competition, outstanding athletes cannot expose their weaknesses obviously. They need to cover up or strengthen their weaknesses appropriately so as to foster strengths and avoid weaknesses. With the gradual recognition of the individuation of athletes, the load capacity of swimmers has diversified and personalized characteristics, which also provide reference value for the implementation of personalized training. Athletes who can take part in high-level swimming training all have relatively stable techniques and tactics, so they can reduce the relative plastic space and focus on strengthening the characteristics so as to ensure the

sustainable development of special skills. In the personalized strategy of high-level swimming training, it is necessary to make a comprehensive analysis of the skills possessed by sports and master the dialectical relationship between them. The formation of tactical style differences often depends on the leading role of coaches. In the process of training, athletes, as the main parties of training, often cannot see their own technical deficiencies and defects, while coaches can intuitively see them and provide corresponding feedback, evaluation and guidance to athletes' technical problems. In the training process, an excellent coach will design a training method suitable for the athlete according to the athlete's own situation, because the athlete's thoughts, health status, training level, learning, work, daily life and other conditions are different.

There are certain links and restrictions between every technique and any link in high-level swimming training. Changing one link may cause a chain reaction in the next link. In the process of sports training, the leader of training is the coach, and the receiver of training is the athlete, both coach and athlete belong to the category of human beings [8]. In the process of training, coaches should adhere to the principle of differential treatment, and should consider the different characteristics of sports events and athletes' different personal characteristics to design technical styles suitable for different athletes. In high-level swimming training, athletes' fighting skills can be divided into different links, and each link can produce different effects according to the characteristics of the athletes themselves. The time for high-level swimming training is limited, so the main contradictions and functions in the competition should be grasped in the training. Different backgrounds, different knowledge structures, different ways of thinking and different training experiences of athletes lead to different understanding and implementation of coach guiding ideology, which requires coaches to fully grasp the individual characteristics of athletes, care about the changes of athletes in the training process, and formulate different training organizations and implementation processes.

The purpose of project training is to improve individual competitive ability, and the improvement of competitive ability must depend on the improvement of technical and tactical skills, which are the carrier of physical fitness, and physical fitness needs to be expressed and released through technical performance. Swimming competitions are divided into different levels and competitions. Athletes meet with different competitors, which requires athletes to flexibly apply corresponding tactics in different competitions. Under suitable load, adaptation and over-recovery can occur. The occurrence of over-recovery can make the training effect better and the athletic performance faster. However, over-load will lead to serious deterioration of athletes' bodies, not only failing to achieve the training effect, but also causing physical, mental and body losses of athletes [9]. In the body training of the whole team, coaches should not only pay attention to the training of the whole team, but also take into account the specific conditions of individual players. In addition to unified requirements and guidance, they should also have individual requirements and guidance to achieve the implementation effect of personalized training. With the continuous development of human beings, the competition in swimming competitions is becoming more and fiercer. Any mistake in any small detail in the competition can cause great changes in the results of the competition. Therefore, in the personalization of high-level swimming training, no matter how excellent athletes are, coaches will constantly strengthen their basic skills and constantly remind them of some problems in details.

4. Conclusion

In high-level swimming training, athletes have obvious personalized needs for different technical developments, so the personalization of high-level swimming training should be promoted. Personalized training is a high-level display of the principle of differential treatment, and is an important feature of athletes' training behavior in the advanced stage. Personalized training and universal training have a unity of opposites and can be transformed into each other under certain conditions. If there is no obvious difference between athletes in various aspects, the personalized needs of athletes are easily concealed by the superficial phenomenon that athletes have similar training adaptability. If coaches cannot identify these essential differences, it is easy to neglect the

personalized training needs of athletes. The conditions of sports training and competition are variable. The process of sports training is a dynamic development process. All factors in competitive ability will change at any time, which requires that the training and competition objectives of swimmers should be flexible. In the whole team's body training, coaches should not only pay attention to the whole team's training, but also consider the specific situation of individual players. In order to carry out individualized training effectively, it is necessary to ensure the individualized needs of athletes in different training contents, different training loads, methods and arrangements, and then formulate and comprehensively implement the corresponding organizational strategies.

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