

## Training Discipline

How much a swimmer gains from his/her individual training will, to a great extent, be dependent on their personal discipline, application and attitude to the following:

### **Organisation**

- Arrive early to allow time for a thorough stretching routine
- Attend as many sessions as your coach advises
- Bring all of your training equipment with you

### **At The Pool**

- Arrive in a positive frame of mind, ready to train at the level your coach requires
- Listen to your coach. They are there to advise you and to help you to become a better swimmer
- Do **ALL** that is asked of you. Do less and you are only cheating yourself
- Learn to use the pace clock to check your times during training
- Train at the intensity your coach requires
- Execute **ALL** turns correctly
- Finish each length correctly. Swim hard into the wall
- Think about your technique at all times. Technique is all important
- Leave the pool after each session having accomplished something positive
- Remember, each training session provides a chance for you to improve so that you can beat your rivals
- All training sets are challenges, it is your responsibility to rise to the challenge.

### **Nutrition**

- Drink plenty of fluids during training to avoid dehydration
- After each session eat a small snack and drink more fluids to restore energy and avoid dehydration
- Adopt a healthy eating lifestyle...**Low Fat...High Carbohydrate**