



# ONBOARDING

Welcome, Thanks for getting in touch.

- Each morning, generally by 06:30am EDT, I will send you a dry land and pool training program. I plan to expand this to include stretching exercises for the evening (shortly).
- The main events that the 2023 training plan is designed for, are:
  - Your state/regional championships
  - Masters Swimming Australia, National Championships
  - FINA World Championships.
  - Other major competitions which can be included e.g., Long Distance and Winters.
- Access to a workbook which:
  - Sets out a record of all the training programs I send you,
  - The Dry land program (always a work in progress),
  - The season macro- and meso- plans
  - Dry Land exercises (always a work in progress)
  - Pace test ( a 200m pace test will be added shortly)
- There is also a website that I use - [mywaterworld.life](https://mywaterworld.life) – [We live to swim and swim to live!](https://mywaterworld.life) which I will on occasion direct you to.
- If you are based In Hobart, I can also assist you with:
  - Filming and technique analysis, and
  - Access to a Drag +Fly resistance chute for some power work. See: [Drag+Fly](https://drag-fly.com.au) ([designworksgroup.net](https://designworksgroup.net))
- **MEDICAL CLEARANCE – This is your responsibility and for you, and your medical advisor, to decide what “work” you are capable of undertaking.**

### A NOTE ON TRAINING PROGRAMS

- THE GENESIS OF THIS SETUP was training overseas with friends who always asked me for training programs, hence this set up. (I am working on additional language functionality)
- THE HEADING ON THE PROGRAM sets out the focus of the day's training – it therefore signifies the outcome that is looked for. e.g., AEROBIC – the programs focus is on developing / maintaining your aerobic base.
- BREASTSTOKERS – This is always listed at the top – do this when your legs are fresh and incorporate kicking (on your front and back, and some easy, perfect technique 50s.)
- WARM UP – The warmup (sometimes up to 2,000 double as a base aerobic set)
  - You have the choice of decreasing this to **no less than 1,000m**
- DRILL SETS – Always concentrate on the weakest part of your technique (also good base aerobic). Make sure you rest during the set/s so that you NOT FATIGUED WHILE DOING THE DRILLS
- SUBSTITUTING STROKES – Feel free to change the stroke.
- HARD CORE SETS– Test / pacing / intensity
- SWIM DOWN – Mandatory

Always happy to answer questions - Have fun!