



The thinking swimmer:

A swimmer that thinks rather than just 'goes through the motions' will develop into a better competitor. Below are some points for you to think about while you train. Pick 2 before each session and practise from the beginning of warm up to the end of the swim down. Add your own.....

Training point:	Tick when used:
Think about stroke technique	
Streamline every start, push off and turn	
Take 2 strokes out of every turn before breathing on fly and crawl	
Finish each repeat as if it was a race	
Do all drills 100% right	
Go beyond the flags out of every turn	
Count strokes at regular intervals	
Work on fly kicks out of front crawl/backstroke tumble turns	
Practise turning both ways on all strokes	
Start each backstroke repeat on alternate arms so you turn on both arms during a backstroke set	
Work on distance you do underwater on backstroke on every start and turn	
Look at the clock at the start and finish of every repeat	
Leave on time for every training repeat	

