

“How to Get the Most from Training Sessions”

Here are a couple of tips to assist swimmers to gain the most out of group training sessions:

- Be **clear** on your **goals** (long and short term goals). **What do you want to achieve from training?** (Is it general fitness, better stroke, increased performance, speed, socialisation, relaxation...) and discuss these realistic goals with your coach (at a suitable time).
- Most training sessions are **group sessions** – that cater for the needs and capabilities of the group – though there will be parts of the session that will be tailored to your goals.
- **Advise the coach about any health/medical ailments - so they can adapt or modify the programme to suit your needs.** Keep the coach up to date with your health information and emergency contacts.
- Try to arrive at **training early to prepare your mind and body for training – warm up** with a few dynamic stretches or movements before entering the water. It might seem obvious, but go to the toilet before you start training.
- **Be organised** – bring all your own swim gear including a bottle of water and have it accessible to your training lane.
- **Be considerate of others** – be conscious of **lane etiquette** – work together – support and motivate each other ... the Three Musketeers had a saying... —All for one and one for all!
- If you arrive late, **don't expect to swim from the start of a programme...** you may need to join in with what other swimmers are completing when you enter ... ask the coach what he/she wants you to swim .
- **Be respectful** to fellow swimmers and to the coach/es.
- Be **open to new ideas** and **feedback**. Be **positive and TRY your best!**
- If you are not feeling **right or well (e.g. dizzy, breathless, blurred vision, heavy - no energy)**, please **inform** your coach. The coach needs to be aware of any changes you are feeling, so they can observe and monitor you, and then if necessary suggest alternative activities. If you are not feeling well or in pain, you may need to exit the pool and rest up.
- It is **great to develop a rapport** with your fellow swimmers and the coach/es, but try to **minimise social discussions or distractions** during training.
- Try to **train regularly** and consistently. But there is another saying... Practice brings improvement, but **PERFECT PRACTICE makes PERFECT PERFORMANCE** - so, putting your best effort into some regular training... will achieve your goals.
- Provide **feedback** to the coach/es, so they can improve the training sessions. Don't forget to thank the coach/es.

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