

Soundwell Swimming Club Foreign Camp 2016

Training Information



SPORTS ABROAD

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Introduction and targets of camp

The aim of this camp is to increase the swimmers aerobic base which will give them a platform to work from for the rest of the season whilst getting invaluable long course training. There will also be an extensive land training program running alongside the pool session, which will focus on building fitness, core strength and flexibility. This will also be complemented with a theory session each day to recap on the training done and to give the swimmers a better understanding of the training they take part in, all of these sessions are all detailed on the timetable page.

This week will also be used to create and develop team bonds which are essential to any successful team. Although swimming is seen to be an individual sport there are many galas and relays throughout the season on which each swimmer relies on the next for success, on both a personal and club level.

Outlined Goals

- Build aerobic base
- Gain long course experience
- Develop flexibility and core strength
- Increase knowledge of the training and sport
- Develop team unity

Timetable

Camp 2016 schedual								
	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
06:30-07:00								
07:00-07:30		Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	
07:30-08:00								
08:00-08:30			Pre-Pool		Pre-Pool	Pre-Pool	Pre-Pool	
08:30-09:00								
09:00-09:30								
09:30-10:00								
10:00-10:30		Post Pool		Shower/Change				
10:30-11:00			Post Pool	Town	Post Pool	Post Pool	Post Pool	
11:00-11:30	Arrive &							
11:30-12:00	Unpack							
12:00-12:30	Meeting	Shower/Change						
12:30-13:00	and camp		Shower/Change		Shower/Change	Shower/Change		
13:00-13:30	goals							
13:30-14:00								
14:00-14:30				Beach Games				
14:30-15:00								
15:00-15:30								
15:30-16:00			Pre-Pool		Pre-Pool	Pre-Pool		
16:00-16:30							Shower/Change	
16:30-17:00	Pre-Pool	Pre-Pool					Pack	
17:00-17:30							Up	
17:30-18:00							Debrief	
18:00-18:30			Post Pool		Post Pool	Post Pool		
18:30-19:00								
19:00-19:30	Post Pool	Post Pool						
19:30-20:00								
20:00-20:30								
20:30-21:00								
21:00-21:30								
21:30-22:00	Rooms	Rooms	Rooms	Rooms	Rooms	Rooms		
22:00	Lights out							

Key	
	Food
	Swimming
	Land
	Education
	Entertainment
	Free Time

Focus	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Swim AM		100's Speed	400 IM		400s fc	skills/ speed	Relays/Speed
Swim PM	8x200 test set	200's MS	Challenge Set		MS Lactic Pro	8x200 test set	
Education	Goal Setting	Relaxation	Energy systems	Training Cycles	Life Style	Nutrition	

Itinerary

(Departure and arrival days)

Sat 22nd October 2016

- Breakfast!!!
- 6:30am Arrive at airport, meeting in airport check in area.
- 8:25am Fly to Barcelona
- 11:25am Collect baggage
- 12pm Board transfers to Hotel Evenia, Olympic Park
- 1pm Arrive at Hotel, check in, allocate rooms and change for training.
- Lunch 1:30pm-2:30pm
- 2:30pm Meeting down by pool to talk through goals, aims and expectations of camp.

Sunday - Thursday detailed in time table

Friday 28th October 2016

(Due to check out time this itinerary may vary)

- 6:30am Wake up
- 7-7:30am Breakfast
- 7:30-11am pool session
- 11:30-12:30pm land session
- 1-2pm lunch
- 2:30-4pm land session
- 4-6pm change and pack up rooms
- 6-7pm camp debrief
- 7:30 Transfers to Barcelona air port
- 10:10 Fly to Bristol
- Arrive and collect 12:30 (updates will be given for delays)

Kit list

- Kit Bag (fins, snorkel, pull buoy, kick board, paddle & drinks bottle x2)
- Training and social swim costumes (as many as possible)
- Land training kit (10 sessions)
- Sports and social Shoes
- Swimming Towels x3
- Snacks, energy and recovery drink supplements (packed in suit case)
- Small amount of money for visit to the town and bottled water.
- Evening wear
- Sun protection (cream, hat, sunglasses)
- Pen and pad for education session