



Summer Preparation Series

Arrival time for all clinics: 16.45pm on poolside, finishing time 19:00

Week 1	Week 2
<p>Monday June 10th National Division 2 Ability Level This session will include a 30min pre-swim, land training session, providing land warm up drills for training & competition. The swim will focus on training for 200m and under events:</p> <ul style="list-style-type: none"> • Training energy zones for 200m and under events • Activation drills for specific strokes • Stroke Efficiency <p><i>Please ensure appropriate gym clothes, including footwear is worn.</i></p>	<p>Monday June 17th Irish Summer National Ability Level This session will include a 30min pre-swim, land training session, providing land warm up drills for training & competition. The swim will focus on race preparation for all events:</p> <ul style="list-style-type: none"> • Land warm-up drills for competition • Pool warm-up drills for competition • Training of speed and pace management <p><i>Please ensure appropriate gym clothes, including footwear is worn.</i></p>
<p>Tuesday June 11th National Division 2 & Irish Summer National Ability Level This session will focus on distance Freestyle training:</p> <ul style="list-style-type: none"> • Training for distance • Tactics for pacing • Tactics for racing 	<p>Tuesday June 18th Irish Summer National Ability Level This session is targeted at 200m and under swimmers:</p> <ul style="list-style-type: none"> • Training energy zones for 200m and under events • Activation drills for specific strokes • Stroke Efficiency
<p>Thursday June 13th National Division 2 Ability Level This session will focus on training for Individual Medley events:</p> <ul style="list-style-type: none"> • Training energy zones for IM events • IM Transition turns • Tactics for IM racing 	<p>Thursday June 20th Irish Summer National Ability Level This session will focus on training for Individual Medley events:</p> <ul style="list-style-type: none"> • Training energy zones for IM swimmers • IM Transition turns • Tactics for IM racing
<p>Friday June 14th National Division 2 Ability Level This session will include a 30min pre-swim educational piece on video analysis and a 15min land training session. The swim session will last 60-75 minutes and focus on the explosive efforts involved in swimming:</p> <ul style="list-style-type: none"> • Starts • Turns • Generating Speed! <p><i>Please ensure appropriate gym clothes, including footwear is worn.</i></p>	<p>Friday June 21st Irish Summer National Ability Level This session will include a 30min pre-swim educational piece on video analysis and a 15min land training session. The swim session will last 60-75 minutes and focus on the explosive efforts involved in swimming:</p> <ul style="list-style-type: none"> • Starts • Turns • Generating Speed! <p><i>Please ensure appropriate gym clothes, including footwear is worn.</i></p>