

The Athletic Swimmer – Body Performance Excellence (HPSNZ / SNZ)

Name Here

All of these components form fit into your wider programme as an elite swimmer. All 5 parts are fundamental to having a body that swims fast & copes with the demands of an elite swimmer

1. Pool Deck Active Warm-up Programme (typically from Physio & Trainer)

- Active movement for whole body + / - specific area's
- Limit or do not do any static stretching before pool

What are your specific plans?

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3. Strength & Conditioning Programme – from Stephen (& Jordan)

- Improves power
- Decreases injury risk

What are your specific plans?

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2. Performance Accelerator / Rehabilitation Programme (Physiotherapist)

- Specific Work On's / Weaknesses
- These are put into Pool Deck Active Warm, S & C Programme & Post Training Stretching & Recovery

What are your specific plans?

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4. Post Training Stretching & Recovery (support team)

- Hydration, Nutrition, Stretching, Rest / Sleep, Cold Water Immersion (when doing heavy training loads), Massage, Rolling, Compression

What are your specific plans?

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Key Support People / Team (examples)

- Coach
- Trainer
- Physio
- Doctor
- Nutrition
- Massage
- Parents etc
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Don't have to have all these people!!

5. Performance Monitoring (timeframes)

- Key Body Tests – e.g. streamline (monthly)
- Wellness monitoring (daily)

Date Issued / discussed with)

- November 2015 (Jordan Salesa)