

SWIM ONTARIO

VISION 2020: LEAD – MOTIVATE - PERFORM



Saturday

8:20 - Meet on deck
8:30 – 9:00 am Daily Briefing & On Deck Activation

Saturday AM - 5 Lanes LCM

9:00 – 11:30am More skill training.... Practice.... Starts/turns sculling skills learned
on Friday

(Competition Pool)

11:30am – 1:00pm **Lunch** Catered in **utilizing the Aquatic Leadership Room**
on Deck

- Nutrition/Sport Psychology talk

1:00-4:00 pm Three non-swimming activities—the squad broken into 3 groups of 10-12

- 60 minutes of Wall Climbing **(Rock wall)**
- 60 minutes Yoga
- 60 minutes of Strength & Conditioning (with Steve Topham)

4:00-4:30 Fueling Station – snacks

Saturday PM – 5 Lanes LCM

4:30-5:00 **Pre Pool Activation & Training briefing**

5:00-6:30pm Training **(Competition Pool)**

6:30 – 7:30pm Dinner