Training Alterations week of 28th November- Senior Squads

Due to Ulster Championships 2nd- 4th December training next week will be slightly altered.

All mornings will run 6-7.30 with a view to doing a 1 hour session, afternoons will run as normal but may finish a bit earlier for Ulster Champs swimmers.

Wednesday AM will run at Templemore 6-7.30 and Wednesday PM is cancelled due to leisure centre strikes.

Friday and Saturday AM and Sunday PM are all cancelled due to swimmers competing.

Ulster Champs swimmers should aim to do 1 session per day where possible to maintain fitness, hone skills and keep feel for the water.

Outside the pool swimmers should keep active but avoid strenuous activity to allow recovery. They should eat and drink well, get to bed on time and try and stay organised. i.e. clear other potential stresses and mind clutter to maintain focus on swimming well... clean your room and change bed sheets now and before the meet!! Getting a haircut and shaving down also help!

If your mind starts to feel this is a special time your body will start to react accordingly.

If not regularly visualising races already they should do so frequently from now on, in detail, with positive results.