

TSC – Online Land Training Plan

- continuing our rebuild during the C19 pool closure

Online Groups

- Group 1 – Regional/County/SD2 (lead by Molly/Chloe)
- Group 2 – SD1/Academy (lead by Marcy/Annabelle)

- Each session will be short, fun and fast - 30mins
 - Initially focused on land training
 - Over time we plan to add further variety – nutrition talks, goal setting, open meet planning, swim skills, guest coaches etc

- Practicalities;
 - All swimmers should warm up for 10mins pre-session
 - Swimmers should have a water bottle, towel and yoga mat for the session
 - Coaches will ask all swimmers to mute their Zoom during the land training part of the session
 - Each session will be recorded in case swimmers can't make a session



Zoom – how to set up

- You will receive an invite to the first session (Monday 6.30pm for Regional/County/SD2)
- Click on “Join Zoom Meeting”
- You (parents) will need to register with an email/password
- Invites will be sent to Zoom accounts for each weekly session



Schedule – initial session timings

- Mon 6.30pm Group 1 (Regional/County/SD2)
- Tue 6.30pm Group 1
- Wed 6.30pm Group 1
- Thu 6pm Group 2 (Academy/SD1)
- Thu 6.30pm Group 1
- Fri 6pm Group 2
- ???Sat 8.30am Group 1
- Sun 6pm Group 2

