

FINA Swimming Coaches Gold Clinic 2014

**Preparation Plan – Training vs
Competition Mix**

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Swimming South Africa

Graham Hill

- Coaching for 28 years
- Head Coach of Swimming South Africa
- 4 Olympic Games
 - 2000 Sydney
 - 2004 Athens
 - 2008 Beijing
 - 2012 London



Pre Season Planning

- Select Major Competitions
- Select Training Camps
- Select Pre Major Competition meets



Planning Considerations



A

- Depending on the year
- Which athlete you are working with

B

- Budgets
- Facilities
- Weather



C

- Which Major Competition
- Budget
- Which Athletes

World Cups

- What?
- Why?



Thank you

- Questions?

