## FINA Swimming Coaches Gold Clinic 2014

Preparation Plan – Training vs Competition Mix

**By Graham Hill** 

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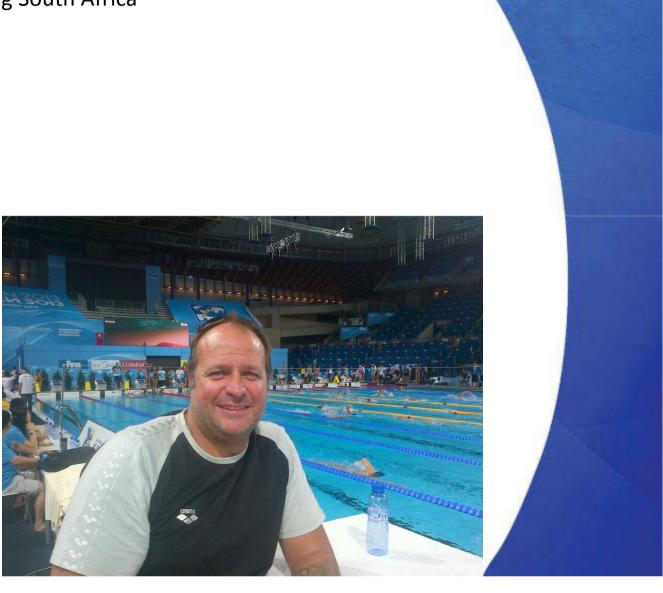




**Swimming South Africa** 

### **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

# The Source of th

#### A

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

#### B

- Budgets
- Facilities
- Weather

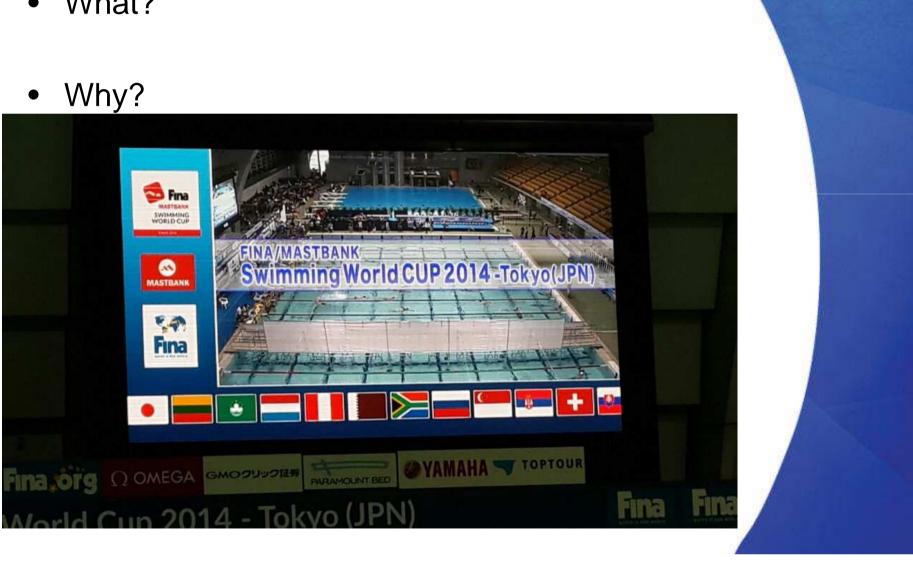
#### C

- Which Major Competition
- Budget
- Which Athletes



## World Cups

What?



## Thank you

• Questions?

