

MASTERS SWIM CAMP

Glenn Smith GB Coach

9-16 August 2026

	Sunday 9th	Monday 10th	Tuesday 11th	Wednesday 12th	Thursday 13th	Friday 14th	Saturday 15th	Sunday 16th
7:00am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
7:45am		Pre Pool Land Warm Up	Pre Pool Land Warm Up	Pre Pool Land Warm Up	Pre Pool Land Warm Up	Pre Pool Land Warm Up	Pre Pool Land Warm Up	
8:00am - 9:30am	Arrival Day	Pool Aerobic Fc Work/Skill Speed /Stroke Assessment	Pool Aerobic Capacity No1 Stroke/Fc Skill/Drill + Quality Kick	Pool Aerobic Capacity	Pool Aerobic Capacity Work Fc/IM Breathing Control	Pool Aerobic Capacity No1 Speed Turns	Pool Aerobic Capacity Underwater Fly Kicking for Turns	Depart - Return Home
		Post Pool Land Recovery						
4:45pm		Pre Pool Land Warm Up						
5:00pm - 6:30pm		Pool Aerobic Capacity Work No1 Skill Work +	Pool Aerobic Capacity No1 Pace Work— Stroke Counting	Pool Dec to threshold Fc/No1 Skills No1 Starts/Turns	Pool Aerobic Skills/Drills Specific Indv	Pool Aerobic Capacity + Pace Work No1	Pool Pre Race Warm Up practice Timed Swim	
	Post Pool Land Recover							