

# Are you ready to train?

Before you enter the water have you

- Got your equipment?  
(Kickboard, pullbuoy, fins, drinks bottle)
- Got a drink?
- Been to the lavatory?

The training session is designed to improve your performance so you need to spend as much time swimming as possible.

**Getting out half way through a set to go to the lavatory will not improve your times or technique!**

Once you are in the water do you

- Listen to the coach?
- Ask for advice?
- Try your hardest?

Remember the training sets are designed by the coach to improve your performance. Try and stick to the skills being taught, times being set and the rest intervals.

**Taking extra rest will not improve your performance level.**

**IT PAYS TO PRACTICE 100% PERFECTLY ALL THE TIME**

Marcus Branson  
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