

East Region Masters Development Day

7th April, Basildon



The regional Masters Development Day was attended by 26 swimmers from a range of clubs around the region. It was great to see a swimmers with a range of experience, from those who regularly compete and swim in club environments, to those who train alone and those who are relatively new to Masters swimming.

The day started in the classroom with Evie who took the group through a psychology session. She explained how the way they approached training and competition would affect their outcomes and emphasised the importance of concentrating on the variables which they could control.

She also gave a few examples of methods that could be used to help swimmers plan and deal with barriers they may believe stop them from achieving their goals.



After the psychology session it was over to the studio to work with strength and conditioning coach, Justin. The swimmers did a warm up and then went through four exercises which covered fundamental movements.

The exercises covered major muscle groups which are essential for swimmers. All exercises had different variations given so that everyone could work to the level that suited them and push themselves as much or as little as they wanted.

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The last session of the day was a long course pool session with Paul Hayes from Thurrock SC. Swimmers were given three session plans, one per lane, which were all pitched at different levels. Swimmers were given the choice of which lane they would like to swim in and therefore which plan they would be following. Paul offered advice and guidance throughout the hour and a half session and encouraged swimmers to change any aspects which didn't work for them to ensure they got the most from the session. The session finished with the opportunity to work on starts by practicing diving from the blocks.

The region would like to thank Evie, Justin and Paul for their time and all of the Masters swimmers who attended the day.

If you would like to attend future development days, please sign up for our Masters mailing list to be notified of all opportunities available to Masters swimmers in the East Region:

<http://www.eastswimming.org/index.php/masters-swimming/masters-newsletters/sign-up-for-masters-newsletter>