

D7 SWIM PERFORMANCE CLINIC

WITH
COACHES
DAVID & MYLES

THANYAPURA 24
technique \ strength
speed \ fun

PHUKET THAILAND

JULY 22 - JULY 27 2024
THANYAPURA SPORTS & HEALTH RESORT

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MONDAY JUL 22

17:00 - 19:00PM LC 50M POOL
DRYLAND ACTIVATION
STRETCH & BODYWORK
HOW TO TRAIN BUTTERFLY
TECHNIQUE STRENGTH SPEED
STROKE ANALYSIS & SPEED REPORT

THURSDAY JUL 25

08:30 - 10:30AM SC 25M POOL
DRYLAND ACTIVATION
TRAIN ANAEROBIC CAPACITY

17:00 - 19:00PM LC 50M POOL
DRYLAND ACTIVATION
STRETCH & BODYWORK
HOW TO TRAIN BREASTROKE
TECHNIQUE STRENGTH SPEED
STROKE ANALYSIS & SPEED REPORT

TUESDAY JUL 23

08:30 - 10:30AM SC 25M POOL
DRYLAND ACTIVATION
TRAIN AEROBIC CAPACITY

17:00 - 19:00PM LC 50M POOL
DRYLAND ACTIVATION
STRETCH & BODYWORK
HOW TO TRAIN BACKSTROKE
TECHNIQUE STRENGTH SPEED
STROKE ANALYSIS & SPEED REPORT

FRIDAY JUL 26

17:00 - 19:00PM LC 50M POOL
DRYLAND ACTIVATION
STRETCH & BODYWORK
HOW TO TRAIN FREESTYLE
TECHNIQUE STRENGTH SPEED
STROKE ANALYSIS & SPEED REPORT

WEDNESDAY JUL 24

17:00 - 19:00PM LC 50M POOL
DRYLAND ACTIVATION
STRETCH & BODYWORK
INTRODUCTION TO ONCORE BY
JADE EDMISTONE : HOW TO TRAIN
USING THE ONCORE DEVICE

SATURDAY JUL 27

8:30 - 10:30AM SC 25M POOL
DRYLAND ACTIVATION
STRETCH & BODYWORK
TRAIN UNDERWATERS
TRAIN STARTS TURNS RELAYS
TIME TRIALS 25M 50M 100M

WATERPARK EXCURSION
GOODBYE SOCIAL

PHUKET THAILAND

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