



Chad le Clos (RSA)

GRAHAM HILL



Swimming South Africa



GRAHAM HILL



- Coaching for 24 years & Coach at 4 Olympic Games
- Sydney
 - 2 Swimmers in team Terence Parkin; Charlene Wittstock
 - Silver Medal Terence Parkin 200m Breaststroke
- Athens
 - Head Coach
 - 2 swimmers in team, Terence Parkin & Darian Townsend
 - Gold Medal in Men 4 x 100 Freestyle Relay
- Beijing
 - 2 swimmers in team Melissa Corfe; Jasper Venter
- London
 - Head Coach swimming
 - 5 swimmers in team
 - Chad le Clos
 - Gold Medal 200m Butterfly,
 - Silver Medal 100m Butterfly





BACKGROUND & PREPARATION



- Came through coaching a club, started with 10 swimmers
- Training for 12years
- Hands on management of activities
- Planned the last 18months moving towards London 2012.
- Certain things worked for him
- Some dry land worked some did not
- Injuries
- Shift in training programme after School





TRAINING CHAD

- Have to challenge him
- Explain purpose of session and sets
- Regular communication
- Regular rest and recovery
- Minimise distractions



PHILOSOPHY & TRAINING DAYS



- What you put in is what you get out
- What you cant do in training will not happen in racing
- 9 sessions a week
 - Tuesday PM (Main Set)
 - Saturday AM (Main Set)
 - Thursday PM Recovery

KEY TRAINING SETS

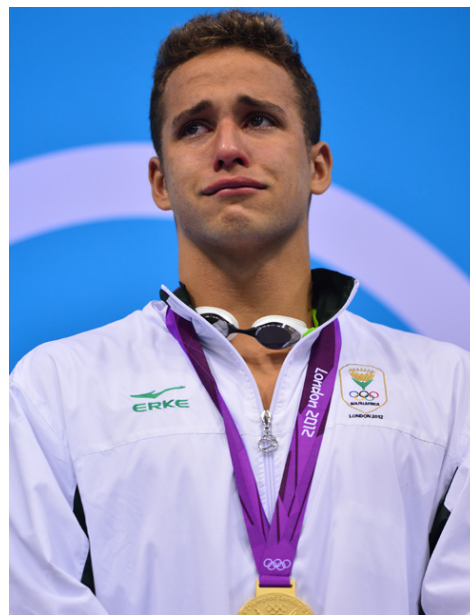
- Set 1
 - 300 skps
 - 16 x 100 fly
 - 4 x 200 back
 - 4 x 200 breast
 - 4 x 400 free
 - 1 x 800 easy fins & pedals

KEY TRAINING SETS

- Set 2
 - 400swim 200kick 400 pull buoy
 - 16 x 50 reverse IM
 - (400 IM, 8 x 100 paddles) x 4
 - 400 easy swim

PROGRAMME PILLARS

- Trust
- Passion
- Belief
- Team
- Hard work / Dedication



Thank you

- Questions?

