

**ARENA SWIM CLUB  
NAT PRO  
STATE SC CHAMPS TAPER PROGRAM**

<b>MONTH</b>	<b>DATE</b>	<b>DAY</b>	<b>DAYS TO COMP</b>	<b>AM SESSION</b>	<b>PM SESSION</b>	<b>EMPHASIS</b>	<b>DREAM</b>
Jul-09	8	WED	//////////	OFF	Training	REVIEW	<u>Success</u>
Jul-09	7	TUES	0	COMPETE	COMPETE	STATE C'SHIPS	<u>Success</u>
Jul-09	6	MON	0	COMPETE	COMPETE	STATE C'SHIPS	<u>Success</u>
Jul-09	5	SUN	0	COMPETE	COMPETE	STATE C'SHIPS	<u>Success</u>
Jul-09	4	SAT	0	COMPETE	COMPETE	STATE C'SHIPS	<u>Success</u>
Jul-09	3	FRI	1	Training 6.30-7.30am	OFF	TAPER	<u>Success</u>
Jul-09	2	THUR	2	Training 6.30-7.30am	OFF	TAPER	<u>Success</u>
Jul-09	1	WED	3	Training 6.30-7.30am	OFF	TAPER	<u>Success</u>
Jun-09	30	TUES	4	Training 6.30-7.30am	OFF	TAPER	<u>Success</u>
Jun-09	29	MON	5	Training 6.30-7.30am	OFF	TAPER	<u>Success</u>
Jun-09	28	SUN	6	OFF	OFF	TAPER	<u>Success</u>
Jun-09	27	SAT	7	Training 6-7am	OFF	TAPER	<u>Success</u>

- DO sleep a lot**
- DO eat the right foods**
- DO rest each day**
- DO drink a lot of water**
- DO follow the taper program**
- DO think about your races each day and dare to dream**
- DO aim very high**
- DO your best at your races, no-one can ask anymore of you if you DO**
- DO be honest with yourself**
- DO race aggressively, your competitors will**
- DO keep your feet up each day**
- DO not get sucked in - your time will come when it is due**
- DO what is right for your body, you have trained it to perform in the next week, days, hours, minutes, seconds**
- DO the swim stroke basics very well**
- DO get lots of rest to be fresh each day**
- GREAT SWIMMERS DO**

**If you are not going to training then let Michael know.**

**WORK FROM THE BOTTOM UP**