Training Cycle

The swim training programme at BESTMED will be formed by three 3-month cycles which in turn will form one 9 month cycle.

Cycle 1: Mid-Sept – Christmas break

This cycle will include at least a 2 to 3 week “acclimatisation” period to get used to the new environment, coaches and workloads. This period will focus on skill development and aerobic conditioning. Once the aims of this period are met the swimmers will move up a gear to focus on all aspects of a normal training cycle. i.e. Speed, aerobic/anaerobic balance, skills and race preparation.

Cycle 2 Jan – Easter break

Cycle 3 Apr – end June

Macro cycle: Sept – end June

The 9 month stay with the BESTMED programme will have at its core the preparation for a summer meet at the end of the macro cycle. The micro cycles will be designed in such a way as to develop a strong skills base and also to be progressive in their nature thus bringing the swimmer to optimum performance at the target meet in the summer months

The meets attended during the year will be decided after consultation between the head coach and the individual swimmer

Dryland
A fully integrated dryland programme will compliment the swimming sessions. Based in the gym at the BEST Centre and the adjoining woodland running tracks, the dryland component of the programme will develop strength, speed, endurance, improve aerobic and anaerobic capacity and also maintain body weight and composition in optimum condition.

Cross Training
To keep things interesting we will take full advantage of the beautiful surroundings in Colonia Sant Jordi by incorporating in each training cycle elements of cross training such as kayaking, cycling and open water swimming. Team building and initiative training will be incorporated into these activities.

Backup Support
Swimmers will also receive advice and training in nutrition and the psychology of training and racing. Physiotherapy and other injury related support will be available.
The Home Coach
The BEST MED coaching team is happy to consult with the swimmer’s home coach throughout their stay in Mallorca.