

World Masters Swim Camp

Göteborg 13-16/5-2010

Take the opportunity to train in the pool of the World Masters Championships 2010 with one of the world most experienced Masters coaches Glen Christiansen. Glen will together with Champion coach Niko give you technique advices and ideas about how to get in shape for the World Masters, or other competitions. Underwater video analysis will be made of your technique. We coach in *English, Deutsch, Finnish and Skandinaviska*.

Time: 13th to 16th of May 2010

Place: Valhallabadet 50m.pool

Coaches: **Glen Christiansen:**

Olympic coach in Atlanta 1996. Ranked number 1 in the world in 1981 in 100m breaststroke (sc). 13 times World Masters Champion. Over 50 world masters records broken. Most recently in 100m breaststroke in October and November 2009. Former head coach Olympic Performance Centre in Hamburg, Germany.

Glen has coached swimmers like world record holder and world champion in 1500 freestyle Jörg Hoffmann, world champion in backstroke Antje Buschschulte and European champion in 50m freestyle Linda Olofsson.

Niko Martikainen: Licensed and fulltime coach in swimming and weight training. Niko has coached World record swimmer Stefan Nystrand and Olympic finalist Petter Stymne.

Cost: 199 Euros (includes all trainings, seminars, the video analysis and a World Masters Camp T-shirt)

Information and entry: gc1769@gmail.com

Accommodation can be organized on request



Program:

Thursday 13/5: 16.00 Information about camp and Seminar; *"Are you training as you did when you were 18, then you are training wrong!"*

Friday 14/5: 09.30-11.00 Swim Training. Focus on technique. Video filming.

13.00-13.45 Theory: Weight training for Masters swimmers by Niko Martikainen.

13.45-14.30 Technique analysis from morning filming.

15.00 - 16.30 Swim training. Video filming of starts and turns.

Saturday 15/5: 09.30-11.00 Swim training. Focus on speed

15.00 -16.30 Swim training. Focus on conditioning and technique.

19.00 - Friendship dinner

Sunday 16/5: 09.30-11.00 Swim training. Focus on pace work.

13.00-14.30 Theory: How to prepare for a competition by Glen Christiansen.

15.00-17.30 Swim training + Conclusion