Cyprus Warm Weather Training Camp April 2014

6 days, 12 x 2 hour pool sessions + 3 x 1 hour gym session & 3 x 1 hour land base sessions. Total meterage achieved 88.000k

Head coach: Dave Pettengell

Team manager: Karen Chapple

Swimmers: Callum Chapple, Alex Law, James Shanley, Oliver Rose, Ashley Hogg, Brandon Sharkey.

We arrived in Cyprus after what had been the most successful County Championships (Short course) we have ever had, so the purpose of this camp was to act as a springboard into the next phase of our training and competition cycle, which is Long course Regionals and National Championships events.

The camp allowed our top-end swimmers to train twice a day in a 50m pool in warm weather for six days without a break, including gym and land base training. The level of performance that had been reached exceeded our swimmers physical and mental expectations and a total of 88.000m was covered.

We stayed at the Coral Beach Hotel which is situated on the southwest side of the island. After arriving, we were shown around the complex by the Arena Sport representative, who themselves have an office situated near the 50m pool.

The pool itself was built in 2004 as part of the British preparation for the 2004 Athens Olympic Games and is still used by the current British team as well as English and European clubs.

On our first day at the pool were met with the pool-staff removing the pool covers and cleaning the bottom of the pool, apparently, the pool had not be used since the end the of February.

Because we only took six swimmers, it wasn't worth us booking more than on lane, however, to our surprise, we were the only club in the pool at our time (7-9am) and (3-5 pm) which was great,  because it meant that we could used 6 lanes instead of one lane (a swimmer per lane, not bad, eh)

The sessions I had planned for our swimmers were long and demanding, with the early morning sessions being the distance swims and the afternoon sessions being the technical and speed sets with specific test sets.

With gym work, we booked the Olympic gym on alternate days and did land base training on other days.  The gym is equipped with cardio-vascular machines I.e rowing and cycling and free standing weights, the gym also had a set of monkey bars which ranged in height as you progressed along them from start to finish, again, we had access to the gym without anyone else using it.

In the gym, the swimmers were allowed to do their own programme on the first day, this enabled them to try out different exercises using equipment such as bar bells, dumb bells, kettle weights medicine balls and free standing weights, it also allowed me to access the gym and it's contents to form a more structured programme that was to be used on our next two visits.

With the land base training, we found an ideal spot that was situated opposite one of the dinning room areas that wasn't being used. The space was sufficient to meet our needs and we could exercise to a level of performance without fear of being interrupted.

The programme for the day/week was as follows:-

6.30am - poolside 15mins plus, mobility and stretching exercises.

6.45/7 - 9am pool training

11am - 12noon / Dry-side (gym and circuit training)

12.15pm - lunch

2.30pm - poolside 15mins plus, mobility and stretching exercises

2.45/3 - 5pm pool training

6 - 7pm Studying

7.45pm Dinner

The swimmer had some down time both during the day and evening, but everyone was in their room by 9.30pm.

The hotel was excellent, very spacious and the food, you could not fault.  We shared the dinning room with other clubs and hotel residents, although for the first day and half, we were the only swim team in the hotel, then Finland National Youth team arrived, followed by a German and Norwegian team.

The weather was fairly good, a bit cold in the morning, as expected, but much warmer as the day progressed, there was a slight wind, but nothing to worry about.

The flight to Cyprus was (for me, as I don't like flying) very good, however, coming home was a lot worse, we had an hour and half delay and for some reason the flight wasn't that good in terms of comfort, well for me, anyway.

I would like to take this opportunity to thank Karen for all her hard work in the build up to this camp and for her support during the camp itself. The success of this camp relied on a number of things, such as, good organisation, excellent facilities, timing and a great bunch of lads. For me, this will my last training camp ever, I have been on many training camps at all levels over many years, but on a personal note, this is/was the most enjoyable one I have ever done.

Thank you all and thank you Winsford Swimming Club for your support in what is my last year as Head Coach.

Dave