

IM & DISTANCE TRAINING & TECHNICAL CAMP

Typical Daily Schedule *(subject to change)*

8:00am	Breakfast (only for overnight campers)
9:30am	IM Practice
11:30am	Session ends
12:00pm	Lunch
3:00pm	Dryland
3:45pm	Distance Freestyle Practice
5:45pm	Session ends
6:00pm	Parent Pick-Up Must check out with Group Leader (Day Campers only)
6:00pm	Dinner
7:00pm	Group activity

Enhance your training background and come experience an IM & Distance Freestyle training camp, lead by US National Team Coach, Bret Lundgaard! The camp will be tailored for a variety of skill levels. You'll have a minimum of 8 water workouts alternating between an Individual Medley focus and distance focus. Sessions will include some technical work and will mostly focus on training and race strategy for the:

-200 & 400 IM

-500 & 1650 Free

You will learn physiological functions of the body, and how you can use that knowledge to script your best race strategies.

In addition, you will learn IM strategies that allow you to bolster your weakest strokes, and utilize your best strokes, for the benefit of the entire race.

The camp will include 2 water workouts each day and an additional dryland workout that will be suitable for all ages/skillsets. The dryland workout will focus on mobility, postural awareness and muscular endurance.

Under water and above water video, voice-over stroke analysis

Learn all year-round! Take home the best teaching tool of all-
(Optional purchase)

Leave camp with under water and above water footage of all four of your strokes. Each video will contain voice-over annotation from Princeton swim coaches! Learn firsthand how you can transform your swimming career, through one of the world's best competitive swimming video editing camera systems. You'll see, and hear, what you do well and what you can improve in your: posture, how you create speed and how you sustain it. You'll have it forever and can always reference it to see yourself improving!