

# **16 Weeks to AUSSIES (training)**

## **TECHNIQUE**

If you build your performance on bad technique you are building on unstable ground. During the pressure and fatigue that competition brings, the athlete with the best technique will always prevail.

Once again our motto this week is "Concentrate during training and always try to perfect your technique."

I attended sessions with the following coaches this week; Stevie D (swim), Kane, Cameron and Joe (Ski), Lisa and Cuz (Board) and I heard everyone of them repeating to their athletes "slow down and concentrate on your technique". Anyone can swim or paddle without thinking but the athlete who concentrates on every stroke will more than likely make the most improvement. We still have 16 weeks to go until Aussies and so all of your efforts should be on improving your technique. Who cares who wins the training efforts at this time of the year.

## **HOW TO IMPROVE**

Listen to your coaches during the session.

Actively take part in all stroke analysis sessions including video reviews.

Become a student of your sport and research good technique on Youtube for all disciplines.

Thanks,

Darren Schott