

## **A quick chat on deck – Jol Finck on training Millfield Club (Age & Youth) and James Guy (Senior)**

After a quick chat during a warm up, the following bullet points are an initial insight into the development of James Guy and also an insight into the Millfield School Swim Programme.

Whilst Millfield School has good resources, most of the programme structure and content can be replicated anywhere in the world.

1. Millfield School (Club) programme has 140 swimmers in 7 Squads
2. There are 8 full time coaches
3. They have a 50m pool on the school site
4. There are also basic gym facilities
  
5. IM skills and training introduced to youngest competitive group (9-10 year olds)
6. All 12 - 14 year olds are racing the 400 IM and 200m of every stroke
7. Also, all swimmers race the 800 & 1500 Free at least once a year
8. No event specialisation at early ages
  
9. A lot of kick and drill work in programme
10. Big emphasis on fast turns and finishes
11. Introduction of basic land work via pre pools
12. Developing young people and their athletic intelligence
  
13. James Guy is 20 years of age, he started competitive swimming when he was 9 years of age
14. He is the current World 200 Free Champion and preparing for the Rio Olympic Games
15. Jol Finck is the Head Coach of Millfield School and coach to James Guy
16. James has been coached by Jol and associate coaches at Millfield since he was 12 years old
  
17. Kick and Drills are a significant part of James's daily diet of training
18. Most workouts include at least 1000m Kick, both fast and technical
19. Kick sets can be up to 3000m long, this would be more in a preparation (early season) phase
20. At least half of these kick sets are in a stroke specific bodyline position
  
21. Drills are always delivered in a progressive method
22. E.g. (Kick → Drill → Swim) x Repeat
23. Drills are learnt and perfected slowly
24. Bodyline is a key focus in all drills
  
25. Over 10 years in competitive swimming to reach first Olympic Games
26. 8 years to reach first senior international team and competition
27. 9 years to reach first British senior title and record
28. Refer to table for a summary of James's career training progression (LTAD) to date

**A Summary of James Guy's career training progression (LTAD) to date – July 2016**

<b>Year</b>	<b>Age</b>	<b># Workouts per week</b>	<b>Weekly Training Volume</b>	<b>Notes</b>
2006	9 - 10	6		Trafford SC
2007	11	6-7		Trafford SC
2008	12	8	35K	Moved to Millfield School (Plateau – steady swimming)
2009	13	8	35 – 40K	
2010	14	8-9	40 – 45K	
2011	15	9	45 – 50K	
2012	16	10	50 – 55K	European Junior Champs (Finals)
2013	17	10	50 – 55K	World Champs
2014	18	10	50 – 55K	Commonwealth Games (Podium) 1 <sup>st</sup> British senior title & record
2015	19	10	50 – 55K	World Champs (World Champion)
2016	20	10	50 – 55K	Olympic Games