



DEVELOPMENT
PROGRAMME

IS PLEASED TO PRESENT
ONLINE FINA CLINICS
Lithuania (LTU) – from 19th to 22nd May 2022
Conducted by Genadijus Sokolovas



DAY 1

12:00 PM (EEST)

- *Strength Training Methodology for Swimmers*
- *Seasonal Training Design Using the Rate of Adaptation*

DAY 2

12:00 PM (EEST)

- *Daily and Weekly Training Design*
- *Physiology of Taper*

DAY 3

12:00 PM (EEST)

- *Fatigue and Recovery in Swimming*
- *Using Heart Rate to Guide Training*

DAY 4

12:00 PM (EEST)

- *Using Lactate to Guide Training*
- *Q&A*

Please note that the participants must be registered through the **FINA GMS** by the 2nd of May 2022 23:59 (GMT).