

Adam Peaty Race Clinics



Learn the art of Breaststroke from the very best of all time! Olympic Champion and 10 Times World Record Holder Adam Peaty is offering to share his secrets.

Fresh from the 2019 Fina World Championships in Korea, Adam will be presenting his inaugural series of “Adam Peaty Race Clinics” at selected venues in England.

These clinics will provide a unique opportunity to hear Adam’s immediate thoughts on his World Championship performance and to learn about how he is preparing to “attack” his Olympic Title in Tokyo next year.

Adam Peaty Race Clinics reflect the reality of life as an International Swimmer, so in addition to the pool work there is a gym session delivered by a British Swimming Strength and Conditioning Coach, a Team Activity and A Classroom based presentation.

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Locations and Dates

12th TBC

13th Strood, Kent

14th Repton, Derbyshire

15th Macclesfield, Cheshire

16th Workington, Cumbria

Timetable for 12th/13th/16th

8.15-8.30	Arrive
8.30-8.45	Introduction
8.45-9.00	Head to first station
9.00-10.30	Station 1
10.30-10.45	Swap stations
10.45-12.15	Station 2
12.15-12.30	Head for lunch
12.30-13.15	Lunch and head to station 3
13.15-14.45	Station 3
14.45-15.30	Presentation and Q&A
15.30	Photos and end of clinic

Timetable for 14th

7.15-7.30	Arrive
7.30-7.45	Introduction
7.45-8.00	Head to first station
8.00-9.30	Station 1
9.30-9.45	Swap stations
9.45-11.15	Station 2
11.15-11.30	Head for lunch
11.30-12.15	Lunch and head to station 3
12.15-13.45	Station 3
13.45-14.30	Presentation and Q&A
15.30	Photos and end of clinic

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Timetable for 15th

7.45-8.00	Arrive
8.00-8.15	Introduction
8.15-8.30	Head to first station
8.30-10.00	Station 1
10.00-10.15	Swap stations
10.15-11.45	Station 2
11.45-12.00	Head for lunch
12.00-12.45	Lunch and head to station 3
12.45-14.15	Station 3
14.15-15.00	Presentation and Q&A
15.00	Photos and end of clinic

Content

Swim Session – Breaststroke is a highly technical stroke and perfecting your technique is critical to success in the pool. This is the focus of the pool work. The pool session consists of two parts: “free swimming” focussing entirely on the stroke will be led by Adam Peaty and “pullout” looking at the underwater phase of breaststroke will be led by Edward Baxter.

Gym session – The Gym session will be led by British Swimming Loughborough National Centre Strength and Conditioning Coach Rob Norman. Gym work is vital to a swimming programme and as the expert in swimming specific gym work Rob can offer unique insights

Team activity – The Team activity will be led by Rio 2016 Olympian Tim Shuttleworth. Although you stand on the blocks alone when spending upwards of 30 hours a week with your training group having team skills is massively important as a Swimmer and as someone who always thrives on a relay there is no one better to conduct this part of the day than Tim.

Presentation and Q&A – Adam Peaty will be sharing his secrets. You will gain a unique insight into his Gladiator mentality and discover how that enabled him to become Olympic Champion. The day will finish with a short Q&A session giving swimmers and parents the opportunity to pick the brains of the man behind the medals.

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The Team

Adam Peaty – As everyone knows Adam needs no introduction... As Olympic Champion, 10 time World Record Holder and multiple World and European Champion there is no one better to be leading the pool session. Adam is also a level 2 swimming coach.

Edward Baxter – Ed is Youth Commonwealth Champion, Multiple British Champion & Record Holder as well as being English Senior Short Course Champion all over the 200 meter breaststroke. Ed has trained alongside Adam now for around 4 years and as a swimmer that favours short course he will be leading the breaststroke pull-out station in the pool. Ed is also a qualified swimming teacher.

Rob Norman – Rob is the Head of Strength and Conditioning for British Swimming at the Loughborough National Centre. Rob has a huge knowledge of swimming specific Strength and Conditioning and started working for British Swimming in 2017. Rob is going to be leading the gym sessions for the day.

Tim Shuttleworth – Tim is a 2016 Rio Olympian as well as being a World Championship Medallist from 2017. Tim has been apart of the British Swimming Centre in Loughborough alongside Adam and Ed and really values team sprit and making sure everyone works together to achieve their goals. Tim will be leading the Team Activity for the day.

Edmund Ashton – Edmund is a recently retired swimmer but in his career he was a British National Medallist in the 200 meter Breaststroke and was a member of the England Talent Programme for many years. Edmund is going to be overseeing the whole day acting as a team leader.

Josh Beech – Josh is a Photographer/Videographer who has worked alongside Adam and Ed for nearly a year now, working on other Swim Clinics and also undertaking some larger projects with them.

Price and Booking

Booking will be announced one clinic date at a time. Once the booking link has been published then the first 100 people to fill in the form attached to the booking link will be emailed with details on how to place the deposit for the clinic. If you are successful in securing your place you will then have 3 business days to pay the deposit while your place is reserved. If you fail to pay the deposit in the window then your space will be reopened up to other swimmers.

The deposit is £70 which is a non-refundable deposit. Then there is a final balance of £100 which must be paid no later than one month before your specific clinic date, bringing the total cost of the camp to £170.

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Spectating and Photography

Parents are welcome to attend and watch the day as it unfolds (where seating availability permits). Although parents are more than welcome to come and watch we request you don't interact with the swimmers (including your own child) during the day but very specifically while they are at either the swim, gym or team activity station.

Please note photography and filming by spectators is prohibited for child protection purposes. However, the shots taken by our Official Photographer Josh Beech will be available to purchase as digital copies after the event for a very small fee.