

Pierre's Top 10 – Training Tips

10. Only Kick fast (Get best times for the 50 kick)
9. 3 fly kicks off every wall (Canada needs to be the fastest underwater fly kick team in the world)
8. Negative split everything you do
7. Cheer on a team-mate, make someone else's day
6. Don't miss a workout in November
5. Train the fastest in your team
4. Get the appropriate rest for top performances
3. Always show up for workout with a positive attitude
2. Finish the week better than you started
1. Train to race
0. Make the Commonwealth Team !