

TRAINING PLAN SHAYNA JACK OAM



Shayna Jack OAM is an Australian swimmer who competes in freestyle.
A typical week of training for Shayna includes:

DAY	WHAT DOES SHAYNA DO?	
Monday	Morning:	• Bike Swim • Gym
	Afternoon:	• Swim • Bike
Tuesday	Morning:	• Swim
	Afternoon:	• Swim
Wednesday	Morning:	• Swim • Gym
	Afternoon:	• Recovery
Thursday	Morning:	• Swim
	Afternoon:	• Swim • Bike
Friday	Morning:	• Swim • Gym • Pilates (30 minutes)
	Afternoon:	• Recovery
Saturday	Morning:	• Swim • Circuit
Sunday	Morning:	• Walk or Yoga

Shayna also attends:

- core and mobility prior to each swim session.
- physiotherapy after each swim or gym session.
- a sport psychologist session every 2 - 3 weeks.
- a massage session minimum once a month.

