

TRAINING PLAN MATT LEVY OAM



Matt Levy OAM is an Australian swimmer who competes in the S7 category in freestyle. A typical week for Matt includes:

DAY	WHAT DOES MATT DO?	
Monday	Morning:	• Swim: aerobic/endurance focus (2 hours)
	Afternoon:	• Swim: technique & skills (1.5 hours) • Gym (1 hour)
Tuesday	Morning:	• Swim: threshold/pace work (2 hours)
	Afternoon:	• Core strength + mobility work (45 minutes)
Wednesday	Morning:	• Swim: sprint/power focus (2 hours)
	Afternoon:	• Gym (1 hour) • Short swim recovery (45 minutes)
Thursday	Morning:	• Swim: aerobic/endurance (2 hours)
	Afternoon:	• Swim: starts, turns, technical drills (1.5 hours)
Friday	Morning:	• Swim race pace & lactate tolerance (2 hours)
	Afternoon:	• Gym (2 hours)
Saturday	Morning:	• Swim: endurance, sprint and race skills (2 hours)
Sunday	Rest and Recovery (stretching or yoga)	

Each week also includes:

- daily stretching and mobility work outside of the pool.
- recovery including massage, ice baths, physiotherapy and stretching.
- tailored meal plans for energy, recovery and performance.
- mental preparation including visualization, goal setting, and working with a sports psychologist as needed.

