

SWIM COACHING AND SIX HOUR CHANNEL TRAINING SWIMS

Would it be useful to have the right swimming program leading up to your Channel swim?

Would it be useful to have someone who knows exactly what is needed to achieve success in this challenge?

Do you really want to succeed?

THEN.....

As part of your Channel swimming success, you will need to be doing several things along the way. One of these is to get the six hour swim proof which is a pre-requisite for your swim as well as putting together the right programme for your Channel success.

Dr. Julie Bradshaw, Secretary of the CSA Ltd and with over 33 years involvement in the sport, can certainly help you in the right direction. As part of her own business www.getset4success.co.uk Julie offers swimming packages that suit ALL your needs. She not only gives swim coaching but is able to offer the mind-set side of the swim as well as outdoor training.



Julie has been coaching for many years and has a boat (called “Butterfly On The Lake”) which is based on Lake Windermere, England’s largest lake.

The six hour swim is included in the swim package although this can be booked separately. More can be seen from visiting her website and also by contacting her on:

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