

Inspiration for Pentaqua swimmers – Britain’s most successful Olympic coach!



Two Pentaqua swimmers, Katie Treadwell and Emily Walsh with Bill Furniss (coach to double Olympic medallist – Rebecca Adlington) attending a Championship Freestyle day at Nottingham High School.

The swimmers were excited about the prospect of meeting Bill Furniss, the most successful British Olympic swimming coach who has coached many successful team GB swimmers but most famously Rebecca Adlington, double Olympic gold medallist at the 2008 Beijing Games.

The day began with a quick introduction and then straight in to the pool for a 90 minute training session. There were approximately 28 children of mixed ability but all ages. The swimmers were asked to do a 200m warm up with Bill observing techniques. His key comment after this exercise was the need for all to focus more on their technique rather than their speed. He stated that often age group swimmers spend a lot of time putting in repetitive lengths of the pool and yet their techniques are neither correct nor sustainable. This was then the focus for the rest of the day with pool time being given over to correct execution of freestyle in a technically accurate way, thinking about body rolling without twisting, effective kick and most importantly for Bill “streamlining”. This was demonstrated by Sasha Matthews team mate to Rebecca at Nottingham’s Nova Centurion swimming club.

Inspiration for Pentaqua swimmers – Britain’s most successful Olympic coach!



(Emily Walsh shown with Sasha Matthews above)

Following the morning pool session, the swimmers had an hour with one of the physiotherapists to the Olympic team, focussing on core stability and injury prevention (warm ups and stretching). This was followed by an hour’s lecture with the use of video analysis to review correct stroke technique including a focus on breathing positions and body rolls.

After a quick lunch it was back to the pool for a “training” session (a further 90 minutes plus) which Bill had designed to replicate the sessions he expects his Olympic swimmers to undertake in order to focus their self discipline and cardio-vascular workouts. The swimmers found this a challenging session but one which certainly provided the tools to focus their efforts towards effective and efficient swimming.

After a further session with the physiotherapist, all swimmers had the opportunity to undertake some of techniques used by many of the top swimmers to focus their minds prior to competition and to help control nerves. The story was told of Rebecca’s extreme nerves at the Olympics and how these methods can help the swimmer focus on the event when controlled effectively.

At the end of the day both Pentaqua swimmers were given the opportunity to have their pictures with Bill. The whole day was a great experience for both swimmers and both are looking forward to transferring their knowledge back into the pool during their training and competitive sessions with Pentaqua.

To meet Bill and attend other courses visit: Swimskills.co.uk