CITY Digital Swimming Rambler Vol 9

You make your own luck. Positively or negatively. Surround yourself with people who are positive. Including yourself.

~Someone wise

PCS Nutrition Corner

A typical day for Katie Ledecky includes grab-and-go snacks and simple, but healthy meals that keep her fit and ready for practices.

Here is how many calories Katie Ledecky eats in a day.

Dryland Ideas

Please remember to be safe, smart and stick with things you can safely do on your own at your home!

SwimSwam Dryland 21

SwimSwam Dryland 23

SwimSwam Dryland 24

Swimming Specific Yoga

Motivational Races of the Day

Cate Campbell – 100 Free SCM World Record

Simone Manuel – 100 Free LCM 2017 World Champs

Calaeb Dressel – 100 Free LCM American Record

Swimming from Home

Josh Davis / Breeja Larson Online Clinic – Wed 4/22

Touch the Wall (Missy Franklin movie) – Free online streaming opportunity

The Last Gold (Shirley Babashoff 1976 Montreal Olympics story) – password: lastgold2016

Fitter and Faster Live Clinics – upcoming schedule

Please remember to complete your safe sport training. Going to keep sending this one until we get it done😊

It's what you do when you don't feel good. It's what you do when things aren't going your way. It's what you do when you don't feel like doing what you should be doing. These are the factors that will determine how successful you will become.

~Allistair McCaw