

“CHASING THE DREAM”

MICHAEL JAMIESON

GRADUATE, STUDENT AND 2010 COMMONWEALTH MEDALLIST



Michael Jamieson



My Profile

Name: **Michael Jamieson**

Age: 22

Height: 186cm

Weight: 77kg

Studying Sports Performance at the University of Bath

Graduated from GSOS in 2006

Swim Coach: Dave McNulty

Main Events: 100m Breaststroke – 1.00.60

200m Breaststroke – 2.10.97

Currently ranked 8th in the World



Biggest achievement to date: Commonwealth Games 2010 ,

Silver Medal in the 200m Breaststroke

Main Ambition: Olympic Games, London 2012

Commonwealth Games, Glasgow 2014

Progression

2002 : Didn't qualify for BAGCAT

2003 : Qualified for the first time to compete British Age Groups (BAGCAT)
200m Breast 1st 2.28.70 100m Breast 4th 1.10.15

2004 : British Age Groups,
2.24.16 200m Breast DQ (2nd) 1.10.03 100m Breast 13^h

2005 : 200m Breast 2.19.87 3rd Age 17/18 100m Breast 1.08.0 (50th) Open
200IM 2.11.1

2006 : 200m Breast 2.21.90 100m Breast 1.06.5 200IM 2.09.5

2007 : 200m Breast 2.19.46 100m Breast 1.04.76 200IM 2.07.6

2008 : 200m Breast 2.15.27 100m Breast 1.04.02 200IM 2.03.76

2009 : 200m Breast 2.11.17 100m Breast 1.02.8 200IM 2.01.34

2010 : 200m Breast 2.10.97 100m Breast 1.00.60



Long term success

- The path to excellence is a marathon, not a sprint.
- Ericsson's 10,000 hours of practice
- Professionalism – attention to detail, technique, tactics, time management, self-discipline and sacrifice.
- Work closely with the team around you – be aware of the areas you need to improve, ask questions , prehab/rehab, become involved in your program.
- The School of Sport helped me develop these skills, preparing me as an athlete and student, for peak performance.

Weekly Training Plan

	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
M	food	swim	swim	swim	physio	food	university	university	food	swim	swim	gym	gym	food	free time	free time	free time	sleep
T	food	swim	swim	swim	food	university	university	university	food	gym	swim	swim	swim	food	free time	free time	free time	sleep
W	sleep	sleep	sleep	food	university	university	university	food	gym	gym	swim	swim	swim	food	free time	free time	free time	sleep
T	food	swim	swim	swim	food	university	university	university	food	gym	swim	swim	swim	food	free time	free time	free time	sleep
F	food	swim	swim	swim	physio	food	university	food	gym	gym	swim	swim	swim	food	free time	free time	free time	sleep
S	sleep	food	swim	swim	swim	gym	gym	food	free time	free time	free time	free time	free time	free time	food	food	free time	free time
S	sleep	sleep	sleep	sleep	sleep	food	university	university	university	university	food	free time	free time	free time	food	free time	free time	sleep

Colour Key –

● food ● swim ● university ● sleep ● gym ● free time ● physio

What drives me?

- ➡ Desire and hunger to be the best
- ➡ To fulfil my potential
- ➡ I want to be a role model
- ➡ To finish my career with no regrets
- ➡ Become Olympic Champion
- ➡ To win Gold at the 2014 Glasgow Commonwealth Games
- ➡ Travel the world



Tips for the top!

Enjoy yourself a happy swimmer = a fast swimmer 😊

Goals Set challenging but achievable targets

Believe in yourself Whether you think you can or you can't, you're probably right!

Don't be afraid to do something different.

Dream BIG Someone has to do it, why can't it be you?

