



**MADISON FINLAY**  
**CHAMPION SWIMMER**

**ASK ME A QUESTION.**

**Hi Madison,**

My question is: What is your routine before the world championships?

**Chloe**

PS. Good luck!

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**Hi Chloe,**

I always get up at 6:45, and I have a big breakfast. I start school at 8:08 (really!) and finish at 2:15. I usually have lunch at the pool with the other swimmers. For four hours in the afternoon, I swim in the pool and exercise at the gym. I get home at around 7:30. After dinner, I do my homework. Sometimes I watch TV or chat online with my friends before bed. I go to bed at 10:00 or 10:30. On weekends, I go to the pool for six hours, but on Saturday evening, I always hang out with my friends.