

SENIOR DEVELOPMENT

Ages: Typically 12-14 years of age depending on ability and development. Also, High School swimmers that might not be ready for the Senior Group Yet.

Daily Training: 90-120 minutes – 5-6 days/week
1 morning workout during school year

Daily Yardage: 4000-6000 yards / practice

Energy Systems: 80% aerobic
15% anaerobic
5% sprint

Basic Goals: Advance aerobic training & build up
Advance anaerobic training
Emphasis on 200s stroke, HS events
Refined race tactics
Importance of dry-land training
Intro to stroke tempo
Train all 4 strokes
Continue kick strengthening

Educational Goals: Advance understanding of nutrition
Training physiology / training cycles
Advanced sports psych
Heart rate monitoring
Goal setting – short / long
Understand growth & maturation concept / developmental plans
Time management
Master drills / advanced technique

Dry-land program: 2-4x / week
Advanced warm up & stretching concepts
Shoulder injury prevention
Running, medicine balls, resistance bands
Circuit training
TERA strength & conditioning program

Sports Psych: Advance use of mental tool box principles
Relaxation & visualization / Barriers
Advanced Goal setting / development
Organized goals talks
Training ethic and attitude
Use of positive self talk/affirmation
Team & group unity & group dynamics
Overload principles

Test Sets: 2400 TT
5x200 FSOP or Descending Thresh Tset
20x100 FSOP

Equipment: Fins, Paddles, Pull Buoy, Snorkels

Consideration for Admittance:

- Minimum of 12 years of age
- Both mental and physical maturity levels showing readiness for next developmental phase as determined by coaches.
- Has formed skills into habit such as streamlines, underwater kicking, breath control and breathing patterns, using stroke counts and stroke efficiency DPS.
- Displays enthusiasm about hard work and training at difficult and more challenging levels.
- 1200 TT- under 18:00
- 15x100 @ 1:35 (LCM)
- 200IM under 2:50 LCM or 2:30 SCY