

SILVER GROUP

Ages: Typically 9-12 yrs. Old with previous competitive experience.

Daily Training: 60-90 minutes per day – 4 to 6 days per week

Daily Yardage: 2000-3500 yards / practice

Energy Systems: 90% aerobic 5% anaerobic 5% sprint

Basic Goals: Begin aerobic base training and interval training
Advance technique foundation in all 4 strokes to the next level
Continue kick strengthening
Meet participation
Practice & refine race skills

Educational Goals: Use of clock in training
Advance stroke drill knowledge
Swim meet procedures / preparation
Understand advanced drill progressions
Stroke Technique education advancement
Basic Nutrition & Hydration
Understand team group progression

Dryland program: 2-3x / week
Warm up & stretching
Body alignment & core development
Body weight circuit
Stroke simulations (out of water)

Sports Psych: Respect for staff, teammates, and officials
Training ethic and attitude
Begin basics of mental tool box

Test Sets: 800 free
16x50 @ FSOP
200IM Time Trial

Equipment: Fins, water bottles

Consideration for Admittance: Pass Blue Group skills checklist
Consistency of attendance
Proven meet experience
Interest in year round swimming
Legal 200 IM Long Course under 4:30
Legal 200 IM Short Course under 4:00
8x50 Free @ 1:30 holding 1:00 pace or faster
Maturity and focus level matching that of group at coach's discretion

GOLD GROUP

Ages: Typically 10-14 yrs old depending on ability level

Daily Training: 90-120 minutes – 5-6 days/week

Daily Yardage: 3000-5000 yards / practice

Energy Systems: 90% aerobic
5% anaerobic
5% sprint

Basic Goals: Big aerobic build-up
Emphasis on 200s stroke, distance free, 400IM
Refined race tactics
Consistent dry-land program
Train all 4 strokes
Continue kick strengthening
JO & FW Champs competition, Pacific Top 10
Advance racing skills
Master all drills used on team

Educational Goals: Nutrition – Intro to energy systems
Intro to travel rules
Advanced sports psych / Mental toolbox
Repeat time monitoring / heart rate monitor
Goal setting – short / long
Understand growth & maturation concept
Stroke technique education advancement

Dry-land program: 2-3x / week Warm up & Stretching
Begin shoulder injury prevention
Advance core & stabilization development
Body weight circuit
Intro to medicine balls, resistance bands

Test Sets: 1200 threshold test
15x100 @ FSOP
200IM & 400IM Time Trials

Equipment: Fins, Paddles, Snorkel, Pull Buoy, water bottles

Consideration for Admittance: 800m free under 14:30
16x50 @ :50 SCY or 1:00 LCM
200IM under 3:15 LCM or 2:50 SCY
11-12 "A" times in multiple strokes
Coach Discretion based on swimmer maturity level