

Group 1R: Developer & Training

AIMS and OBJECTIVES

1. Stroke Technique on all four competitive strokes main single length work
2. Stroke Drill progressions on all four competitive strokes
3. Learn use of fins and paddles
4. Endurance and Speed training to prepare for group 2
5. Introduction to IM swimming
6. Turns for all competitive strokes
7. Relay Takeovers
8. Finishes for all competitive strokes
9. Starts for all competitive strokes and achieve ASA Competitive Start Award
10. Using Pace clock
11. Lane Discipline
12. Participate in Time trials every six weeks
13. Learn Rules of the sport
14. Introduction to low level galas
15. Punctual start times for all sessions
16. Introduction to basic stretching

Twelve –week training program Cycle 1

Session	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6
	Fly Technique & Drills Relays	Bs Technique & Drills Sculling	IM 50m Repeats Finishes	IM & Fc Long Swims Sculling	Bk Technique & Drills Fc Long swims	Time Trials @ Thame
	Bk Technique & Drills Sprints	Fc Technique & Drills Turns	Fc Technique & Drills on 50m repeats Sprints & Turns	Bs Technique & Drills Fc 100m repeats	Fly Technique & Drills Finishes	Time Trials @ Thame

Twelve –week training program Cycle 2

Session	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6
	Bs Technique & Drills Sprints	IM 100m repeats Sculling	Bk Technique & Drills Turns	Bk Technique & Drills Sprints	Fc Technique & Drills Turns	Time Trials @ Thame
	Fc Technique & Drills Relays	Fc Technique & Drills Relays	Fly Technique & Drills Relays	Bs Technique & Drills Sculling	Fly Technique & Drills Relays	Time Trials @ Thame

Land Training

Should be introduced to basic stretching exercises, as part of their warm up and warm down. This can be done either before a session or after the session.

Criteria for movement to Group 2

200m Fc with Tumble Turns and Bilateral breathing

200m Bk with Tumble Turns and bent arm pulling action

200m Bs with correct under water pullouts

100m Fly with Fins and correct Turn

100m IM with correct Turns

ASA Competition Start Award

Correct finishes on the four competitive strokes

To represent the club at all open meets and galas that are selected for the swimmer.