

Group 2R: Competitor

AIMS and OBJECTIVES

1. Develop and Improve Stroke Technique on all four competitive strokes
2. Learn basic Stroke Drill progressions on all four competitive strokes
3. Introduce more complex drill progression.
4. Monitor training using test swims
5. Practice IM swimming build to 200m
6. Develop and perfect Starts, Turns and finishes for all competitive strokes
7. Develop and perfect Relay Takeovers
8. Independently monitor training by using the pace clock
9. Understanding of builds, negative split swims, basic swimming speed and pacing
10. Learn Rules of the sport
11. Increase the distance covered in training sessions
12. Participate in Time trials every six weeks
13. Participate in local meets
14. Learn the process of goal setting and working towards objectives
15. Learn to keep a log book of training and competition results
16. Learn and practice basic stretching and basic body weight exercises including core strength work

Twelve –week training program Cycle 1 Group 2R: Competitor

| <u>Session</u> | <u>Wk1</u> | <u>Wk2</u> | <u>Wk3</u> | <u>Wk4</u> | <u>Wk5</u> | <u>Wk6</u> |
|----------------|--|---|---|---|---|---------------------------|
| | Fly Technique & Drills Starts | 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 & | Bs Technique & Drills Fc 100m repeats | Fly Technique & Drills Finishes | Time Trials @ Thame |

| | | | | | | |
|--|--|--|-------|--|--|--|
| | | | Turns | | | |
|--|--|--|-------|--|--|--|

Six –week training program Cycle 2 Group 2R: Competitor

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

Land Training

The primary goal of young swimmers is to develop solid technique and a strong training base that will assist in injury prevention and enhance performance later in their development.

These swimmers will not be doing any power based exercises or heavy lifting.

The focus of all exercises will be on preventing injury, promoting overall athleticism, and building a foundation of muscular endurance. Resistance will be provided by body weight, light dumbbells, or low to moderate resistance elastic tubing.

This type of training may be included as part of the swimmers normal training sessions, but most likely they will be able to join the club Land Training sessions under the supervision of a qualified land training coach.

The general theme of injury prevention, athleticism and endurance should remain fairly consistent throughout the year, regardless of the training phase. Although swimmers will gain strength, the main priority is to develop basic skills and become familiar with exercise technique. The technique work during this development phase lays the foundation for more advance training as the swimmers get older. Even though power exercises is not the

focus of the training at this age, some low level power exercises such as jumping, or skipping are included in the program. These exercises do not involve high levels of force and help to build athletic skills, such as agility and balance.

| Time or number of exercises | Exercise | Duration |
|-----------------------------|-----------------------|--|
| 5 – 10 Minutes | Dynamic Warm Up | 30 seconds per exercise |
| 2-3 Exercises | Injury prevention | 1 – 2 x 20 reps |
| 2-3 Exercises | Core stability | 2 x 20 reps or 30 seconds per exercise |
| 1 - 2 Exercises | Foundational Strength | 2 x 20reps |
| 1 – 2 Exercises | Low to Moderate power | 2 x 15 -30 seconds |
| 5 – 10 Minutes | Static stretching | 20 – 30 seconds per stretch |

Criteria for movement to Group 3: Performance

Attendance at training to be at the required level as directed by the coach must be achieved.

A positive approach and attitude in training sessions must be shown in group 2.

Results in a competition must achieve ONB County Consideration and a suitable position in the club 100M IM ranking process or achieve an ONB County or ASA SER Regional qualifying standard but be under 12 years old.

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