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| [Edit](https://www.teamunify.com/TabGenericEdit.do?act=edit&id=870661&page=119247&_stabid_=19247&returnPage=%2FSubTabGeneric.jsp%3F_stabid_%3D19247&team=casnsta) |
| **Pre-Senior**AGES: 11 to 15 yearsDAILY TRAINING: 6 days/week (Monday - Saturday)DAILY YARDAGE: 3,500 TO 6,000 yardsBASIC GOALS:Develop max aerobic baseIntro to lactate/sprint trainingMuscular enduranceAdvance techniqueDevelop advanced underwater workBegin specialty stroke trainingEDUCATIONAL GOALS:Develop a competitive attitudeExercise physiology - different race distances and tempoTapering - how it worksTime management skillsUnderstanding of Time StandardsAcademic excellenceDRYLAND PROGRAM:Circuit Training 3 days/week (MWF)TEST SETS:10x100s Best Average20x50s ALL OUT on 1:304x500s on 10:00 for timeEQUIPMENT USED:PaddlesPull BuoysFinsWater BottlesATTENDANCE REQUIREMENTS* Minimum 3 days/week
* 13 & Up must maintain 70% practice attendance in order to move up to Senior Group (5/8)
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