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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 years  DAILY TRAINING: 6 days/week (Monday - Saturday)  DAILY YARDAGE: 3,500 TO 6,000 yards  BASIC GOALS: Develop max aerobic base Intro to lactate/sprint training Muscular endurance Advance technique Develop advanced underwater work Begin specialty stroke training  EDUCATIONAL GOALS: Develop a competitive attitude Exercise physiology - different race distances and tempo Tapering - how it works Time management skills Understanding of Time Standards Academic excellence  DRYLAND PROGRAM: Circuit Training 3 days/week (MWF)  TEST SETS: 10x100s Best Average 20x50s ALL OUT on 1:30 4x500s on 10:00 for time  EQUIPMENT USED: Paddles Pull Buoys Fins Water Bottles  ATTENDANCE REQUIREMENTS   * Minimum 3 days/week * 13 & Up must maintain 70% practice attendance in order to move up to Senior Group (5/8) |

