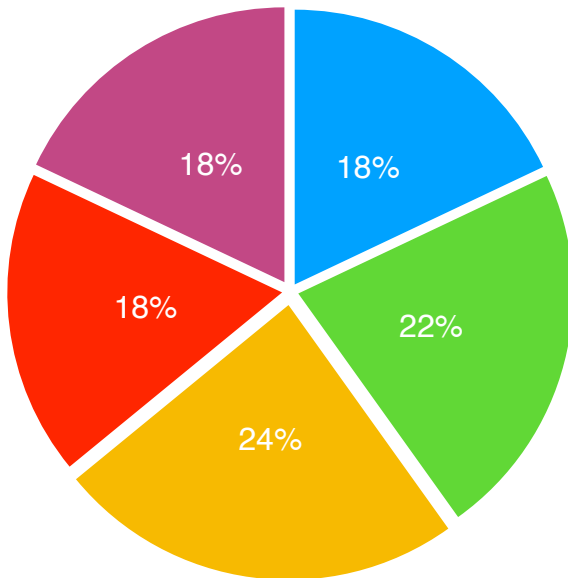


SENIOR GROUP

- fundamentals
- skill/drill
- kick
- anaerobic development
- aerobic advancement



Skill/Drill

- Advanced drilling skills
- Breathing patterns
- Efficiency sets
- Advanced underwater skill development
- Distance per stroke sets
- Tempo training sets targeting race pace
- Challenge sets/Test sets

Fundamentals

- Advancement of Efficiency
- IM base training with stroke specific targets
- Anaerobic threshold training
- Aerobic threshold training
- Race Plan Advancement
- Race pace training
- Tempo training
- Individual training modules
- Expansion on the season design
- Volume: 4500 – 7000 Yards

Kicking

- Flutter kick on/off a board.
- Flutter kick body positions stability drills.
- Butterfly kick on/off a board.
- Increased number of kicks off of all walls during practice and in meets.
- Breaststroke kick power drills.
- Use of Kick socks
- Kicking test sets
- Additional AM “kick only” practices

Sustaining Senior:

- Performs 7 underwater butterfly kicks off all walls while swimming backstroke and butterfly.
- High level of engagement in one's own goals.
- Shows ambition towards the sport by highly prioritizing it.
- Challenges themselves to progress past standard levels of effort.
- Establishes seasonal goals in coordination with the season design.
- Shows high levels of effort on a consistent basis during practices and dry-land sessions.
- Proactively sets up an individual training schedule that fits best with the season design.
- Shows an initiative in setting up additional goals with the coach during the season.
- Shows an interest in developing a recruiting plan for collegiate swimming.

Meets FST's (5) standards for group advancement:

1. Age (13-18)
2. Commitment
3. Ability (Times, Strokes, and Practice Performance)
4. Maturity
5. Coaches' discretion