

## ***Long Term Training Information for Red and Blue Team Swimmers***

Training sessions are the most important aspect of competitive aquatics programs. Consistent training is needed to progress. Training schedules are designed to provide only slightly more time than is required for an athlete to accomplish this. Therefore it is important that each athlete attends as many practices as possible in order to derive the full benefits of the program. Pool availability is our most limiting factor. Don't waste it. Practice days and times will be provided when you register.

The greatest challenge for any coach is to convert swimmers who are involved in the sport to swimmers who are COMMITTED to the sport. Bridging the gap between participation and performance and understanding the difference does this. The following progression for athletes is crucial to their achieving success in competitive swimming and was developed by Bill Sweetenham, considered the world's #1 coach:

<b>Age of Swimmer</b>	<b>Years of Experience</b>	<b>Length of Session</b>	<b>Yards per Week</b>	<b>Training Sessions per Week</b>	<b>Mornings per Week</b>	<b>Meets per Year</b>
8 & Under	1	65 min	5K	3	0	2 or 3
8 to 9	2	65 min	10K	4	0	2 or 3
10 to 11	3	65 min	15 K	5 to 6	0	6 to 8
11 to 12	4	90 min	20 K	5 to 6	1	8 to 12
12 to 13	5	120 min	25K	5 to 6	1 to 2	10 to 14
13 to 14	6	120 min	25k	6 to 8	2	12 to 16
14 to 15	7	140 min	30k	6 to 9	2 to 3	14 to 20
15 & Older	8 or more	150 min	30K plus	9 to 12	3 to 5	16 to 26

For the mature athlete (13 and older) the following participation guideline was prepared by Coach Sweetenham to explain what athletes can expect based on their participation. Athletes and parents need to discuss goals (are they participating for fun or to be competitive) and base their attendance and participation on the goals they hope to achieve.

### *Training 8 Hours a Week:*

This level offers participation, fun, involvement, and significant health benefits, but it is not competition swimming and never produces competitive results.

### *Training 10 to 12 Hours a Week:*

This amount of training is too much to be fun, but not enough to produce a competitive result. The athletes in this middle ground never feel good, and in time they become frustrated. We call this the competitive twilight zone.

### *Training 18 to 24 Hours a Week:*

This level can be termed competitive. Athletes in this program are committed and gain satisfaction by attaining improved competitive results.

There is a place for the 8 hour a week athlete. The job of the coach is to sell the dream to the athletes doing 10 to 12 hours a week and persuade them to commit to the 18 to 24 hours a week they need to become successful.