

## NATIONAL AGE GROUP TRAINING PLAN

AGE	6-8 Years**		9-10 Years**		11-12 Years**		13 years and over **	
Training Period	2 Years		2 Years		2 – 3 Years		3 – 5 Years	
Training Time per Week	Pool 2-4 Sessions 40 min – 1 hr.	Land 1-2 sessions 15-25 min	Pool 3-5 sessions 1 – 1 ¼ hr.	Land 2 Sessions 20-30 min.	Pool 4-6 Sessions 1 ¼ - 1 ½ hr.	Land 2-3 Sessions 30-45 min.	Pool 6-10 Sessions 1 ½ - 2 hrs	Land 2-3 Sessions 45 min – 1 hr.
Volume / Session	750 – 2000 M		2000 – 3500 M		3500 – 6000 M*		4000 – 8000 M*	
Yearly Training Volume (Pool)	24-30 Weeks 75,000-250,000 M		30-36 Weeks 250,000-500,000 M		36-44 Weeks 500,000-1,000,000 M		40-46 Weeks 1,000,000-2,500,000 M	
Training Objectives	<ul style="list-style-type: none"> <li>• Technique all strokes</li> <li>• Racing skills, starts, turns, pace.</li> <li>• Aerobic Endurance</li> <li>• Sculling Drills</li> <li>• Speed at 25-50 M</li> <li>• Simple Training sets and games</li> </ul>	<ul style="list-style-type: none"> <li>• Flexibility</li> <li>• General body strength</li> <li>• Movement co-ordination</li> <li>• Group Activities</li> </ul>	<ul style="list-style-type: none"> <li>• Technique</li> <li>• Racing skills</li> <li>• Aerobic endurance</li> <li>• Speed (&lt;50 M) &amp; acceleration</li> <li>• Greater mix of training methods</li> </ul>	<ul style="list-style-type: none"> <li>• Increased strength to body weight ratio</li> <li>• Even development of all muscle groups</li> <li>• Flexibility</li> <li>• Improve “core” body strength.</li> </ul>	<ul style="list-style-type: none"> <li>• Technique</li> <li>• Increased volume</li> <li>• Racing skills</li> <li>• Speed (&lt;50 M) &amp; acceleration</li> <li>• Introduce some intense interval training.</li> </ul>	<ul style="list-style-type: none"> <li>• Musculo-skeletal assessment</li> <li>• Body Weight exercises &amp; gym equipment</li> <li>• Flexibility &amp; Body strength.</li> </ul>	<ul style="list-style-type: none"> <li>• Increased volume and intensity of training</li> <li>• Integrated training model</li> <li>• Begin to specialize</li> <li>• Perfect Technique &amp; skills.</li> </ul>	<ul style="list-style-type: none"> <li>• Periodise strength Program</li> <li>• Transfer power into swimming performance</li> <li>• Cross training activities</li> <li>• Maintain Flexibility.</li> </ul>

\* During some developmental stages girls will be capable of handling a greater volume to training than boys, due to an advanced rate of maturation.

\*\* Age requirements may vary slightly depending on the swimmers actual development.

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Motor Learning Objectives	<ol style="list-style-type: none"> <li>1. Develop a feel for the water, the ability to make corrections in movement patterns.</li> <li>2. Learn the technical skills of all four strokes.</li> <li>3. Develop general body coordination and strength.</li> <li>4. Learn good habits for maintaining and improving natural flexibility.</li> <li>5. Learn to maintain correct technique on longer (submaximal) swims.</li> <li>6. Learn to maintain correct technique on short sprints.</li> </ol>	<ol style="list-style-type: none"> <li>1. Improve stroke technique and learn race skills (such as turns, starts, pacing and acceleration).</li> <li>2. Consolidate stroke development.</li> <li>3. Improve conditioning components of endurance and speed while maintaining stroke technique.</li> <li>4. Develop simple race strategy and tactics.</li> </ol>	<ol style="list-style-type: none"> <li>1. Maintain efficient technique as body proportions change.</li> <li>2. Accommodate increases in muscle strength to improve swimming efficiency.</li> <li>3. Retain diversity of performance goals (compete in various stroke events and distances).</li> <li>4. Improve both steady pace and sprint performance using ideal stroke technique (all strokes).</li> </ol>	<ol style="list-style-type: none"> <li>1. Adapt to diverse training methods.</li> <li>2. Redefine stroke technique during all speeds &amp; intensity of swimming.</li> <li>3. Apply strength and power to swimming performance.</li> <li>4. Specialise in strokes and competition distances.</li> <li>5. Retain range of motion and muscular co-ordination at all swimming speeds.</li> <li>6. Refine race skills (starts &amp; turns, tactics, pace etc.).</li> <li>7. Learn to taper for peak performances.</li> </ol>
Knowledge & Attitudes	<ol style="list-style-type: none"> <li>1. Enjoyment of pool and land based activities.</li> <li>2. Learn to function as an individual within a group activity.</li> <li>3. Become familiar with rules and competitive situations.</li> <li>4. Learn about stroke technique and training methods.</li> </ol>	<ol style="list-style-type: none"> <li>1. Enjoyment of pool and land based activities.</li> <li>2. Become part of the club, team, squad culture.</li> <li>3. Develop habits which support an active healthy life style.</li> <li>4. Begin to function less with direct supervision and make positive decisions regarding training compliance.</li> </ol>	<ol style="list-style-type: none"> <li>1. Enjoyment of swimming activities and desire for personal improvement.</li> <li>2. Broader knowledge of training methods and the resulting performance outcomes.</li> <li>3. Improved personal management skills (balancing training, school and social objectives)</li> <li>4. Develop self-discipline and increasing commitment to swimming.</li> </ol>	<ol style="list-style-type: none"> <li>1. Enjoyment of the process (i.e. goal setting) and product (i.e. attaining of results) of sports participation.</li> <li>2. Understanding and practicing performance management skills (such as good nutrition, recovery techniques, mental skills etc.)</li> <li>3. Independence (i.e. working with a coach and support personnel but taking responsibility for self)</li> <li>4. Improved personal skills (including education and vocational objectives).</li> </ol>
Competition Objectives	Have fun and learn to participate without anxiety or distraction. Personal improvement (in both performance and skill) and enjoyment should be recognized and reinforced.	Club/School level competitions leading up to Championship level competitions. Skill development, improvement and number of events swum are the most important goals.	Local Club/School and International National age Group representation. Performance goals should be evaluated regularly, as they apply to both training and competition. Each race is used as a learning experience.	National performance goals. Competition in "open" events as ability improves. Selection of events to focus on stroke and distance. Race strategies and mental skills are perfected.