

# Senior Group

## *Invest in the Swimmer's Contributions to the Team*

*Swimmer's in this group have made a large commitment to competitive swimming and have a vested interest in the team's success*

Monday through Friday 4-6pm, Dryland twice each week

3-5 years of swim team experience

Completed Age Group II OR tryout with Coach

4 legal strokes, plus a commitment to meeting all practice times

Senior Group will work on:

- Incorporate concepts from Tadpoles, Age Group I and Age Group II
- Endurance as a part of training
- Aerobic and Anaerobic training
- Goals for competition
- Fix individual stroke issues for stronger performance
- Work with interval training
- Have a strong concept of varying races
- Training at race paces
- Using correct breathing for different races and energy systems
- Body awareness to fix stroke issues
- Learn correlation between stroke rate, DPS, and speed.

Markers to move past Senior Group:

- Complete two hour practice with emphasis on endurance and aerobic training
- 100 FR @ 1:20, FL @ 1:30, BK @1:30, Kick @ 1:50, BR @ 1:40, IM @ 1:50
- 3x 200 @ 3:15
- Striving for championship cuts

*These guidelines are general descriptions only. The coaching staff will make all final decisions regarding group placements. Placement decisions are made in the best interest of the individual swimmer and his/her long-term development.*