

How often should a swimmer practice during a week?

It depends on the group they are training in. We realize that swimmers may have other activities and, of course, extra school needs from time-to-time so schedules may get disrupted, but here are our recommendations.

- ❖ Level 1-2: 3-4 times per week for one hour per day.
- ❖ Bronze: 4-5 times per week for 1.5 hours per day.
- ❖ Gold: 5-6 times per week for 2.5 hours per day.
- ❖ Sr. Dev. 5-6 times per week for 2.5 hours per day.
- ❖ Senior 5-6 times per week for 2.5 hours per day.
- ❖ National 6-7 times per week for 3 hours per day.