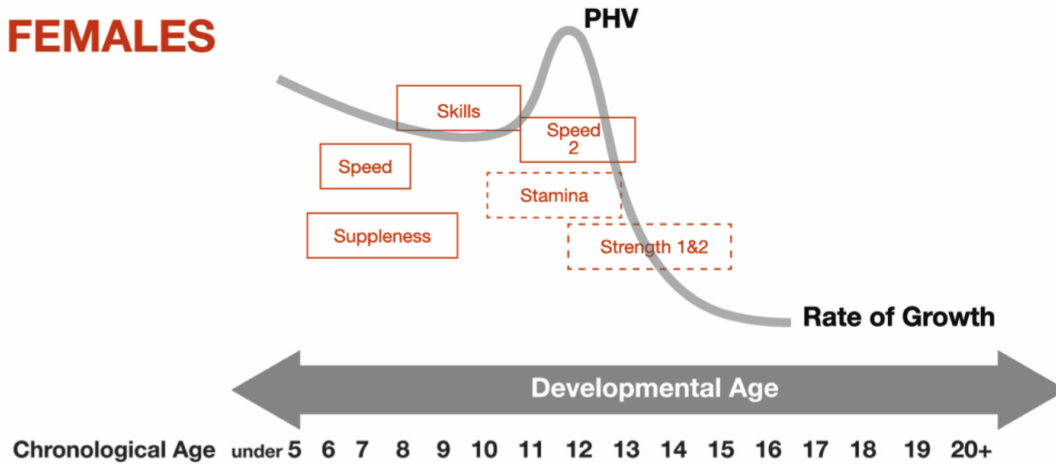


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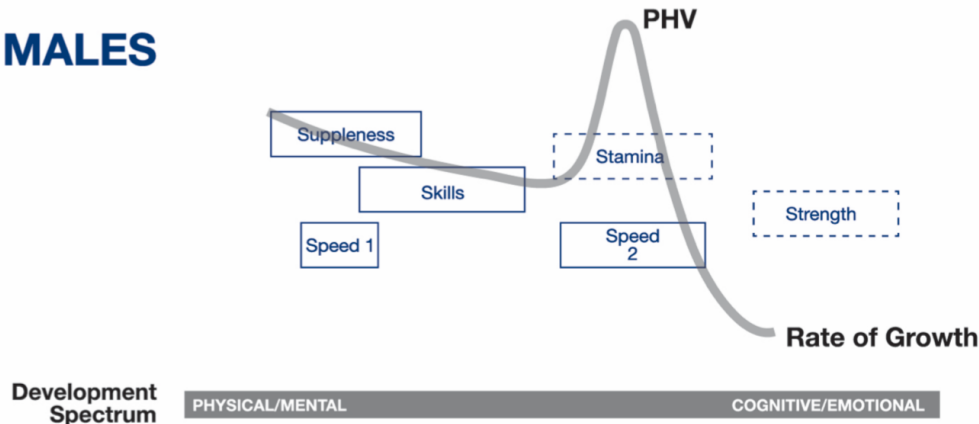
Developmental and Age Group Swimming Training Design

Understanding the what, why, and how!

FEMALES



MALES



Development Spectrum

PHYSICAL/MENTAL

COGNITIVE/EMOTIONAL

*All systems are always trainable.

LTAD - Long-Term Athlete Development

- The **Long-Term Athlete Development (LTAD) model** is a framework for an optimal training, competition and recovery schedule for each stage of athletic development. Coaches who engage in the **model** and its practices are more likely to produce athletes who reach their full athletic potential.
- - Istvan Balyi, 1995

Skill/Technical Development

Teaching the fundamentals of technique are the priority. Setting a good foundation for future development.

Ages 6-9
Primarily:
Pre-Team, Comp Prep

Speed Expansion Training #1

Slowly increasing loads and intensities on top of the previous skills being developed.
Speed Development Window #1

Ages 6-8 Girls
Ages 7-9 Boys
Primarily:
Pre-Team, Comp Prep

Stability/Core/Kick

Learning to hold body positions properly through kick stability and core connection drills.

Ages 8-12 Girls
Ages 9-12 Boys
Primarily:
Comp Prep, Bronze 1, Bronze 2

Aerobic Expansion Training #1

Introducing base level aerobic conditioning. Start of the aerobic "window of trainability". This optimal window of trainability occurs at the onset of the adolescent growth spurt. Aerobic capacity training is recommended before athletes reach their peak rate of growth, peak height velocity (PHV).

Ages 11-13 Girls
Ages 13-16 Boys
Primarily: Silver, Gold, SR. Prep

Endurance Priority and Speed #2

Maximization of the endurance window of trainability continues to be of priority while including Speed window #2

Speed #2
Ages 11-13 Girls
Ages 13-16 Boys

Speed and Endurance
Ages 11-16

Primarily: Silver, Gold, Sr Prep, Senior