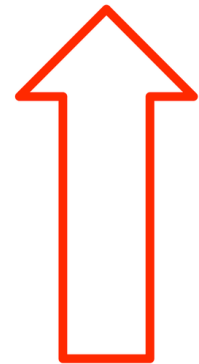




Competitive Swim Training for Elite Level		
Age Group	Swim Training	Dryland Training
23yr+ (Professional) <i>*training can vary depending on the athlete, age, their focused events and more factors*</i>	6-10x / week	3-5x / week
19-23yr (College) <i>*this is standard among most NCAA schools*</i>	9x / week	4x / week
15-18yr <i>*this is the recommended amount by Fast Fins Elite*</i>	6-7x / week	3x / week
13-14yr <i>*this is the recommended amount by Fast Fins Elite*</i>	5-6x / week	2-3x / week
11-12yr <i>*this is the recommended amount by Fast Fins Elite*</i>	4-5x / week	1-2x / week
9-10yr <i>*this is the recommended amount by Fast Fins Elite*</i>	3x / week	1x/week of swim specific dryland work plus other sports/activities that help build general athleticism
8&U <i>*this is the recommended amount by Fast Fins Elite*</i>	1-2x / week	Alternative sports and activities that help build general athleticism



- Not all swim and dryland training sessions need to be separated. A swim and dryland training session can be combined into one 2hr block for example
- There should always be at least one recovery day each week throughout all ages and levels of elite swim training. As swimmers get older, this will require both morning and afternoon workouts on certain days
- This is just the recommended amount by Fast Fins Elite for swimmers wanting to compete at the highest level. Swimmers can still improve and succeed practicing less frequently, we understand every athlete is different. Going above the recommended practice amount should be discussed between parent/athlete/coach beforehand
- This is lower than what most USA Swim Club competitive swimmers train, however with our low training ratios we are able to give swimmers more feedback and quality training in less amount of time. This helps prevent burnout among swimmers and reduce time swimmers training unattended (less bad habits form, higher quality of technique and skills etc.)
- Every athlete is different, progresses at different rates, matures at different times etc. This is just to be used as a recommended practice plan for each age group so swimmers/parents can see a rough progression plan