

## **Senior Gold**

### **Focus:**

Advanced Training

### **Requirements:**

Swimmers must complete 80% of Senior Gold Placements Sets

Swimmers must be 14 years old

### **Goals:**

Train for excellence in all facets of competitive swimming

Actively set, and track goals

Establish an IMX score of 2000 or higher

#### **To refine:**

Swimming technique in each of the four competitive strokes.

Starts, turns and finishes in each of the four competitive strokes

Streamlines in all four competitive strokes

Understanding swim sets and completing properly

Energy zone training

Speed Training

Weight Training

#### **To attend:**

All Swim Meets

All Championship Meet

80% Practice Attendance

#### **To compete in the following events:**

All Events

#### **To achieve:**

15 – 18 Silvers Championships

15 – 18 Junior Olympics

15 – 18 Zone Qualifier

Metropolitan Senior Championships

Speedo Sectional Championships

NCSA National Championships

USA Swimming Jr. National Championships

#### **To complete the following sets:**

10 x 25 @ 20 Freestyle

10 x 25 @ 20 Backstroke

10 x 25 @ 20 Butterfly

10 x 25 @ 25 Breaststroke

7 x 50 @ 45 Kick

6 x 50 @ 35 Freestyle

6 x 50 @ 40 Backstroke

6 x 50 @ 50 Breaststroke

6 x 50 @ 40 Butterfly

7 x 100 @ 1:10 Freestyle

7 x 100 @ 1:20 Backstroke

7 x 100 @ 1:20 IM

5 x 100 @ 1:35 Breaststroke

5 x 100 @ 1:30 Butterfly

3 x 200 @ 2:20 Freestyle

3 x 200 @ 2:30 Backstroke

3 x 200 @ 2:45 Butterfly

3 x 200 @ 3:00 Breaststroke

3 x 200 @ 2:40 IM

3 x 500 @ 6:00 Freestyle

3 x 400 @ 5:30 IM