

Senior Silver

Focus:

Progressive Training

Requirements:

Swimmers must complete 80% of Senior Silver Placements Sets

Swimmers must be 12 to 16 years of age

Swimmers must swim 800 yards continuous legal IM

Goals:

Train for excellence in all facets of competitive swimming

Actively set, and track goals

Introduce energy zone training

Establish an IMX score of 1500 or higher

Introduce speed training

Introduce weight training for swimmers age 13 and older

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

To attend:

All Swim Meets

All Championship Meet

75% Practice Attendance

To compete in the following events:

All Events

To achieve:

13 – 14 Silvers Qualification Standards

13 – 14 Junior Olympic Standards

To complete the following sets:

10 x 25 @ 20 Freestyle

10 x 25 @ 20 Backstroke

10 x 25 @ 25 Butterfly

10 x 25 @ 25 Breaststroke

7 x 50 @ 50 Kick

6 x 50 @ 40 Freestyle

6 x 50 @ 45 Backstroke

6 x 50 @ 55 Breaststroke

6 x 50 @ 50 Butterfly

7 x 100 @ 1:20 Freestyle

7 x 100 @ 1:35 Backstroke

7 x 100 @ 1:35 IM

5 x 100 @ 1:50 Breaststroke

5 x 100 @ 1:45 Butterfly

3 x 200 @ 2:45 Freestyle

3 x 200 @ 3:15 Backstroke

3 x 200 @ 3:30 Butterfly

3 x 200 @ 3:45 Breaststroke

3 x 200 @ 3:00 IM

3 x 500 @ 7:00 Freestyle

3 x 400 @ 6:30 IM