

TRAINING TO TRAIN

Biological Age:

Male 12-15 years Female 11-14 years

Development Phases - Skill / Aerobic Development

Progression

- Emphasis on aerobic conditioning.
- 2nd Speed window
- Individualisation of fitness and technical training.
- Shoulder, elbow, core, spine and ankle stability.
- Participation in complementary sports (similar energy system and movement patterns).
- Refinement of specific technical skills
- FUNdamentals of tactical preparation.
- Introduction to mental preparation.
- Moral learning.



Growth and Development Considerations

Growth spurt otherwise called peak height velocity (PHV), emphasis should be on aerobic development; girls 12-13 yrs, boys 13-15 yrs.

At the point of the second Speed focusing on the alactic Window (PSpV2); girls 12-13 yrs, boys 13-15 yrs
1st Strength Window (PSV); girls at end of PHV

Swimming Specific Skills

Periodisation

Session Numbers

Session Length

Training Hours

Training Volume

- Development of aerobic base, plus all 4 strokes (200m IM).
 - Single or Double Periodisation. Double (2 x 24 week macro-cycles
 - Sport specific training 6-12 times per week including land work.
 - 2 hours
 - 12-24 hours per week in water; 2-3 hours per week land work.
 - At beginning of Training to Train: 24,000m – 32,000m/week.
- Working towards breakpoint volumes (2,100–2,500+ km/year or 44km–52+ km/week over 48 weeks) at maturation (13/14/15 years).

Number of Competitions

As a swimmer moves towards breakpoint volumes, the number of competitions is likely to reduce significantly towards a maximum of 12 per year.

(A competition is defined as an event that requires alteration or modification to a swimmers training programme. All events that include a taper or rest from training should have clear performance targets set by the coach.)

Competition Profiles

Sequence of 3 competitions below current level, 2 competitions at current level, 1 competition above current level. Active Sport Festival events or based on skills for Active Sport Local Development Camps.

Competition Targets - Full Training:

Heat - 3% of PB/Goal time

Semi Final - 2% of PB/Goal time

Final - 1% of PB/Goal time

Tapered

Heat – 2% of PB

Semi Final – 1% of PB

Final - -1% of PB

Competition Events - BAGcat events at lower end of Training to Train moving towards:

100/200m BF, BK, BR; 200/400m IM; 100/200/400/800/1500m FS; 4 x 100m FS & Medley relays.

Competition Types - Regional Championships, Division Championships

Swim Ireland Initiatives and Programmes - Club Development

TRAINING TO COMPETE

Chronological Age:

Male 15-18 years Female 14-16 years

Development Phases -Competitive / Physical Development

Progression

- Sport and individual specific physical conditioning.
- Shoulder, elbow, core, spine and ankle stability.
- Basic tactical preparation.
- Individualisation of technical/tactical skills.
- Basic mental preparation.
- Sport and individual specific “ancillary capacities” (knowledge and experience).



Growth and Development Considerations

Peak strength development (PSV), emphasis on strength development;
girls 2nd strength window at onset of menarche, boys 12-18 months after PHV

Swimming Specific Skills - Start to compete in a wider range of events based on strokes or distance, but not both.

Periodisation - Double or Triple Periodisation. Double (2 x 24 week macro-cycles)
Triple (3 x 15 week macro-cycles)

Session Numbers - Sport specific training 6-12 times per week including land work.
Session Length - 2 hours

Training Hours - 16-24 hours per week in water; 3-4 hours per week land work.

Training Volume - At beginning of Training to Train: 24,000m – 32,000m/week.
Working towards breakpoint volumes (2,100–2,500+ km/year or
44km–52+ km/week over 48 weeks) at maturation (13/14/15 years).

Number of Competitions

Maximum of 12 competitions per year.

(A competition is defined as an event that requires alteration or modification to a swimmers training programme. All events that include a taper or rest from training should have clear performance targets set by the coach.)

Competition Profiles

2 x (3 competitions below current level, 2 competitions at current level, 1 competition above current level)

Competition Targets - Full Training:

Heat - 3% of PB/Goal time

Semi Final - 2% of PB/Goal time

Final - 1% of PB/Goal time

Tapered:

Heat – 2% of PB

Semi Final – 1% of PB

Final - -1% of PB

Competition Events - 100/200m BF, BK, BR; 200/400m IM; 50/100/200/400/800/1500m FS;
4 x 100m FS & Medley relays;
4 x 200m FS relay.

Competition Types - National Qualifying Event, National Events, International Trials

Swim Ireland Initiatives and Programmes - Swim Ireland 2012 Squad
Club Development

TRAINING TO WIN

Chronological Age:

Male 18+ years Female 16+ years

Development Phases - Specialisation and Performance Development

Progression

- Improvement of physical capacities.
- Shoulder, elbow, core, spine and ankle stability.
- Modelling all possible aspects of training and performance.
- Frequent prophylactic breaks.
- Advanced tactical preparation
- Advanced mental preparation
- All aspects of training individualised.
- Develop further “ancillary capacities” (knowledge and experience - there is no “ceiling limit”).



Growth and Development Considerations

Development of stamina, strength, speed, skill and suppleness.

Swimming Specific Skills

Periodisation

- Specialise in an event(s).
- Double, Triple or Multiple Periodisation. Double (distance)
- Triple (middle distance) Multiple (sprinters)
- Sport specific technical, tactical and fitness training 10-15 times per week, including land work.
- 2+ hours
- 20-24 hours per week in water; 3-6 hours per week land work.
- Depends on specialisms, but breakpoint volume maintained.
- Distance swimmers cover more.

Session Numbers

Session Length

Training Hours

Training Volume

Number of Competitions

Maximum of 12 competitions per year but depends on specialisms.

(A competition is defined as an event that requires alteration or modification to a swimmers training programme. All events that include a taper or rest from training should have clear performance targets set by the coach.)

Competition Profiles

2 x (3 competitions below current level, 2 competitions at current level, 1 competition above current level)

Competition Targets - Full Training:

Heat - 3% of PB/Goal time

Semi Final - 2% of PB/Goal time

Final - 1% of PB/Goal time

Tapered:

Heat - 2% of PB

Semi Final - 1% of PB

Final - -1% of PB

Between Trials and

major International

Championships,

1-2% improvement.

Competition Events -

100/200m BF, BK, BR; 200/400m IM; 50/100/200/400/800/1500m FS;
4 x 100m FS & Medley relays; 4 x 200m FS relay.

Competition Types -

National Championships (Senior).
International Championships (Youth, Senior).

Swim Ireland Initiatives and Programmes -

Swim Ireland Elite Squad
Swim Ireland 2012 Squad
Performance Centres

RETENTION

The aim of this stage to enjoy a healthy, active lifestyle and retain our aquatic athletes for many different roles such as teaching and coaching and or volunteering in some sort of capacity.

What is most vital at this stage is to encourage existing participants to step from active competition and training and consider moving into a different role within the sport. It is hoped that through a positive experience within our sport that our retiring athletes would consider re-engaging in our sport in a new and exciting role.

It is hoped that this would develop new skills and opportunities for the individual but would also provide them with a new opportunity to give back into the sport.

Roles that Swim Ireland (with the support of regions and clubs) would be able to advise on would include roles such as:

- Club or regional administration/committee roles
- A club/regional or national volunteer that could help with fund raising or organising sponsorship or social events
- A teaching and or coaching role within swimming or any of the aquatics
- A team manager that would go away with teams at Club, regional or national level
- A Swim Ireland technical official that are so vital in running our competitions. There are various roles available such as time keeper, stroke/turn judge, or national/international referee or starter.
- A competition organiser/manager that are so vital in making things happen at Club regional or and national level
- Some one that could offer scientific help and support or do research on behalf of the National Governing Body with our elite training squads

These are just some of the many roles that we would love for our swimmers to move into and help with. For any information on any of the above please ensure that you contact Swim Ireland.

