

Kelly Swimming Age Group Performance Training Guide

Gradual introduction & improvement for the 10-14 year age group

Phase 2 – Duration 4 years – Basic training

Starting Age 10-14 years

- Continued development of the proper stroke technique & swimming skill
- Progressively more time is spent on specific water training
- Maintenance of non-swimming activities / exercises
- Introduction of more specific forms of swimming training
- Gradual increase in training volume each year (from 15km-40km per week)

Priorities

- *Start Age 10 – Improvement in Agility & rhythm (specific & non specific)*
- *Start Age 10 – Improvement in - Specific swimming technique*
- *Start Age 10 – Improvement in Motor intelligence (coordination)*
- *Start Age 10 – Improvement in Specific aerobic capacity*
- *Start Age 10 – Improvement in Callisthenics (body weight resistance training – basic land training exercises)*
- *Start Age 10 – Improvement in Sprint training*
- *Start Age 10 – Improvement in Non specific general endurance*
- *Start Age 12/13 – Development of Mental training*
- *Start Age 13 – Development of Anaerobic Power*
- *Start Age 13/14 – Development of Swimming Endurance Force*

Number of recommended training units per week

Type of Training	Age Group		
	9-10 years	11-12 years	13-14 years
Swim sessions per wk	3-4	4-6	5-8
<i>Other non specific sessions per wk</i>	2	2	2
Units of work in a wk			
<i>Technique training</i>	3	2-3	2-3
<i>Basic Aerobic endurance (AEC1)</i>	1-2	1-2	2
<i>Aerobic Capacity Training (AEC2)</i>		1	1-2
<i>Anaerobic Capacity (ANC)</i>		1	1
<i>Aerobic Power (AEP)</i>			
<i>Anaerobic Power (ANP)</i>			1
<i>Sprint Training (SPR)</i>	2	2-3	2-3
Dry Land			
<i>Callisthenics / Core Stability</i>	1	2	2
<i>Light resistance Circuit training</i>	1	1(?)	1(?)

Notes

- *Studies show that 11-14 year old boys are will adapt greatly to endurance conditioning at this age*
- *Low volumes of anaerobic work can be used at a younger age provided that the volume per training session is no more than (100-200m) & that the extensive work, 95% of the weekly volume, is at a low intensity.*