

# Kelly Swimming Age Group Performance Training Guide

## Gradual introduction & improvement of the 14-16 year age group

### Phase 3 – Duration 3 years – Build up training

#### Starting Age 14-16 years

- Maintenance & fine tuning of technique & skill levels
- Introduction and improvement of all previously listed area's
- Gradual increase in training volume (from 35k to 55k per week)

#### Priorities

- *Start Age 14 – Improvement in Agility & rhythm (specific & non specific)*
- *Start Age 14 – Improvement in - Specific swimming technique*
- *Start Age 14 – Improvement in Motor intelligence (coordination)*
- *Start Age 14 – Improvement in Specific aerobic capacity*
- *Start Age 14 – Improvement in Callisthenics (body weight resistance training – basic land training exercises)*
- *Start Age 14 – Improvement in Sprint training*
- *Start Age 14 – Improvement in Non specific general endurance*
- *Start Age 14 – Improvement of Mental training*
- *Start Age 13 – Improvement of Anaerobic Power*
- *Start Age 13/14 –Improvement of Swimming Endurance Force*
- *Start Age 14/15 – Development of Maximum Swimming Force*

#### Number of recommended training units per week

Type of Training	Age Group	
	13-14 years	15-16 years
<b>Swim sessions per wk</b>	5-8	5-8
<i>Other non specific sessions per wk</i>	2	1-2
<b>Units of work in a wk</b>		
<i>Technique training</i>	2	2
<i>Basic Aerobic endurance (AEC1)</i>	1-2	1-3
<i>Aerobic Capacity Training (AEC2)</i>	1	1
<i>Anaerobic Capacity (ANC)</i>	1	1-2
<i>Aerobic Power (AEP)</i>		1
<i>Anaerobic Power (ANP)</i>	1	1-2
<i>Sprint Training (SPR)</i>	2-3	2-3
<b>Dry Land</b>		
<i>Callisthenics / Core Stability</i>	2	2
<i>Light resistance Circuit training</i>	1(?)	1

#### Notes

- *For age group swimmers with a high level of conditioning the number of training units can be higher than in the table shown. If this is the case then we will add an extra endurance sessions and or occasionally anaerobic capacity training unit.*
- *There is evidence to suggest that it is not the weekly volume of anaerobic work, but more importantly the frequency, which determines the improvement of the anaerobic system. Significant adaptations take place even with a small volume of anaerobic work.*