

Development Academy 3**PM Training**

	6.30-7.00	7.00-7.30	7.30-8.00	8.00-8.30	8.30-9.00
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Coach: Assistant Coach - Gabby

Swimmers will be working towards completing Swim England Level 10, whilst further developing their stroke technique. These swimmers will be expected to train a minimum of 1 session per week and attend at least 3 Level 3/4 meets per year. This is an essential part of the assessment of swimmers at this level.

Example of Stage 10 Criteria

1. Complete a set lasting 1600 metres (either 16 x 100 metres; eight x 200 metres; four x 400 metres) on a specific timed turn around set by the coach (e.g. 2.30 minutes for 100 metres; 5.30 minutes for 200 metres; 12 minutes for 400 metres).
2. Swim 1500 metres continuously choosing one stroke.
3. Perform a continuous 100 metres individual medley kick without using a kick board.
4. Swim a continuous 200 metres individual medley using legal turns.
5. Perform a 15 metres under water butterfly kick on back or front in a streamlined position.
6. Perform a front crawl relay take over – as an incoming swimmer.
7. Perform a front crawl relay take over – as an outgoing swimmer.

NB: Movement between squads will be made by the Head of Development and the Head Coach.