

**Development Academy 2****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: Head of Development - Sarah**

Swimmers will be working towards completing Swim England Level 9, 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 9 Criteria**

1. Complete a set lasting 800 metres (e.g. either 16 x 50 metres; eight x 100 metres; four x 200 metres) on a specific turnaround time set by the coach (e.g. 1.30 minutes for 50 metres; 2.45 minutes for 100 metres; 6.00 minutes for 200 metres).
2. Swim 800 metres continuously choosing one stroke.
3. Swim a continuous 100metres individual medley using legal turns.
4. Perform a 15 metres underwater kick on front in a streamlined position.
5. Perform a backstroke start then butterfly kick in a streamlined position underwater until 10 metres from the start point (wall), transfer into stroke and complete the remainder of the 25 metres.
6. Perform a front crawl start, underwater kick in a streamlined position until a minimum of 10 metres from the start point (wall) is completed, transfer into stroke and complete the remainder of the 25 metres.
7. Perform a butterfly start kick in a streamlined position until a minimum of 10 metres from the start point (wall) is completed, transfer into stroke and complete the remainder of the 25 metres.
8. Perform a breaststroke start, perform a one and a half pull under water, transfer into stroke and complete the remainder of the 25 metres.

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