

Development Academy 1**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 8, 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. Your coach will advise you when to start entering meets.

Example of Stage 8 Criteria

1. Complete a set lasting 400 metres (e.g. 16 x 25 metres) on a specific turnaround time set by the coach (e.g. 1.00 minutes for each 25 metres).
2. Swim 400 metres continuously using one stroke.
3. Kick 25 metres backstroke with/ without using a board.
4. Kick 25 metres breaststroke with/ without using a board.
5. Kick 25 metres butterfly with/without using a board.
6. Kick 25 metres front crawl with/ without using a board.
7. Perform a backstroke turn from 10 metres in to 15 metres out.
8. Perform a breaststroke turn from 10 metres in to 15 metres out.
9. Perform a butterfly turn from 10 metres in to 15 metres out.
10. Perform a front crawl turn from 10 metres in to 15 metres out.

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