

STOCKSBRIDGE PENTAQUA SWIMMING CLUB

SQUAD AIMS:-

I & J SQUADS

- Technique & Skill Development
- Swimming Disciplines
- Lane Etiquette
- Basic Training, i.e. endurance and basic speed
- Learning about various Swimming Equipment
- Local Galas
- 1-2 pool sessions per week

F, G & H SQUADS

- Continuous Technique & Skill Development
- Basic Core Body Strength Training
- Basic training cycles
- Graded/County and District Meets
- 3-4 pool sessions & 1 land training session per week

D & E SQUADS

- Continuous Technique & Skill Development
- Introduction to Weights/Swim Benches/etc
- More Structured Core Body Strength Training
- Basic to Progressive Training Cycles (to include Threshold, VO2 max & Lactate Tolerance Training.)
- Graded/County & District Meets
- 4-5 pool sessions & 2-3 land training sessions per week

A, B & C SQUADS

- Continuous Technique & Skill Development
- Progressive Weights/Swim Benches/etc, programme
- Continuous Core Body Strength Training programme
- Progressive Training Cycles (to include Threshold, VO2 max & Lactate Tolerance Training. Increased intensities and training volumes.)
- Graded/County & District Meets – Targeting Nationals
- 5-6+ pool sessions & 2-3 land training sessions per week
- Structured links with Sheffield Development Scheme, with a view to developing & encouraging swimmers to progress to the World Class Programme.