

LTAD FRAMEWORK FOR SWIMMING

	FUNDAMENTAL	SWIMSKILLS	TRAINING TO TRAIN	TRAINING TO COMPETE	TRAINING TO WIN
Chronological / Biological Age	Chronological/Biological Age: Male 6-9 years Female 5-8 years	Biological Age: Male 9-12 years Female 8-11 years	Biological Age: Male 12-15 years Female 11-14 years	Chronological Age: Male 15-18 years Female 14-16 years	Chronological Age: Male 18+ years Female 16+ years
Development Phases	Movement Literacy	Skill Development	Skill / Aerobic Development	Competitive / Physical Development	Specialisation and Performance Development
Progression	<ul style="list-style-type: none"> • FUN and participation. • General, overall development. • ABCS: Agility, Balance, Co-ordination and Speed. • RJTs: Running, Jumping and Throwing. • KGBs: Kinesthetics, Gliding, Buoyancy and Striking. • CKS: Catching, Kicking and Striking. • Speed power and endurance through FUN and games. • Introduction to simple rules and ethics of sport. 	<ul style="list-style-type: none"> • Peak motor development. • Shoulder, elbow, core, spine and ankle stability. • Participation in complementary sports (similar energy system and movement patterns). • FUNdamental technical skills progressively more specific skills towards the end of the stage. • Medicine ball, Swiss ball and own body exercises for strength. • FUNdamentals of ancillary capacities (knowledge and experience). 	<ul style="list-style-type: none"> • Emphasis on aerobic conditioning. • 2nd Speed window • Individualisation of fitness and technical training. • Shoulder, elbow, core, spine and ankle stability. • Participation in complementary sports (similar energy system and movement patterns). • Refinement of specific technical skills • FUNdamentals of tactical preparation. • Introduction to mental preparation. • Moral learning. 	<ul style="list-style-type: none"> • Sport and individual specific physical conditioning. • Shoulder, elbow, core, spine and ankle stability. • Basic tactical preparation. • Individualisation of technical/tactical skills. • Basic mental preparation. • Sport and individual specific "ancillary capacities" (knowledge and experience). 	<ul style="list-style-type: none"> • Improvement of physical capacities. • Shoulder, elbow, core, spine and ankle stability. • Modelling all possible aspects of training and performance. • Frequent prophylactic breaks. • Advanced tactical preparation • Advanced mental preparation • All aspects of training individualised. • Develop further "ancillary capacities" (knowledge and experience - there is no "ceiling limit").
Growth and Development Considerations	Emphasis on development of skills. 1st Speed (agility/quickness) Window (PSpV1); girls 6-8 yrs, boys 7-9 yrs.	Peak motor co-ordination (PMCV), emphasis on skill development before age 11 yrs for girls, age 12 yrs for boys.	Growth spurt (PHV), emphasis on aerobic development; girls 12-13 yrs, boys 13-15 yrs. 2nd Speed (alactic) Window (PSpV2); girls 12-13 yrs, boys 13-15 yrs 1st Strength Window (PSV); girls at end of PHV	Peak Strength development (PSV), emphasis on strength development; girls 2nd strength window at onset of menarche, boys 12-18 months after PHV	Development of stamina, strength, speed, skill and suppleness.
Swimming Specific Skills	Development of all 4 strokes	Improvement of all 4 strokes Sculling and "feel for water" Development of Starts & Turns	Development of aerobic base, plus all 4 strokes (200m IM).	Start to compete in a wider range of events based on strokes or distance, but not both.	Specialise in an event(s).
Periodisation	No periodisation, but well structured programmes with proper progression.	Single Periodisation (1 x 48 weeks)	Single or Double Periodisation. Double (2 x 24 week macro-cycles)	Double or Triple Periodisation. Double (2 x 24 week macro-cycles) Triple (3 x 15 week macro-cycles)	Double, Triple or Multiple Periodisation. Double (distance) Triple (middle distance) Multiple (sprinters)
Session Numbers	General sport participation 5-6 times per week. This should include land work and multi sport activity.	Sport specific training 4-6 times per week, plus participation in other sports.	Sport specific training 6-12 times per week including land work.	Sport specific technical, tactical and fitness training 8-12 times per week, including land work.	Sport specific technical, tactical and fitness training 10-15 times per week, including land work.
Session Length	30-45 minutes	60-90 minutes	2 hours	2 hours	2+ hours
Training Hours	Sessional.	4-7 hours per week in water; 1-2 hours per week land work.	12-24 hours per week in water; 2-3 hours per week land work.	16-24 hours per week in water; 3-4 hours per week land work.	20-24 hours per week in water; 3-6 hours per week land work.
Training Volume	Skill acquisition	8,000m – 16,000m/week	At beginning of Training to Train: 24,000m – 32,000m/week. Working towards breakpoint volumes (2,100–2,500+ km/year or 44km–52+ km/week over 48 weeks) at maturation (13/14/15 years).		Depends on specialisms, but breakpoint volume maintained. Distance swimmers cover more.

	FUNDAMENTAL	SWIMSKILLS	TRAINING TO TRAIN	TRAINING TO COMPETE	TRAINING TO WIN
Number of Competitions		75% training to 25% competition ratio	As a swimmer moves towards breakpoint volumes, the number of competitions is likely to reduce significantly towards a maximum of 12 per year. (A competition is defined as an event that requires alteration or modification to a swimmers training programme. All events that include a taper or rest from training should have clear performance targets set by the coach.)	Maximum of 12 competitions per year. (A competition is defined as an event that requires alteration or modification to a swimmers training programme. All events that include a taper or rest from training should have clear performance targets set by the coach.)	Maximum of 12 competitions per year but depends on specialisms. (A competition is defined as an event that requires alteration or modification to a swimmers training programme. All events that include a taper or rest from training should have clear performance targets set by the coach.)
Competition profiles			Sequence of 3 competitions below current level, 2 competitions at current level, 1 competition above current level.	2 x (3 competitions below current level, 2 competitions at current level, 1 competition above current level)	2 x (3 competitions below current level, 2 competitions at current level, 1 competition above current level)
Competition Targets			Full Training: Heat - 3% of PB/Goal time Semi Final - 2% of PB/Goal time Final - 1% of PB/Goal time Tapered: Heat - 2% of PB Semi Final - 1% of PB Final - 1% of PB	Full Training: Heat - 3% of PB/Goal time Semi Final - 2% of PB/Goal time Final - 1% of PB/Goal time Tapered: Heat - 2% of PB Semi Final - 1% of PB Final - 1% of PB	Full Training: Heat - 3% of PB/Goal time Semi Final - 2% of PB/Goal time Final - 1% of PB/Goal time Tapered: Heat - 2% of PB Semi Final - 1% of PB Final - 1% of PB Between Trials and Major International Championships, 1-2% improvement.
Competition Events	25m all strokes; 4/8/16 x 25m relays all strokes. Active Sport Festival events or based on skills for Active Sport Local Development Camps.	BAGcat events	BAGcat events at lower end of Training to Train moving towards: 100/200m BF, BK, BR; 200/400m IM; 100/200/400/800/1500m FS; 4 x 100m FS & Medley relays.	100/200m BF, BK, BR; 200/400m IM; 50/100/200/400/800/1500m FS; 4 x 100m FS & Medley relays; 4 x 200m FS relay.	100/200m BF, BK, BR; 200/400m IM; 50/100/200/400/800/1500m FS; 4 x 100m FS & Medley relays; 4 x 200m FS relay.
Competition Types	Club championships Intra club competitions. Local/mini leagues.	Club Championships Speedo Leagues Open meets (Local/County) County Championships (Age-group)	Open meets (District/National) County Championships (Junior, Senior). District Championships (Age-group)	District Championships (Youth, Senior). National Championships (Age group, Youth).	National Championships (Senior). International Championships (Youth, Senior).
Swim 21	Teaching	Skill Development	Competitive Development	Competitive Development	Performance
Coach Education	Level 1	Level 2	Level 3	Level 4	Level 5
ASA / British Swimming Programmes	National Teaching Plan ASA Awards Active Sport (Stage1)	Active Sport (Stages 2, 3 & 4).	Active Sport Talent Camps World Class Start - 200 IM World Class Start - Age group	District Camps - Age group World Class Potential - Age group World Class Potential - Youth	World Class Performance