

2017-18 Stuttgart Piranhas Group Training Guidelines

	Ages	Minimum Skills	Times	Objectives	Commitment
Group 5	10 & Under	25 m freestyle 25 m backstroke Idea of breaststroke or butterfly Ability to listen and follow directions	Establish entry level times	Stroke development and swim etiquette Swim a 50 m of at least 3 different strokes by the end of the season	Goal: 3 practices/week
Group 4	10 & Under	50 m freestyle 50 m backstroke 50 m breaststroke 50 m butterfly Able to complete 8x50 freestyle @1:30, 2 x 100 IM with legal strokes Ability to listen and follow directions	Establish entry level times	Stroke technique in all 4 competitive strokes Streamline Intro to Starts/Turns	Goal: 4 practices per week Minimum attendance 3 practices
Group 3	11 & Older	Swim 50 m of all 4 strokes legally plus 100 Free and IM Starts off blocks Basic Streamlining Test set: 4 x 100 freestyle @ 2:15, 3 x 100 IM @ 2:30	Establish entry level times	Build aerobic endurance Intro to speed Intro to dryland exercises Preparation for 200 IM and 200 Free Achieve B times in at least 3 strokes	Goal: 4 practices per week Minimum attendance 3 practices
Group 2	12 & Older 11 years old must have at least 3 "BB" times 10 years old must have at least 3 "A" times	Swim 100 m in freestyle, backstroke, and breaststroke and 50 M butterfly legally Legal starts, turns and finishes Test set: 4 x 100 Freestyle @2:00, 4 x 100 IM @ 2:15	B times	Increased aerobic and speed training Emphasis on stroke technique Dryland exercises Increased yardage Preparation for 400 IM and 400 Free	Goal: 5 practices per week Minimum attendance 4 practices Dryland recommended
Group 1	12 & Older 11 years old must have at least 3 "A" times 10 years old must have at least 3 "AA" times	Grasp of distance per stroke and stroke rate Commitment to high level training Tolerance to high intensity sets Test set: 5 x 100 Freestyle @ 1:45, 5 x 100 IM @ 2:00	BB times and faster	Technical precision Anaerobic threshold Stroke specificity Leadership Strong commitment to competitive swimming	Goal: 5 practices per week Minimum attendance 4 practices Dryland recommended Emphasis on year round swimming