

**Coach:** Derek Carley

## About A squad

'A' squad is for swimmers who have the desire, commitment and enthusiasm to compete at the highest level - Regional level, National level and possibly higher!

The normal entry into this squad is via B1 but it is possible to progress to A from Youth if a swimmer shows the necessary commitment and ability. Training currently consists of a mixture of 3 X 2 hour sessions and 5 X 1.5 hour sessions – although the ultimate aim is for all A squad sessions to be 2 hours long. All swimmers are expected to attend at least 7.5 hours of the total 13.5 hours of swimming time available. However those aiming for, or already competing at, regional or National level are expected to attend all sessions or very close. In addition swimmers are expected to attend long course training at Aldershot once per month and to attend land training sessions once per week.

The annual training plan running from September to August the following year is arranged into 3 macro cycles corresponding more or less to school term times.

The season starts with a 13 week macro cycle running from September to Xmas. The training content is largely multistroke/technique based with the emphasis on aerobic improvement after the summer break. We usually compete in a major meet towards the end of the cycle.

Macro cycle 2 runs from January to Easter. The anaerobic content of the training is generally increased with more of an emphasis on No1 stroke/event. This cycle includes the County Championships and usually ends with a Meet at Easter.

Macro cycle 3 runs from Easter through to the end of July. Training intensity and volume is maintained but is generally more individualised with swimmers working towards Regional and National Championships.

Swimmers are required to carry out various test sets throughout the year in order to monitor swimming performance. For example T30 tests (swim at an even maximum pace for 30 minutes) are used to assess aerobic fitness and to individualise training repeat times. Similarly regular Kick tests are carried out in order to monitor improvement and to individualise kick set repeat times. The results from all tests, together with other important information such as goals and weekly training logs, are recorded in the swimmers log books.

The A squad logbook template can be found at:

<http://www.ndsc.co.uk/uploads/downloads/LogBookA.pdf>

Further details of the A squad programme can be found at:

[http://www.ndsc.co.uk/downloads.asp?download\\_type=Coaching%20Model](http://www.ndsc.co.uk/downloads.asp?download_type=Coaching%20Model)

