



# Challengers

Challengers is the first of the competitive squads, as distinct from Cruisers and Sprinters which we regard as developments squads - although a number of these swimmers do take part in competitions, particularly junior leagues and relay events. Swimmers should be aiming for county qualifying times.

**Squad Coach**  
Tony Shore

**Squad Rep**  
Maira Ibbetson

## *Training Times*

Sunday	1700-1730	Land training Kennet
Sunday	1730-1845	Kennet
Tuesday	0600-0730	Kennet
Tuesday	1830-2000	Kennet
Wednesday	1830-1930	John O'Gaunt
Thursday	1800-1930	Northcroft
Friday	0630-0730	Northcroft



Challengers is the first squad where the majority of the swimmers are regularly taking part in competitions. This is reflected in the workload which is significantly more than that experienced in Sprinters. Most sessions are 1 1/2 hours consisting of a mixture of endurance training, stroke technique, drills and start and turns skills. Challengers can, and are encouraged to, attend morning sessions so in all there are 6 sessions available. Land training starts here and is strongly recommended if a swimmer is to progress rapidly through this squad. Apart from acquiring enhanced core strength and power that is necessary for fast swimming, it is at these sessions that swimmers will learn the main stretching and mobility exercises and how to execute them correctly without causing injury. All Challengers have a log book which is similar to the logbook used in A and B squads. The logbook template is available in the coaching model/downloads section of the web site. Contact details for the Squad coach and Squad rep can be found in the contacts section on the NDSC web site.

## **Progress through Challengers**

Endurance training increases in line with the recommendations of the ASA's Long Term Athletic Development Programme (LTAD). Swimmers become familiar with their individual stroke counts, Stroke rates and heart rates and are aware of the various aerobic training zones (A1,A2,A3,MVO2). It is expected that a swimmer should be able to complete a 10 x 100m FC set on 2:00 and a 10 x 100 IM set on 2:15 before they would be considered for progression. A prime aim for progression straight to B1 is the achievement of a county 200IM qualifying time and training sessions are structured with this goal in mind, swimmers should at least have competed in this event prior to progressing on to B2. In addition to being prepared to represent the club at league competitions, attendance at open meets is encouraged and expected if they are to progress.