

Performance 3

6 sessions **minimum**

Ages 11-15

- Can achieve all of Performance 1, 2 outcomes plus below.
- Swim 12 x 100 Front Crawl @1.30
- Kick 10 x 100 Front Crawl @1.50
- Swim 4 x 300 Front Crawl @4.30
- Be comfortable with working aerobic distance sets at least twice a week.
- Have made county championships and to be working towards/have made regional championships.
- If participants are wanting to be moved to Top squad, then it is recommended to do more sessions than stated to be able to keep up with the work load in higher squads.