



DOLPHINS

The third group continue with swim skills and leads into training to train.

Taking into account Peak Height Velocity (P.H.V), skills are emphasised and aerobic work is increased.

The training plans for this group include double periodisation.

Anaerobic training and races preparation is introduced.

5 sessions, 1x 90min, 1x75min, 1x60min, & 2 x 2 hours, available

This group will take part in up to 9 competitions per year.

The main objective of the group is to develop the athlete and progress onto the next group where there is a significant step up in participation.

Criteria for Movement within this group to Sharks

- Swimmer must have achieved 2 Connacht Standard “A” Times as follows
 - Times must be in two separate strokes and must be in 1 alternate hand stroke (Free/Back) and 1 simultaneous hand stroke (Breast/Fly)
 - It does not include 100 Meter IM

There is a gradual move between this group and the Shark group. Dolphins are offered one early morning session per week on Fridays (to train children and parents) before full transfer into the Shark Group (most sessions in the shark group are in the morning).