

### Interim training programme (version 2) – from 7<sup>th</sup> September 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Prelim</b>	Keynsham 19:00-19:45				Keynsham 19:00-19:45		
<b>Junior</b>	Keynsham 20:00-21:00				Keynsham 20:00-21:00	Keynsham 12.30-13.30	
<b>Age Fitness &amp; Development</b>		Hengrove 20:00-21:00	LAND TRAINING			Keynsham 13.30-14.30	Hengrove 08.00-10:00
<b>County Squad</b>	Hengrove 19:00-21:00		LAND TRAINING		Hengrove 19:00-21:00	Keynsham 13.30-14.30	Hengrove 08.00-10:00
<b>Regional Squad</b>	Hengrove 19:00-21:00	Hengrove 20:00-21:00	LAND TRAINING		Hengrove 19:00-21:00		Hengrove 08.00-10:00
<b>Masters</b>			Hengrove 20:00-21:00				

Our training is organised as follows. If you are interested in joining us, or would like further details, please contact our Swimming Secretary:

[thea.beament@keynshamswimming.club](mailto:thea.beament@keynshamswimming.club)

### **Preliminary squad: our entry level squad**

If you:

- can swim 25m front crawl, back stroke and breast stroke (maybe even butterfly!)
- are age 8 years or younger
- would like to continue to improve your swimming in a friendly club environment

We invite you to arrange a trial with our preliminary squad coaches. Please contact: [thea.beament@keynshamswimming.club](mailto:thea.beament@keynshamswimming.club)

### **Core training pathway**

**Junior Squad:** Those swimmers who develop the right skills and aptitude in our Preliminary Squad will progress to Junior Squad at around age 9 years. Swimmers will continue to develop their swimming technique, including competitive swimming skills, and build their fitness.

**Age Development & Age Fitness:** At around age 12 years swimmers will progress to our Age Group squad, with options to continue to train for competitive swimming or purely for fitness.

**Masters swimming:** We have an active Masters' squad which includes both those swimming for fitness and competitive swimmers. In the current circumstances there is one session per week but we hope to be back to two sessions per week very soon.

### **Competitive training pathway**

Those swimmers who are frequently competing in galas, open meets and championships will be invited to train with one of our two competition squads. The swimming criteria are as follows, although the coaches will consider a swimmer's attitude, attendance and rate of improvement as equally important factors:

**County Squad** will be swimmers with two or more Somerset times (or, at the coaches' discretion, within 10%). One of the two times must be for a form stroke or the individual medley. The coach for County Squad is Kay Rex.

**Regional Squad** will be swimmers with either (i) one or more regional times, or (ii) five or more county times, at least three of which are over distances of 100m or more and including at least two form or IM times. The coach for Regional Squad is Jasper Lye.