

CMK Schedule (1st Oct '19)

		Competitive Development Section		Performance Section						Age Group Section				Development Section			
		CD2	CD1	P2b	P2a	Sprint	Elite	P1a	P1b	AG1	AG2	AG3	AG4	Mini Stars	Academy		
MON	AM PM LT	4.30-5.30pm Leon	4.30-5.30pm Leon	7-8pm	5.30-7am 7-8pm	5.30-7am 7-8pm 6-7pm*	5.30-7am 5-7pm 7-7.30pm on deck/gym*	5.30-7am 5-7pm 7-7.30pm on deck/gym*	on agreement only 5-7pm	5.30-7pm Leon 5.20-5.30pm & 7-7.10pm	5.30-7pm Leon 5.20-5.30pm & 7-7.10pm		7-8pm	6.30-7.30pm (Wolverton LC)	6.30-7.30m (Wolverton LC)		
TUE	AM PM LT	7.30-8.30pm Leon	5.30-7am 7.30-8.30pm Leon	5.30-7am 4-5.30pm (7.30-8.30pm Leon)	(7.30-8.30pm Leon)	4.30-6.30pm 4-4.30pm OR 6.30-7pm on deck	4.30-6.30pm 4-4.30pm OR 6.30-7pm on deck	4.30-6.30pm 4-4.30pm OR 6.30-7pm on deck	5.30-7am 4-5.30pm (5.30-7pm)	5.30-7am 5.30-7pm	5.30-7am						
WED	AM PM LT			6.30-7.30pm 5.20-6.20pm	5.30-7am 5.30-6.30pm 4.20-5.20pm/6.40-7.40pm*	5.30-7am 5.30-6.30pm 6.40-7.40pm*	5.30-7am 5.30-7.30pm 4.30-5.30pm*	5.30-7am 5.30-7.30pm 4.20-5.20pm	on agreement only 6.30-7.30pm 5.20-6.20pm	5-7pm Leon	6-7pm Leon		5-6pm Leon				
THU	AM PM LT	5.30-7am	5.30-7am	5.30-7am 6.30-8pm Leon	6.30-8pm Leon	6-8pm Ble 5.45-6pm Ble on deck	6-8pm Ble 5.45-6pm Ble on deck	6-8pm Ble	5.30-7am 6.30-8pm Leon	5.30-7am 6.30-8pm Leon	4-5.30pm		4-5.30pm	4.30-5.30pm Sta			
FRI	AM PM LT	7-8pm Ble	5.30-7am 7-8pm Ble	4-5.30pm	5.30-7am 4-5.30pm	5.30-7am 4-5.30pm 5.30-6.30pm*	5.30-7am 4.30-6.30pm 4-4.30pm OR 6.30-7pm on deck	5.30-7am 4.30-6.30pm 4-4.30pm OR 6.30-7pm on deck	on agreement only 5.30-7pm 5-5.30pm on deck				7-8pm Ble	6-7pm (Bletchley LC)	with MS on agreement only		
SAT	AM PM LT		5.50-6.50am	5.50-7.50am	5.50-7.50am				on agreement only	5.50-7.50am	6.50-7.50am 8-8.30am Studio		6.50-7.50am				
SUN	AM PM LT	7-8pm	6-7pm	6-8pm 5-6pm ALT weeks (A)	6-8pm 5-6pm ALT weeks (B)	6-8pm / 5-7pm Luton	5-7pm Luton 4.30-5pm on deck at Luton	6-8pm / 5-7pm Luton 5-6pm ALT weeks (B)	6-8pm 5-6pm ALT weeks (A)	4-5pm in gym	5-6pm		5-6pm	4-5pm	4-5pm (Stantonbury)		
Training Hours Available		6hrs pw approx	9-12hrs approx	15hrs approx	15hrs approx	18hrs approx	21hrs approx	18hrs approx	15hrs approx	12hrs approx	9hrs approx.	6hrs approx	4hrs approx	3hrs	1 hr		
Commitment Expectation		4 sessions pw	6 sessions pw	8 sessions pw, must have a clear day off.	8 sessions pw, must have a clear day off.	On agreement with HC	8 sessions pw	8 sessions pw	8 sessions pw, must have a clear day off.	7-8 sessions per week (6pw in first cycle only)	5-6 sessions pw (HW to encourage some indivs to do 6)	4 sessions pw	3 sessions pw	2 sessions pw	1 CMK session pw plus 1 external LTS session		
Additional sessions notes			Swimmers attending all sessions may do 5.50-7.50am Sat AM and 6-8pm Sun PM.	Swimmers may attend Leon on Tues PM by agreement.	*Swimmers may have a personal gym program on request from HC. Swimmers may be invited to earlier sessions Mon PM if able to complete the training load.	*Swimmers must commit to personal gym program agreed with HC. Swimmers may be selected to train at Luton in Sunday.	*Swimmers must commit to personal gym program agreed with HC.	*Swimmers may have a personal gym program on request from HC. Swimmers may be selected to train at Luton in Sunday or Ble on Thurs.	Swimmers may be invited to earlier starts Weds and Fri (as defined by HC) if able to complete the training load. Swimmers may attend later on Tues PM or AMs by agreement only.	Swimmers who cannot attend early PM starts will be offered alternatives (eg. Tues PM @ Leon) if space available and content suitable. However this may affect future squad placement.					Swimmers should attend their current LTS and let Lorraine know by email if this is not the case.		
Age (end of season)		13yrs plus	13yrs plus	13-14yrs	15yrs plus	15yrs plus	14yrs plus	14yrs plus (untd 14s may be fasttracked in)	13-14yrs	10-14yrs	9-12yrs	8-12yrs	7-12yrs	6-11yrs	5-10yrs		
How does this fit to LTAD?		Training to Train	Training to Train	Training to Train	Training to Compete	Training to Win	Training to Win	Training to Compete	Training to Train	Training to Train	Swimskills and intro to Training to Train	Swimskills	Swimskills	Swimskills	FUNDamentals		
Aims of the group		To support competitive swimmers who enjoy the sport and may well be working to higher performance levels. Some swimmers in this group may be balancing other activities.		To support individual needs of athletes to perform in the short term at County level and long term at Regional and National level.		To support individual needs of athletes to perform in the short term at County level and long term at Regional and National level.		To support individual needs of athletes to perform in the short, medium and long term at National and International level.		To support individual needs of athletes to perform in the long term at National and International level.			To be increasing capable at performing all 4 strokes as well as starting and turning skills. To gradually increase training loads to prepare for future higher squad content whilst maintaining skill. Competition targets are based on developing racing skills and application of skill rather than outcome.			To be technically legal on all 4 strokes and 100m IM. To take part in varied internal competition experiences	
Performance guidelines		Swimmers should enter local open meets that are circulated by email (see fixtures list). Swimmers who do not compete or who do not train at the standard of the group will be better supported by reduced availability of sessions or within network clubs	Swimmers should enter local open meets that are circulated by email (see fixtures list). Swimmers who do not compete or who do not train at the standard of the group will be better supported by reduced availability of sessions or within network clubs	Swimmers in this group are selected by the Head Coach as likely to perform at County level. Swimmers not competing at targeted meets including Counties will be better supported in Comp Dev section.	Swimmers in this group are selected by the Head Coach as likely to perform at County level. Swimmers not competing at targeted meets including Counties will be better supported in Comp Dev section.	Swimmers in this group are selected by the Head coach as likely to compete at Regional, National or International level. Swimmers not competing at targeted meets or CMK representative meets will be supported but in other groups.	Swimmers in this group are selected by the Head coach as likely to compete at National or International level. Swimmers not competing at targeted meets or CMK representative meets will be supported but in other groups.	Swimmers in this group are selected by the Head Coach as likely to perform at Regional or National level. Swimmers not competing at targeted meets or CMK representative meets will be supported but in other groups.	Swimmers in this group are selected by the Head Coach as likely to perform at Regional or National level in medium term. Swimmers not competing at targeted meets or CMK representative meets will be supported but in other groups.	Swimmers in this group are selected by the Head Coach as likely to perform at County or Regional level. Swimmers not competing at targeted meets or CMK representative meets will be supported but in other groups.	Swimmers should enter local open meets that are circulated by email (see fixtures list). Swimmers should attend local open meets especially CMK home meets. Performance at those meets will be considered when reviewing further progression.		Swimmers should enter some local open meets that are circulated by email (see fixtures list). .		Swimmers will have informal competition in some training sessions		
Cycle 1 Target (Dec)		CMK Xmas Cracker	CMK Xmas Cracker	Putteridge (Dec)	Putteridge (Dec)	Ealing / Winter Nats (Dec)	Ealing / Winter Nats (Dec)	Ealing / Winter Nats (Dec)	Ealing/Putteridge (Dec)	Putteridge (Dec)	Putteridge (Dec)	CMK Xmas Cracker	CMK Xmas Cracker	CMK Xmas Cracker			
Cycle 2 Target (Mar-Apr)		CMK Spring	CMK Spring	Luton (April)	Luton (April)	British Champs/Luton (Apr)	British Champs/Luton (Apr)	British Champs/Luton (Apr)	Luton (April) TBC	Luton (April) TBC	Luton (April) / CMK Spring	CMK Spring	CMK Spring	CMK Spring	Race practices in training (formal and informal)		
Cycle 3 Target (Jul)		CMK Eos & Cams L3	CMK Eos & Cams L3	CMK Eos & Cams L3	CMK Eos & Cams L3	Cams L3/ Summer Championships	Summer Championships	Cams L3/ Summer Championships	Cams L3/ Summer Championships	CMK Eos & Cams L3	CMK Eos & Cams L3	CMK Eos & Cams L3	CMK EoS	CMK EoS			
Nutrition		2 litres of fluid each session, balanced healthy diet.		3 day nutrition diary submitted to HC. 2-3 litres fluid each session. Post training natural Protein consumption. Balanced diet. May include regular body weight assessment on agreement.						Bring 2-3 litres of fluid each session, have a balanced healthy diet covering increased energy needs.		Bring 1 -2litres water bottle to training, have a balanced healthy diet.		Bring at least 1 litre water bottle to training, balanced healthy diet			
Equipment		As across				As across plus training snorkel and large paddles (or finger paddles for FL and BR swimmers) plus 2 Thera bands 1. heavy one light-medium.				As across plus training snorkel		As across plus medium sized paddles		Small Fins, Pull buoy, Kick Board, Spare Hat and Goggles			
Behaviours		Respectful attitude, balanced with other commitments. Taking ownership of technical, psychological and physical training effort. Goal setting form ideal.	Mature attitude, balanced with other commitments. Taking ownership of technical, psychological and physical training effort. Goal setting form ideal.	Swimmers should be developing performance behaviours, continuing skill and team awareness under stress of training and competition	Mature attitude. Taking ownership of technical, psychological and physical training effort. Goal setting form ideal.	Performance attitude. Limiting external commitments including work. Taking ownership of technical, psychological and physical requirements to perform. Goal setting form necessary. Aware of OATD framework from British Swimming.			Swimmers should be developing performance behaviours, continuing skill and team awareness under stress of training and competition	Swimmers must hold technical skills they have learned at speed and endurance. Swimmers should continue to respect others and enjoy training and racing.		Swimmers should come to training and with an enjoyment of swimming training and racing. They should be listening within a large group, respecting team mates, staff, facilities and equipment.					
Training Content		Aerobic and Speed training	Mix of Aerobic, Speed and Anaerobic training	Continued skill emphasis with growing aerobic content.	Mix of Aerobic, Speed and Anaerobic training	Anerobic biased training	Individual need planned with HC	High Aerobic content, Freestyle bias mixed stroke approach	Continued skill emphasis with growing aerobic content.		Swimmers increase training amounts holding technique		Minimal physical training. Content is mainly technical including introduction and increased repetition to set good habits.				
Land training content		None, swimmers may well have other aquatic or athletic disciplines that support athletic development.				Individualised Gym program			Mixed Gym and Pool based Circuits including core work and injury prevention.		Mixed Circuits including core work and injury prevention		Intro to basic land training. May be doing a range of other sports balanced with swimming training.		Introduction to pre-pool mobility and stretching. Should be doing a range of other sports balanced with swimming training.		
Swimmers squad placement will be based on a Coaching staff assessment of a wide range of variables this may include but not limited to Attendance, Performance level, Training effort, Team ethic, Work ethic, Skill level, Biological age.																	