



## National Sprint Program

The National Sprint program is designed to bridge the gap that can occur between Age Group and Senior swimming. The Saskatoon Goldfins will be delivering a high performance sprinting program that allows for swimmers to improve their technique and isolate their performance areas with a specific focus on racing performance training. The swimmers selected to this program will have high expectations placed upon them in terms of commitment, and work ethic, and will be expected to perform to the best of their abilities. The National Sprint program will be delivered under the assumption that the swimmers are committed to improving themselves and gravitate towards senior swimming. The biggest difference between the National Sprint program and the National program will be the volume prescribed. The program prescribed will be more oriented towards quality of swimming, and the volume will be limited to the amount the swimmers in the group can swim with good technique and proficient speed. The NS program will be a great deal of fun and will have a lot of dry land training attached to it.

Be prepared to be challenged in different ways both on land and in the water. It will be the expectation that swimmers show improvement in areas of lactic tolerance and coordination. Aerobic training will be used mostly as a method of technical improvement and recovery.

The National Sprint program is a new and exciting portion of our swim program. I hope everyone is excited to be in an environment dedicated to the tailoring of National swimming excellence.

### National Sprint Group

Name of Coach: Andrea Leroux

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		6-7 Dryland or Weights		6-7 Dryland or Weights	5:15-7:30 Swim	
PM	6-6:30 Sprint Dry Land		6-6:30 Sprint Dry Land			
	6:30-8 Swim	6:30-8	6:30-8 Swim	6:30-8 Swim	4:15-6:30 Swim	

Technical Description of Athletes to Enter the National Sprint Group

Fast	Dedicated	Educated	Trainable	Technical
Closed to Senior Provincial Times (2%)	Is willing to focus primarily on swimming	Is regarded in high academic standing in school	Can hold Sustained freestyle effort of 4000m at 1:40 pace	Ability to maintain correct body position through The most drills of all strokes
Regionally Competitive in ones age group	Commitment = to 80% attendance throughout the whole year	Has knowledge of Most basic drills and how they relate to swimming	Can Hold 6x200 IM at 3:30 pace	Consistency of Improvement in all 200m events
Achieved Numerous Provincial Times in ones age group	Completes every meter of every set the way it is made to	Is aware of the Pace Clock	Kick 300 in under 6:00 and streamline Kick 50 meters in under 55	Proper kick rate in all four strokes
Close to achieving Year 1AGN times(4%)	Willing to start accepting a swimming "lifestyle" outside of practices	Has mastered all basic technical terminology	Can train all technically sound strokes on 1:05 pace For at least 500m	Ability to use transitions in races as an advantage