



Training Guidelines – How Many Sessions Should I be Doing? **Gavin Stewart**

Squad swimmers and their parents often ask the question, what is the recommended number of sessions per week for swimmers as they are developing?

Swimmers can often be grouped into developmental stages. These stages are loosely based on things like

- Total muscle tissue and physical development
- Personal maturity
- Emotional maturity
- Training and endurance ability, etc.

To retain swimmers interest and keep them engaged in the process towards progress and PB's, coaches usually increase workloads incrementally.

Whilst everyone is different and is on a very personal path, there are some generalised recommendations that should be considered:

- 8 Years and under – 1-2 sessions per week
- 9 Years – 2-3 sessions per week
- 10 Years – 3-4 sessions per week
- 11 Years – 4-5 sessions per week
- 12 Years – 5-6 sessions per week
- 13 Years – 6-7 sessions per week
- 14 Years – 7-8 sessions per week
- 15 Years – 8-9 sessions per week
- 16 Years – 9+ sessions per week

Everybody is different, and so there will be, of course, variations to this, but the guide above will give your child the best chance of being successful in swimming through to the highest level able to be achieved. As always, please check with your coach before looking to change the number of sessions that you are doing.

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