

## Long Term Athlete Development - Ideal training progressions for elite competitive swimmers

### MALE

Age	Water	Land	Where to Train?	Competition Stage	LTAD Stage
8/9 years	3-6hrs	1-2hrs	Feeder club and DARTES Junior Development Squad	Age Group level	Swim Skills (Stage 2)
10 years	8hrs/ 22.5km per week	2hrs			
11years	10hrs/ 29.5km per week	3hrs	DARTES Age Group Squad		Training to Train (Stage 3)
12years	12hrs/ 35.5km per week	3hrs			
13years	14hrs/ 41.5km per week	4hrs			
14years	16hrs/ 47.5km per week	5hrs	DARTES Premier Squad	Youth Level	Training to Compete (Stage 4)
15years	18hrs/ 53.5km per week	6hrs			
16years	18hrs/ 56.5km per week	6hrs			
17years	20hrs/ 62.5km per week	6hrs	DARTES Premier Squad	Senior Level	Training to Win (Stage 5)
18years+	20hrs/ individual	individual			

### Female

Age	Water	Land	Where to Train?	Competition Stage	LTAD Stage
8/9 years	3-6hrs	1-2hrs	Feeder club and DARTES Junior Development Squad	Age Group level	Swim Skills (Stage 2)
10 years	8hrs/ 22.5km per week	2hrs			
11years	12hrs/ 35.5km per week	3hrs	DARTES Age Group Squad		Training to Train (Stage 3)
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15years	18hrs/ 56.5km per week	6hrs			
16years	20hrs/ 62.5km per week	6hrs			
17years+	20hrs/ individual	individual	DARTES Premier Squad	Senior Level	Training to Win (Stage 5)